

The Valley Breeze



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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 Update

As summer comes to a close and autumn begins, we have several events occurring.

Our third Oktoberfest is scheduled for mid-September. This year, it was combined with the annual BBQ. We will see how the attendance numbers look for this time of year, and we are very thankful for our new Community Events Director, Tarin Arndt.

We also saw our first Movie-in-the-Garden, which was very fun and well received. We will look to host more of those events.

A planning session was held in Crestmont to discuss the future building of communities to the west of Valley Ridge and Crestmont. These lands have been owned by Melcor and Qualico for years, but they didn't have a proper access point. Now they are looking to join with the City and Rocky View, to redo the Old Banff Coach Road interchange, to accommodate for the new communities. We will keep the community updated as we learn more about their progress.

We will also have construction at our 4-way stop in later September and into the spring. The developers of the property where the campground used to be across the highway have expressed their need to join our sewer system in order to connect their future community. This will include a partial closure of our east soccer fields between the garden and the firehall, as well as road construction near the 4-way, where the sewer lines can be connected. I met with several members of this project to discuss timing that would allow for the least impact on our community activities, as well as bringing traffic control concerns to their awareness. I believe this meeting went well, and everyone understood the discussed issues. They will continue to communicate with the VRCA, and through us, the residents, as they get closer to the construction commencement.

Christa McKegney



From the Community Garden Saving and Storing Vegetables and Fruits

After harvesting your vegetables, you will want to store and save them properly to avoid waste. Here are some harvest saving and storage ideas:

- **Freezing:** You should see my freezer! It's full of bags of kale that I wash and freeze to add to delicious smoothies and soups all winter. Freezing is a really good option for berries, herbs, greens like kale and chard, and rhubarb. Some vegetables freeze better after cooking or blanching, like beans, and some vegetables are just not well suited for the freezer so do your research on what and how to freeze your harvests.
- **Canning:** Preserving produce through jams, chutneys, sauces, salsas, and pickling requires more effort, but it spans a wide variety of produce. From berries and fruit to cabbage, beets, carrots, radishes, and cauliflower, there are so many canning recipes and ideas. Canned produce also makes great gifts!
- **Dehydrating:** Though dehydrating does not retain as much flavour and nutritional value as freezing or canning does, some herbs, fruits, or veggies are great for dehydrating. You can use a dehydrator, oven, or an air-fryer to dehydrate, and if you don't have those appliances or don't want to keep the oven running for long periods of time, sun drying is a great option as well.
- **Cold storage:** Some produce, like potatoes, onions, garlic, squashes, and root vegetables, stores best in cold storage areas like a basement or garage. Keep in mind that potatoes, onions, and garlic should be cured prior to storage.

Invasive plants

As you dream of vegetables and flowers for 2025, take a look through the list of Alberta invasive plants. Be informed and don't plant them.

(<https://abinvasives.ca/invasive-plants/>)

*Garden volunteer,
Barb Pedersen*

(Source: Calgary Horticultural Society)



Did You Know... These Facts About October

- The birthstones are the Tourmaline and the Opal.
- The birth flowers for October is the Calendula
- The two zodiac signs in October are Libra (September 23 - October 22) and Scorpio (October 23 - November 21).
- October was named after *octo*, Latin for "eight", when the original Roman calendar started in March, so October was the eighth month.
- The Anglo-Saxons called the month Wintirfyllith because it was the first full moon of the winter season.

Councillor Report

Hello, Ward 1! As we move into the heart of autumn, I want to extend my warmest wishes to you and your families for a joyful Thanksgiving. And as Halloween approaches, I hope you're as excited as I am to see our neighbourhoods light up with festive decorations and trick-or-treaters. Let's make this month safe, fun, and memorable for everyone!

YardSmart Tips for Fall

With the leaves turning and temperatures dropping, now is the perfect time to prepare your yards and gardens for the winter months ahead. Consider composting fallen leaves to enrich your garden soil, and plant spring bulbs before the ground freezes. A reminder that green cart collections are weekly from April to October and every two weeks from November to March. You can find out more information on being YardSmart at calgary.ca/YardSmart.

Winter Preparation

Even though winter may still feel a little way off, it's never too early to start preparing for the colder months. Now is a great time to ensure your home and vehicles are ready for winter. Check your home's insulation, seal any drafts, and prepare your snow removal equipment. It's also a good idea to put together an emergency kit for your car, including blankets, a shovel, and some non-perishable snacks. For more information on winter preparedness, visit calgary.ca/emergencies/winter-storm.

2024 Budget deliberations

Last year, many of you shared your thoughts and priorities regarding the City's budget, and I want to thank you for your valuable input. As we look ahead to the upcoming budget discussions, I'll continue to voice your concerns and be an advocate for affordability, smart spending, and focusing on essential services like clean water, waste management, and road maintenance. It's about getting back to basics to ensure we deliver the core services that matter most to our communities.

Sonya Sharp, Councillor, Ward 1



Leaf Update

Despite the ongoing water restrictions, we had a fairly successful summer season. Our new planter additions looked beautiful, and our planters are gorgeous. Our gardeners, Pixie Garden, have done a fabulous job. You may have seen on Facebook, but every year they ask residents if they have any pine or spruce trees needing to be cut back or removed. They will offer a discount on this service and will use the boughs in our winter planter displays.

We had several shrub beds maintained throughout the season, and we thank the residents who emailed us to let us know which ones were in need of care. We appreciate your help and your eyes!

We have a few projects coming in the future.

