

# 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

Autumn is well underway, and we've had a few months of back to school. Please remember that children are crossing the roads at crosswalks to reach their buses. If someone is at the crosswalk, vehicles are required to come to a complete stop to allow those children to cross safely. I've had several complaints about unsafe driving conditions, and drivers failing to stop at crosswalks populated with children attempting to cross. Please be aware. If you live in the community, you should be familiar with the location of crosswalks, and plan accordingly.

Allowing a few extra seconds of time for safe passage will not add to your commute and will ensure the safety of our children.

Thanks, everyone.

*Christa McKegney*

### Secretary Update

Upcoming Community Survey! The Board has been working on questions for a community survey to understand the demographics within our community, to know our residents' activities, and to assist with future planning of events and facilities. Please keep an eye out for this survey. We will be emailing residents, putting it on our Facebook Page (Valley Ridge Community Association), and on our website. We plan on going live in December.





# From the Community Garden Potatoes for a Great Cause

Big thanks to community gardener Len Lavender for growing potatoes this year to donate to the Calgary Food Bank. Len planted, maintained, and harvested the potatoes, and on September 9, our garden coordinator, Michelle Berger, dropped off approximately 20 pounds at the Food Bank. Thanks, Len and Michelle.

### Forcing Bulbs

Forcing bulbs to bloom indoors is a great way to enjoy flowers throughout the winter. Tricking the bulb into thinking that winter is over by providing favourable, spring-like growing conditions indoors is what is meant by “forcing” the bulb. By forcing bulbs, you can reap the benefits of the blooms when there is snow on the ground and even throughout the holiday season!

Bulbs should be planted in pots roughly double the height of the bulb. The potting soil should reach the neck of the bulb and should not cover or submerge it. Water in and label the plant name and the date.

Bulbs can be categorized in two ways: Bulbs that require a chilling stage and bulbs that do not. Amaryllis and paperwhite narcissus do not need a chilling period to



break dormancy. You can simply plant and start watering 8 to 10 weeks before you want them to bloom. Tulip, daffodil, hyacinth, crocus, and iris bulbs require a cold period to mimic winter conditions ranging from 8 to 15 weeks depending on the bulb (refer to the bulb tag/instructions). This chilling can be done in a fridge, a garage, or a basement at a temperature that the tag indicates. Some bulbs come pre-chilled and do not need another chilling/dormant period. Bulbs that require a chilling stage still require water during this period.

*Garden volunteer,  
Barb Pedersen*

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## Facilities Update

I believe we all enjoyed a fantastic summer and great weather, which certainly brought large numbers of the community to the sport court. Thank you to all community members who used the facility in keeping the area clean. It was a joy for volunteers when completing daily inspections this summer. Great to see all the kids and youth enjoying basketball and volleyball. The pickleball court continues to be very busy.

We are now preparing for the cold weather to start icemaking. All equipment has been serviced. I think we are all hoping for a better start than we encountered with icemaking last winter. Volunteers are the heart of the facility operations. Please consider joining the group and donating a few hours. We have a couple of qualified rink personnel that will provide training on all the snow removal and ice flooding equipment.

The facility will be available to rent for hockey, birthday parties, or family events. Watch for information on rates and times available to be posted on Facebook and at the rink.

Thanks to all community residents for your continued support.

*Len Lavender  
Director of Facilities*



## Councillor Report

November brings important discussions at City Hall including budget deliberations where I'll continue to advocate for smart spending and prioritizing strong infrastructure. And as winter approaches, you can stay informed about the new Winter Maintenance Policy to ensure safe streets and prepare for the season's challenges.

Also, as we enter the holiday season, remember to support our local businesses, and help our neighbours with snow shovelling; these small acts of kindness can make a big difference!

### Upcoming Budget Discussions

I understand the challenges Calgarians continue to face and am dedicated to reducing the financial burden on our community. With the City of Calgary's annual budget deliberations approaching, I will continue to focus on funding for essential services while working to avoid any tax increases.

### Winter Maintenance Policy

In May 2024, Council adopted a new Winter Maintenance Policy (CP2024-06) to improve service delivery and ensure that Calgarians can travel safely and reliably throughout the winter months, whether by foot, bike, vehicle, or transit.

A key change includes a priority-based snow clearing system:

- Priority 1 Routes (major roads) cleared within 24 hours.
- Priority 2 Routes (secondary roads) within 36 hours.
- Priority 3 Routes (residential streets) within 36 hours to 7 days, depending on conditions.

As a reminder, residents are responsible for clearing snow and ice from sidewalks next to their property within 24 hours of snowfall. The policy also includes Snow Route Parking Bans, which may last up to 72 hours to support efficient snow removal. Stay informed on updates regarding parking bans and snow removal by visiting [calgary.ca/snow](http://calgary.ca/snow) or call 311.

Stay safe and warm this winter!

