

The Valley Breeze



HAPPY NEW YEAR
VALLEY RIDGE!
2024

The Valley Breeze

The Valley Breeze is the official newsletter
for Valley Ridge and the
Valley Ridge Community Association

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VALLEY RIDGE

Valley Ridge Community Association

Next Board meeting is TBD



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In Our Community

Welcoming a New Year of Community Spirit



Dear Residents of Valley Ridge,

As we bid farewell to the past year and embrace the new one, I extend my warmest wishes to each and every one of you. January marks not just the start of a new year but also an opportunity for us to reaffirm our commitment to our community and its growth.

Reflecting on the achievements of the past year, it is exciting to see the community thrive through collective efforts like skate days, the community garage sale and bbq, Yoga- and Music-in-the-Garden, Oktoberfest, and the festive decorating competitions. These successful events and the initiatives that enhance Valley Ridge are achievements that stand as a testament to our unity.

Looking ahead, we have exciting plans in store. Our focus remains on fostering a more connected, inclusive, and vibrant community. From upcoming volunteer opportunities to projects aimed at beautifying our surroundings, and growing facilities that support a variety of resident needs, your involvement will be crucial in shaping the year ahead.

I invite each of you to actively participate in our community's endeavors this year.

Don't forget to get your membership renewed—scan below!



Together, we can build upon our achievements, embrace new challenges, and create a thriving community that we're all proud to be a part of.

Wishing you all a joyful, prosperous, and community-centric New Year.

**VRCA President,
Megan Roy**



Community Garden Update

Think spring! Mark your calendars for February 5, 2024

The Community Garden boxes are available for rent for the 2024 season on February 5, 2024. The link will open at 9:00 a.m. for registration. Boxes are \$35 for the season and you need to be a VRCA member at a cost of the \$35 annual fee.

<https://www.vrca.community/community-garden/>

What's In It for Me?

When you rent a community garden box, you gain:

- A dedicated garden box near your home.
- The satisfaction of planting, nurturing, harvesting, and eating your own produce.
- Learning great gardening tips from other Valley Ridge residents.
- Having fun during garden work bees. We have lots of laughs as we shovel compost and pull weeds together!



The beauty and the potential of the community garden in the winter

Just remember in the winter
far beneath the bitter snows
Lies the seed
That with the sun's love,
In the spring,
Becomes the rose.

—“The Rose,” by songwriter Amanda McBroom

Frequently Asked Questions (or, What do I need to know about the community garden?)

What do I receive when I rent? (Soil, compost, mulch)

- You have use of your garden box for the season. The box comes with excellent soil.
- The garden volunteer core group arranges for free compost and mulch and will let you know when it is available for you to put on your box.
- Sometimes we have a work bee for all to help with this!
- You may add your own compost (or other amendments) to your box, but it must be ORGANIC.

How do I learn what happens when I rent a box?

- Meet and greet: The garden volunteer core group hosts a meet and greet in April or May at the start of the garden season. It is a time to learn, ask questions, and meet all the fun people.
- FAQ handout: We provide a list of renters' common questions.
- Email: Please email us at garden@vrca.community and ask your question. Our volunteers will respond as soon as they can.
- In person: Ask anyone you see at the garden—we are a friendly bunch!

Enjoy Gardening Humour

Old gardeners never die; they go to pot.

Barb Pedersen, Garden Volunteer

DID YOU KNOW?

The coldest temperature ever recorded occurred in Antarctica, -144 Fahrenheit, as reported by researchers in a scientific journal in 2018.



Rink Update

Many volunteer hours are required for operating and maintaining the rink during the winter months. We have a couple of experienced group leaders who will provide training on all the equipment. Any amount of time is appreciated. Please inquire at the rink or contact facilities@vrca.community.

Are You Wanting To Rent The Rink?

We welcome all residents' inquiries about birthday parties, family gatherings, team practice, etc. Please stop by the rink or contact Len at facilities@vrca.community.

