

The Valley Breeze



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

President's Report

Hi Valley Ridge,

We want to thank all our residents for pulling together after the City's water main break and subsequent water restrictions were announced. It was rough, but we did well as a community. The VRCA will host Yoga-in-the-Garden on Thursday evenings at 5:30 p.m. for July and August. Music-in-the-Garden will be on Sunday evenings in July and August at 7 p.m. Please check our Facebook and Instagram pages for updates and weather-related cancellations.

Check out our community garden! We have a small but vibrant group of gardeners near the ice rink who have transformed the area into a place of beauty. There are benches and plenty of space to bring and enjoy a picnic. Please don't eat their veggies, though! After the summer is over, we will host our third annual Oktoberfest on Saturday, September 14. This year it will be combined with the annual BBQ. We will begin with the family-friendly BBQ event, and as the evening goes on, progress into our adult-only Oktoberfest. More details will be coming, but we are very excited about this event! Please mark your calendars.

The Board is off for the summer months, resuming in September.

Christa McKegney, President



Oktoberfest Carnival

The VRCA will be hosting a community event on September 14, 2024! Watch your emails and our social media (Facebook and @vrca_calgary on Instagram) for more information!

Garden Update

Do you know the healing benefits of a garden? Gardening can make you happy and healthy.

- The smell of soil increases serotonin, the “feel-good” hormone that can improve moods, learning, memory, and sleep.
- A busy day in the garden can be a good form of exercise. You perform squats and lunges while weeding. Carrying bags of mulch and other supplies works large muscle groups. Digging and raking can be physically intense.
- Dirt under your fingernails improves gut health.
- Spending time in a garden decreases anxiety and depression. A study in the Netherlands showed that after 30 minutes of gardening, subjects who had shown stress before they gardened had a “fully restored” positive mood.
- Gardening reduces symptoms of ADHD (Attention Deficit Hyperactivity Disorder).
- Gardening brings people together and strengthens social connections.
- Gardening promotes happiness and quality of life.

(Sources: *The New York Times*, *Mayo Clinic Health System*)

Gardening Helps Kids!

Get your children outside in a garden and away from phones, TV, and video games.

1. Students who garden score higher on science tests. Gardening is full of science.
2. Children learn about plant classification, weather, soil, pests, and disease.
3. If they grow it, they will eat it. Children love to dig up what they have grown and then taste it.
4. Digging in the dirt can make kids healthier. Studies show that children raised on farms have fewer respiratory allergies, asthma, or autoimmune disorders than children raised in urban areas. Children on farms are exposed to more microbes and fungi in the dirt.
5. Children who garden learn responsibility, patience, perseverance, and how to deal with disappointment if the garden doesn't grow the way they expected.
6. Gardening teaches kids to problem-solve. In a garden,

children may ask “What is eating this plant?” They then become detectives and research the answers.

7. Gardening connects children with nature and helps them become environmental stewards.
8. Gardening can lead to a longer life. Studies show that adults who garden in their later years live longer. Instead of living a sedentary life, gardeners get off the couch and are active. Teaching children good habits when they are young will make them more likely to follow them through life.

Source: *BC Parent magazine*. “*Dig This: 10 Big Benefits of Gardening with Kids.*” June 24, 2020, by Janeen Lewis.



Summer Blooms Contest

Show off your garden and have a chance to win some great prizes! Email your submissions to events@vrca.community by September 1, 2024.

*"Better three hours too soon
than a minute too late."
- William Shakespeare*

Little Free Libraries

Little Free Libraries are small, publicly accessible book-sharing boxes or shelves where people can take a book to read or leave a book for someone else to enjoy. These miniature libraries are typically found in neighbourhoods and other public spaces, making it easy for people to borrow or donate books without any cost.

Did you know Valley Ridge has two registered Little Free Libraries?