We have finalized a traffic circle landscape plan, but we are still waiting for government approval. The construction wasn't completed as early as expected, and nothing moves quickly in government. This process is underway, and hopefully we will see movement soon.

We also have looked into replacing some of our main grassy medians with decorative rock. We are still in the process of completing the red tape, but we are excited to think about having attractive medians, instead of patchy and dandelion-filled medians. We won't be able to do all medians due to the cost, but we can start with the most visible, and move slowly outwards as budget permits.

We had discussions with the golf course this year, and we are very happy with our collaborative and cooperative relationship. We are lucky to have them in our community. We were able to get the trees trimmed that overhang the 4-way stop beds, and this will allow for the perennials in those beds to get enough sunshine to survive.

Our landscape company, EYC, did a great job with both the mowing, trimming, and the shrub bed maintenance.

We have been pleased with this season, and are already making plans for next year!

DID YOU KNOW??

The first Jack-o-Lanterns were carved from turnips.



Tips for Using Your Green Cart This Fall

- Yard waste like leaves, branches, grass, and plants can go directly inside the green cart.
- Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed to prevent spills and allow your collector to pick up the bags.
- Place extra yard waste bags at least two feet to the side of your green cart for collection. Make sure you can lift the bag with one hand.
- Do not use plastic bags in your green cart.

Starting in November, the City will pick up your green cart once every other week. Weekly green cart collection will resume in the spring.

Visit calgary.ca/collection to check your schedule and sign up for reminders.

City of Calgary



DID YOU KNOW??

The cornucopia, also known as the horn of plenty, represents abundance and nourishment.



APPLES	MUMMY	N O O M O Q Y B N A M W I H I R I Z
BATS	OCTOBER	X Y F H D M L K Y R H O R A N G E E
BLACK	ORANGE	M F M A M I U R E W O W E L Z I O R
CANDY	PUMPKINS	U B A T S F A A C R I G B M M T V B
COSTUMES	SCARY	C V I B N C P Y V L H T H H Y M V H
GHOST	SKELETON	A N Q F S G C W Y L L G C O D A A Y
GOBLIN	SPIDERS	N Y A R P U M P K I N S G H S S G C
HALLOWEEN	SPOOKY	D Q C J I R E B O T C O W O Y T A U
HAUNTED	TREAT	Y X X W D I Z V X B B H B M H K W Y
MONSTERS	TRICK	Z E N M E C S Y V L A L M B A K S M
MOON	WITCH	B Z U D R U K B I U A U B U T V T F
<h1>Word Search</h1>		L P Q L S O E N N C M W T P T S G O
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		E V R P S R E T S N O M S E L P P A
		E N S T E D T A V E G P D Z O B T J
		F J W F W V O X V N E E W O L L A H
<h1>Word Search</h1>		L B E T X O N G L A L T A E R T Q J
		C L D R E M Q Y T K C I R T E I T G

Car Prowling and Break and Enter

Car prowling is when a person or persons enters your vehicle, whether it's locked or not, with the intention of stealing property. The entry can be either by opening a door or physically breaking in. A break and enter is when a person or persons enters a structure (your home or garage; not vehicles) without consent with the intent of committing a criminal offence such as stealing or damaging your property.

In recent months, we have had some car prowling and break-and-enter crimes occur in the community. The majority are thefts from detached garages. These crimes have involved the stealing of bikes, electrical goods, sports equipment, and tools. These tend to be crimes of opportunity with offenders coming into the community looking for soft targets. What we have found is that a high percentage of these offences were caused by an offender being able to enter through an unlocked door or garage, doors being left open or unlocked vehicles, where the garage door opener is stolen and the offender uses it to get in. We can make a direct connection between unlocked vehicles and the break and enters in the community. Car prowlings basically become break and enters.

Residential break and enters are very low in number compared to detached garages. They do happen; however, it's less of an occurrence. When they do occur, they are usually when a rear door or window has been left open or unlocked. Actual break-ins are even more unusual, and the offender will normally make sure no one's home before entering. The chances of being challenged in the home by a criminal is very low.



Halloween Safety

As a member of Calgary's Child Magazine *Partners for Safety* initiative, AHS EMS would like to remind parents and trick-or-treaters of Halloween safety tips as October 31st approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters. This year marks the campaign's 30th anniversary.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- You may choose to avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be (route) and advise them if you will be late returning.

Parents

- Be certain that an adult accompanies young trick-or-treaters. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

Alberta Health Services

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.

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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.

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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](#).

Note: All phone numbers begin with 403

VRCA
VRCA website vrca.community
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OTHER

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VRCA

Show Your Support for Your Community

Purchase a 2024 Community Membership Today!

(Membership runs from January 1– December 31)


Membership goes a long way toward supporting the community in a monumental way. Your membership strengthens the voice of the Valley Ridge Community Association (VRCA) in matters of local importance such as safety, traffic, planning, and development. Because of the VRCA, we are able to hold open houses on major projects impacting the neighbourhood, ensuring our voices and opinions are heard.

Also, due to the continuing support of members, the neighbourhood-based, volunteer-powered VRCA is able to provide residents with recreational and social opportunities such as

- Family skate day, community garage sale, community clean up
- Soccer and T-ball
- Community BBQ and Oktoberfest
- Community Garden
- Music-in-the-Garden and Yoga-in-the-Garden
- And much more!

If you haven't purchased your 2024 membership yet, it's not too late! Please join so we can continue to be the vibrant community we are today!

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
 PO Box 71142, RPO Silver Springs, Calgary, AB T3B 5K2