The rink committee has decided to increase hourly rental costs by 5% for the 2023/2024 winter season. This will bring the average hourly cost to \$105.00 per hour. VRCA members receive a 10% discount.

Thanks to everyone for the continued support for the Community Outdoor Rink and Sport Court.

New Facilities Update

A survey will be going out to residents shortly.

The Board held more discussions to look at additional options for a new outdoor facility. Last month, we highlighted a suggestion of Padel tennis. This month, we will highlight the potential of building a second smaller rink. Our rink is heavily used, and managing the hockey players and pleasure skaters has always been a task. With a smaller rink facility a short walk away, this may allow for more recreational use and permit more rink rental opportunities. We could use this space as another outdoor sport court area in summer months. This would be a smaller version of what already exists in the space, but because many people of all demographics use that space, the Board wants to consider this as another option.



Councillor Report

I hope everyone had a restful holiday season. My best wishes to you and your families for 2024!

Budget

As of the time I write this, deliberations on The City's budget have only recently concluded. Council approved a 7.8% increase to property taxes.

Residential Parking Permits

Through the budget, Council approved lower fees for residential parking permits than originally proposed. As a reminder, the new fees only apply to areas where permits are already required. There are no plans to impose permits or fees on new areas automatically. Visit calgary.ca/rpp to learn more.

Property assessment

Property tax assessment notices are mailed out this month. The customer review period runs from now until March. Questions or concerns? Contact The City's Assessment department at 403-268-2888 or visit calgary.ca/assessment.

Calgary Awards

Nominations for the Calgary Awards to recognize outstanding individuals, groups and businesses in our community are now open. Visit calgary.ca/awards to learn more and nominate someone for their contributions to our city.

Sidewalk clearing

A reminder that sidewalks must be cleared by property owners or occupants within 24 hours after a snowfall. Be a Snow Angel! Consider helping out a neighbour by clearing their walk.

Outdoor activities

January is a great time to get outside to enjoy all of the best that winter has to offer, like pleasure skating, hockey, crokicurl, cross-country skiing and tobogganing right here in Ward 1. Visit calgary.ca/parks to find activities near you!

Sonya Sharp, Councillor, Ward 1



LEAF Update

Residents of Valley Ridge will have received their Special Tax notification, sent out in November. This outlines the fee that will be added to the [roperty taxes of VR residents in 2024. Our rate went up slightly, as all of our vendors had to increase their pricing due to inflation.

Details on LEAF and what this community beautification program entails can be found on our website: www.vrca.community.

LEAF has been in place for 16 years, and the monies collected go back directly into the maintenance and upkeep of our community. LEAF presents at each VRCA AGM, and although encouraged, you do not have to be a VRCA member to attend these meetings. AGMs are held each April.

The LEAF program focuses on the maintenance of all green spaces: mowing, fertilization, shrub bed maintenance, flowers, etc. The money has spending restrictions and can only be used for specific enterprises.

Please read through the LEAF tab on the website and know that we are happily planning our next season's flowers!

We are still working with the Province and the City on our plans for the entryway into our community. Once we have more details, we will update.

Did You Know... These Facts About January

- January's birthstone is garnet, which represents constancy.
- The zodiac signs for January are Capricorn (December 22 - January 19) and Aquarius (January 20 - February 18).
- The flowers of January are snowdrop & carnation.
- The name January came from the Roman god Janus.
- January was known as the wolf month to the Anglo-Saxons because in winter, wolves came into the villages to search for food.
- In the Southern Hemisphere, January is the warmest month.

Happy New Year

From our OLA school community, we hope you and your family had a wonderful holiday and New Year.

Of noteworthy community actions, our Grade 4/3 students continue to help our planet by taking care of the compost bins at school, our leadership students gather recycling, and our great crew take care of our concession . . . just to name a few.

November wrapped up with our sr. girls volleyball team winning our division City Championship, followed by our student athletes partaking in wrestling quad meets.