Our first little free library is known as the “Tardis Box.” You might know Tardis as the time machine and spacecraft of the Doctor in the beloved science fiction show Doctor Who. Owner Tess Morgenstern-McCormick says her favourite thing about her little library is seeing all the people stop by to check out what’s new. The Tardis Box library can be found on Valley Ridge Drive. You can drop off seeds, books, and small toys.

Our second library, The Valley Woods Little Library, opened its doors in the fall of 2023. It’s a small but mighty addition to the community and has run through multiple cycles of books already. Tarin Arndt, owner of The Valley Woods Little Library, says her favourite thing is watching children and youth foster their love of reading. It brings a lot of joy to see friends arrive on bikes and get excited about exchanging and reading new books. The Valley Woods Little Library can be found on Valley Woods Landing. All books are welcome!

Little Free Libraries help foster a sense of community and connection among neighbours. They serve as gathering spots where people can meet, chat, and share their love of reading.

Whether you’re looking for a new novel to dive into, want to pass along a favorite book to someone else, or

simply enjoy the idea of spreading literary joy, Little Free Libraries offer a wonderful way to engage with your community and celebrate the magic of storytelling. So next time you come across a Little Free Library, take a moment to browse the shelves, and who knows, you might just find your next great read waiting for you inside.

Curious about starting your own Little Free Library? Check out www.littlefreelibrary.org for more information.

Leaf Update

It was a long, cold, and rainy beginning to summer. This delayed the initial planting of our community flowers. Then, just as they were to be planted, the water main broke. This resulted in further delays until our gardener was able to source well water from out of town to water in the new plants.

After that rough start, the summer is set to be wonderful. Warm weather is in our forecast! Pixie has recently updated our 4-way stop beds with additional perennial plants.

Our landscaper, EYC, is mowing regularly throughout the community, and beginning on shrub bed rehabilitation. If you see shrub beds that could use some maintenance, please email leaf@vrca.community. Please remember that we alternate our shrub bed maintenance every three years, and not all shrub beds are cleaned out each year. When the shrub beds are cleaned out, they shrubs are fairly severely cut back. Please don’t worry about them! They always return to their full glory.

We are one step closer to getting our plans in place for the traffic circle. Our plan has been created and submitted to Alberta Transportation for approval. We will keep everyone apprised as we progress.



Councillor Report

Hello, Ward 1! As we transition from the peak of summer to the crisp days of August, we wanted to remind you of some community updates and initiatives in Ward 1 and around the city to keep you in the know!

Water Safety

As summer winds down, it's important to prioritize safety when enjoying Calgary's waterways. Plan your day on the water by checking river conditions, weather forecasts, safety advisories, river access points, and health advisories to ensure a safe and enjoyable experience for your family and friends.

School Zones

As the new school year approaches, the Ward 1 Office would like to stress the importance of driving cautiously near schools and residential areas. Please note that playground zones are active around schools every day from 7:30 am to 9:00 pm throughout the year. It is very important to adhere to the regulations, and passing another vehicle within a playground zone is strictly prohibited. If you have any traffic safety concerns in your local area, you can submit a Traffic Service Request at calgarypolice.ca. A member of the Calgary Police Service's Traffic Section will then contact you to discuss the matter further.

Bus Route Changes

In September, Calgary Transit will be implementing changes to several bus routes in Ward 1 as part of the 2024 Transit Service Review program. These changes will include the introduction of the new Route 26 Tuscany/Westbrook and an extension of Route 134 to Rockland Park. Additionally, there will be minor adjustments to Route 108 and Route 120. The Ward 1 Office is excited about the new route to Rockland, and would like to thank the Rockland residents for their advocacy on the new bus route. You can visit calgarytransit.com for more detailed information about these upcoming changes to transit services in our community.

Sonya Sharp, Councillor, Ward 1



Declutter and Discover!

Join Us for the Citywide Treasure Hunt: A Fun Event for All Ages!