Just before Christmas, our students had the opportunity to make cards that were delivered to our neighbours close to the school and to one of the seniors complexes in Bowness. We also had a wonderful Christmas concert where families came to view artwork done by students and dawning the halls, then were entertained by kindergarten to Grade 5 who sang a medley of songs, followed by the Grade 6 and junior high band members playing us an array of tunes.

In January, our basketball teams begin play, and we saw lots of leadership activities by our junior high students working with our younger students, and we had a dance residency for the whole school.

This year, February is an extra day long (happy birthday to our leap year friends) and brings us to the season of Lent, which for our Catholic community is a sacred time of year. Ash Wednesday is followed by teachers' convention and Family Day and will wrap up this busy month.

*With blessings,
Mrs. Horton, Principal
Our Lady of the Assumption School*



Sledding Safety

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Wear a ski helmet designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences;
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged;
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill;
- Children should be supervised by an adult; try not to toboggan alone;
- Sledding at night is not advised.

Plan ahead

- Anticipate weather changes and plan accordingly;
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks out of the cold to warm up;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin at all times;
- If frost bite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind-chill;



- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

Alberta Health Services

St. Sylvester School News

Winter is an exciting time at St. Sylvester School in Silver Springs. Our children have sung all their Christmas Carols on repeat for the past few months and performed their personal bests at our annual Christmas Celebration on December 7th.

On December 20th the staff and students at St. Sylvester celebrated the last day of school before Christmas break. As a bonus everyone wore their wacky and fun Christmas sweaters. Our hopes for all to have a safe and restful holiday season and return back to school on January 8th, 2024.

The registration for Fall 2024 student enrollment is open on January 8th. It will be a first come, first serve basis. Please do not hesitate to call the school for any questions and concerns that you may have.

Progress reports of the students will be issued on January 18th followed up with Parent Teacher Conferences on January 25th and January 26th. Our teachers are available throughout the year for appointments should you or your child need to address their specific learning needs.

Nicole Deutscher, St. Sylvester School Parent

VALLEY RIDGE NOTICE BOARD

WILLING WORKERS IN VALLEY RIDGE: The Vice President maintains a list of people willing to do odd jobs or babysit for families within Valley Ridge and Crestmont. People have offered to do a variety of things such as shovel snow, house watch, walk pets, dig flower beds and mow lawns. The babysitter list notes whether the sitter has taken the babysitting course, whether they are comfortable with babies and the general location where they live. If you would like a copy of either of these lists, please contact vicepresident@vrca.community.

Classifieds

Ads are \$10 per month for 40 words maximum. Payment is required in advance in the form of cash or cheque payable to "VRCA". Please drop off or mail in care of The Valley Breeze Classifieds Editor, 252 Valley Crest Rise NW, T3B 5Y4. Online payments are now accepted at www.vrca.community/index.php/advertisement. Ads must be received by the classifieds editor by the 5th of the preceding month. For more information, contact Janine at breezeads@vrca.community. The Valley Breeze does not endorse or guarantee the businesses or individuals that advertise in the Classifieds.

STRESS? HEADACHES? MUSCLE PAIN? MASSAGE THEM AWAY! Valley Ridge MTAA massage therapist with 19 years experience and 2200 hours of schooling. Specializing in Deep Tissue Massage. Please phone Christa at 403-471-9363 to book your free assessment.

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PEST CONTROL - Treating seasonal pest problems: ants, wasps, mice, squirrels, voles, skunks and more. Support a locally owned and operated small business. Competitive rates and prompt service by licensed technicians. Annual residential protection packages also available. Call Tom at (403) 815-8930.

REFLEXOLOGY Experience the deeply relaxing, alternative medical practice of Reflexology. All ages can benefit. Pain management, hormonal and energy balancing, anxiety/stress relief. Ask for Michelle, RMT, at Valley Ridge Chiro 403-202-1114. Special introductory rates for Fall. Insurance applies.