We are excited to announce the upcoming Curbside Treasure Hunt, taking place across Calgary on Sept 7th and 8th. This is a fantastic community event where residents can set out items they no longer need, giving others a chance to find a hidden gem.

Event Details:

Dates: Sept 7th and 8th, 2024

Look through your home and gather any reusable items that you no longer need.

Mark them with a "Free" label and place them at the curb on the designated event days.

Treasure hunters rejoice! Anyone can come and pick up these items for their own use – it's like a free garage sale right at your doorstep!

If it's still on the curb, let's keep the community tidy and donate it!

The Treasure Hunt encourages Calgarians to explore their neighborhoods, find unique items, and meet new people. It's a wonderful opportunity to strengthen our community ties and supports our goals on reducing environmental impacts by reducing waste. Participants can place items they no longer need at the curb for others to pick up, fostering a spirit of sharing and community engagement.

For more information, search Declutter and Discover! Curbside Treasure Hunt! at calgary.ca.

City of Calgary



Accidental Poisoning

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions they can take to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher or laundry tablets, mouthwash, or chemicals such as paints, solvents, or cleaning products.

Medication storage

- Place all medications in locked containers and store in an area inaccessible to children;
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle;
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child;



- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups;
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers;
- Install child latches on cabinets children might also access by climbing on counters or chairs;
- Label all plants in and around your home and garden;
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested;
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414;
- In case of a poisoning emergency, call 9-1-1;

Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

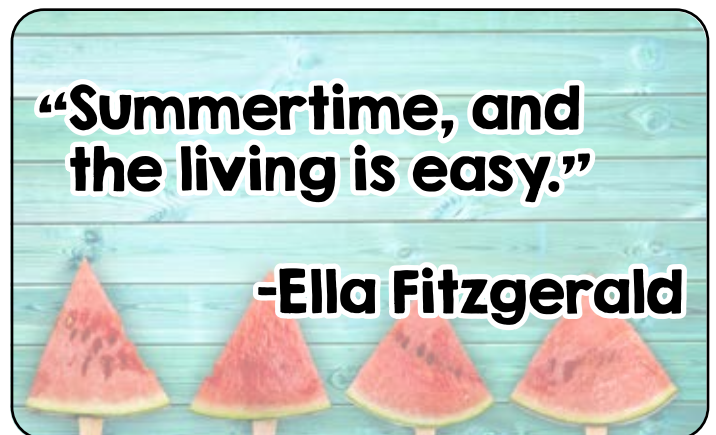
Alberta Health Services

Did You Know... These Facts About August

- The birthstone is the Peridot and the Sardonyx.
- The birth flowers are the Gladiolus and the Poppy.
- The two zodiac signs in August are Leo (July 23 – August 22) and Virgo (August 23 – September 22)
- August was named after the first Roman Emperor Augustus.
- The month of August is often referred to as the "dog days of summer", based on the star Sirius, also known as the dog star, which rose at the same time as sunrise during the month of August in ancient Roman times.
- In the Southern Hemisphere, August is the seasonal equivalent of February in the Northern Hemisphere.

**“Summertime, and
the living is easy.”**

-Ella Fitzgerald



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 the 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? MESSAGE 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.

GARAGE DOOR PROBLEM? Call Best Doors today and we will have your door up and running in no time. Visit www.bestdoorsinc.ca for info. Contact Tony at 403-862-2162.

EXCELLENT CLEANING SERVICES Cleaning the way it should be! Detailed and thorough house and commercial services. Everything done to your satisfaction! Weekly, bi-weekly, once a month, one time cleaning or Move-in/Move-out. Licensed, insured and bonded. Call Toni 403-470-6548.

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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.

CAN'T GET TO THE DOCTOR'S OFFICE? WE COME TO YOU! Our staff make house calls for check-ups, complete physicals, chronic disease management, and blood work for people of all ages. Phone: 403-973-3188 Email: Info@DirectHealthCanada.ca. Website: www.DirectHealthCanada.ca

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.