SNOW REMOVAL, WINDOW CLEANING AND CHRISTMAS LIGHTS by Squeegee Brothers. Prompt, reliable and affordable. Satisfaction guaranteed. References available. Call Steve for information and pricing. 403-383-4309 or email spotvin58@gmail.com.

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PLUMBING WORK. Need a shower repaired or toilet replaced? Give me a call for advice and reasonable rates. Local Valley Ridge business. Call Bill at 403-998-8535.

STRUGGLING TO FIND YOUR WAY? Explore Art Mindfulness therapeutic sessions—a haven for life's complexities. Rediscover joy amidst crisis; no talent needed. Experience profound change. Contact Alice: 403-808-0831~ AlikisArtinMind.com for workshops or private sessions. (Kids drawing classes are also available).

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Please tell your friends, family, and neighbours in Valley Ridge to join us on our Facebook page, **Valley Ridge Community Association**.



Valley Ridge
Community Association

Note: All phone numbers begin with 403

VRCA 695-7533
VRCA website vrca.community
VRCA Facebook Valley Ridge Community Association

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Vice President Megan Roy vicepresident@vrca.community
Secretary Kelly Andrew secretary@vrca.community
Treasurer Christa McKegney treasurer@vrca.community

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www.vrca.community
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Rockstar Tanning 984-2826

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Valley Ridge Dental Centre
www.valleyridgedentalcentre.com 202-2266

Valley Ridge Family Physicians 282-3806
Valley Ridge Pharmacy 532-4500

Valley Ridge Wine and Liquor khlee0717@gmail.com 247-0341
Valley Ridge Chiropractic & Wellness Centre
www.vrchirowellness.ca 202-1114

Valley Ridge Psychologist: Dr. Tanja Haley
www.drtanja.com 669-0005

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OTHER

Calgary Public Library www.calgarypubliclibrary.com
Bowness 221-2022 Crowfoot 221-4122

Community Resource Officer Cst. David Down 428-6200
DDown@calgarypolice.ca

Calgary Police Nonemergency 266-1234
Lodge at Valley Ridge www.lodgeatvalleyridge.ca 286-4414

Valley Ridge Golf Club www.valleyridgegolf.com 221-9682

VRCA

Membership Update

2024 VRCA Memberships are available for purchase December 1, 2023!

It's that time of year again—the 2024 VRCA Memberships will be available starting on December 1, 2023. Please take a moment to renew your household membership early to maximize your benefits in the new year!

There are two ways to purchase or renew your annual membership:

- Visit <https://www.vrca.community/memberships/>
- Drop the form on the back page of the Breeze, as well as the \$35 membership fee, into the mail. Once your membership is processed, you'll receive an email confirmation for your records.

The VRCA is a community-based volunteer organization that supports recreation facilities and community events that help make Valley Ridge the amazing place we call home. Membership fees and volunteers help ensure that our community members have access to a variety of information, programs and amenities, including:

- Construction, operation, and maintenance of the community facilities, including the skating rink, sports court, and fitness park;
- Community Garage Sale, Family Skate Days, Oktoberfest and BBQ;
- Community Garden;
- Music- and Yoga-in-the-Park;
- Soccer and T-ball; and
- A direct liaison between the Board and City representatives, ensuring that the community is up-to-date on the latest developments.

If your neighbours aren't members yet, please encourage them to join so we can continue to be the vibrant community we are today! This year we had our highest membership numbers on record, and we hope to eclipse that in 2024!

Please contact memberships@vrca.community if you have any questions or concerns.



Valley Ridge
Community Association

I would like to become a member of the
Valley Ridge Community Association

NEW ☐ RENEWAL ☐

VRCA occasionally emails members with community event information.

☐ I consent to receive emails from VRCA

☐ I do not wish to receive emails from VRCA

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

Mail with \$35 cheque payable to VRCA:
Valley Ridge Community Association – attn.: Director of Memberships
11743 Valley Ridge Blvd NW, Calgary, AB, T3B 5Z9