PAINT-RENOVATE-RENEW: Experienced home services professional ready to take on your home update or repair projects. Trusted, licensed, insured. Honest, reasonable rates. No advance payment required. Quotes and advice at www.tsbhomeimprovement.ca or call Tim at 403 860-1156.

PRO CLEAN SERVICES will give you a sparkling clean home and free time to enjoy it! Thorough, efficient and reliable. With over 30 years of experience - I am the Queen of Clean! Call Tammy @ 403-608-5239.

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YOGA CLASSES IN THE COMFORT OF YOUR HOME. I am a registered yoga teacher and I come to you! Personalized based on your needs/wants. (strength, stretch, breath, relaxation, etc). You provide the space, I provide the rest. matteajuhasz@hotmail.com or 403-651-8845.

DRIVEWAY & GARAGE FLOOR COATINGS by John's Driveway Sealing. Providing excellent service to Calgary & surrounding area for 10+ years. Protect your investment! Contact John for a free quote! Call 403-604-9029 or visit www.johnsdrivewaysealing.ca for more info.

WINDOW CLEANING by Squeegee Brothers. Prompt, reliable and affordable. Add sparkles to the shine in your home with beautiful clean windows. Services provided in Valley Ridge since 1995. Satisfaction guaranteed, references available. Call Steve for information/pricing at 403-383-4309; email spotvin58@gmail.com.

HOUSE CLEANING SERVICES We can make your house shine so you spend time doing what you enjoy best. Custom cleaning to fit your needs. Weekly, bi-weekly, 1X clean, move in/out. Insured and bonded. Reliable with 10 years experience. Call Vall @403-614-8528.

MUSIC TEACHER: QUALITY LESSONS IN MY VALLEY RIDGE HOME STUDIO! 35+ years experience in Piano, Voice, Violin. B.Mus, B.Ed., Kodály Diploma. Kids 5+, adults and seniors welcome! Call Judy 403-274-4383 or judy.buzogany@gmail.com.

ELECTRICAL SERVICES WestPro Electrical Services offers affordable rates while still providing a quality customer-focused service. Call to discuss your electrical requirements for pricing. We are happy to provide free estimates. Local Valley Ridge Business. Call Marco at 403-891-3257.

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. Spring Special \$79. Insurance applies.

Have you spent hundreds on health solutions with minimal results? Tired of GPs, naturopaths, supplements, medications, acupuncture, chiro, eating clean? If you're exhausted and at the end of your rope, try a cutting-edge frequency technology that works. Contact Alik: 403-808-0831.



Like Us on Facebook!

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

Note: All phone numbers begin with 403

VRCA
VRCA website vrca.community
VRCA Facebook Valley Ridge Community Association

VRCA EXECUTIVE COMMITTEE

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sports@vrca.community

PLAZEBO

Curry n Crust		460-3833
Incline Physio	www.inclinephysio.com	900-1234
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Mankind Barbershop		764-4115
Pachet Assessment and Rehabilitation Services Inc.	www.pachetservices.com	232-1212
Richard's Dry Cleaning	M-F 7:30am-8pm; Sa 9am-5pm; Su closed	451-7468
Rockstar Tanning		984-2826
SmartMart	M-F 6:30am-10pm, Sat 7:30am -10pm, Sun 8am-10pm	247-7677
Smartmart Gas Station		247-7677
Spelliscy Law Office		403-769-1966
Stoney Trail Veterinary Clinic	www.stvc.ca	247-2737
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.drktanja.com	669-0005
Van Gogh Grill & Bar		288-9664
Yulia's Tailoring		617-9372

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OTHER

Calgary Public Library www.calgarypubliclibrary.com
 Bowness 221-2022 Crowfoot 221-4122
 Community Resource Officer Cst. Qiu 428-6200
POL5637@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!

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.



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