*Sonya Sharp, Councillor, Ward 1*



*In war, there are no  
unwounded soldiers.*

*— Jose Narosky*

## Leaf Update

The season is coming to a late end, and we have enjoyed our planters well into October this year! It's been amazing to have the season extended, especially in light of the water restrictions that we faced during the summer.

You should be receiving your Special Tax Notice in the mail in November. This is the amount that will be added to your property tax specifically for the LEAF funds. Please remember that LEAF funds stay within our community, and have restrictions on their usage. Please visit the website [www.vrca.community](http://www.vrca.community) and check out the LEAF section for more information on what LEAF funds can cover and what they cannot.

We have verbal approval from Alberta Transportation to go ahead with our traffic circle designs, so we are now entering into the red tape phase of that project. The designs have passed preliminary inspection, but have another few departments in Alberta Transportation to go through, and then the City will also have their input and approval required. We hope to be ready to go come springtime!

We are still exploring having a median or two in the 4-way stop converted from grass to decorative rock. We've had a few questions about that, so more information is here. We cannot apply herbicide to the medians, nor can we fertilize the medians anymore. City rules have changed that make this difficult to impossible. We can't remove all the salty soil and add in new soil each year, as this is incredibly expensive. We can't apply grass seed to the area without removing and replacing the salty topsoil, damaged from winter slurry. We can't water the medians with newly applied grass seed, because this would have to occur every day to every other day until the seeds sprouted, and the cost of water is prohibitive.

We've had several discussions with the City, with our landscaper, and with other communities in the same situation, and the conclusion is that drought-resistant features are theoretically better. Not all our medians are in poor shape, but there are a few that are very bad. We will see about trialing this decorative rock median, and we will see how it holds up. If it doesn't meet expectations, we can revert the median. If it's well-received, we can transform other poor condition medians to decorative rock as time goes on.

# Yielding to Emergency Vehicles

For everyone's safety, it is important for motorists to understand how to correctly yield right-of-way to emergency vehicles with their lights & sirens activated. You can help EMS, police & fire get to the scene quickly & safely by following these rules of the road.

### When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal;
- Move right or left to the nearest curb on one-way streets;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

### When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;



- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300.00 and three demerit points;
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

*Alberta Health Services*

## Facts About Remembrance Day

- Remembrance Day used to be known as 'Armistice Day'. This day observed the moment at the 11th hour, on the eleventh day, during the 11th month in 1918 that the armistice agreement ended the First World War
- In 1954, the United States renamed Armistice Day to Veteran's Day.
- The poet for 'In Flanders Field' was Lieutenant Colonel John McCrae. He was born in Guelph, Ontario and was a Canadian army doctor.
- 54 Commonwealth members and even others who are not members, such as France, Poland and Belgium, observe Remembrance Day.
- Did you know there is a poppy store on the official Legion website? You can find a variety of ways to show your remembrance during November, and year round. What a great way, as well, to support our brave Veterans.

*Larynda McKay*



# Calgary Snowy Owls

Driving by a field of prairie grass, you pass a large white bird sitting on a fencepost. If it weren't on the post, it would be easy to miss against the snow. It swivels its head back over a shoulder, 270 degrees, and stares with yellow eyes. This is not a bird you usually see. What is it doing here?

Winter migration is often associated with birds leaving the Calgary area to overwinter in warmer southern habitats. But what is warmer is relative, and if you are a northern bird species, like the Snowy owl, warmer might just be Calgary!

Snowy owls spend their spring and summer months in the Arctic Tundra, where they work as a pair to rear chicks. The female has increased spots and bars in her feathering for camouflage while she incubates the eggs in a ground-nest (called a scrape). The male is distinctly whiter and weighs less than the female (a common trend in raptors). He helps his mate by bringing her food (often lemmings). They work together to feed the chicks. By the end of the summer their focus becomes gaining enough weight and energy to migrate south.

Snowy owls arrive as early as October near Calgary but can be in and around our city from November to March or April. During this time, they hunt a variety of prey including small mammals and birds.

Snowy owls are diurnal, meaning they are most active during the day. This makes sense given that a summer day within the Arctic circle can be a full twenty-four hours.

Snowy owls are the heaviest owls in North America, weighing on average about four pounds. This is because they require extra layers of feathers and fat stores to survive the lower temperatures.

Owls arrive at our centre for a variety of reasons, some of which include vehicle collisions (often while chasing prey across a road), flying into barbed-wire fencing, encounters with off-leash pets, or the ingestion of poisoned prey. Use of rodenticide often impacts animals beyond the targeted species. Please consider ecosystem-friendly alternatives and reduce dangers for a hungry owl!

Found injured or orphaned wildlife? Please contact Calgary Wildlife at 403-214-1312.

*Calgary Wildlife*



## Neighbours helping neighbours

# Snow Angels

Snow Angels are individuals who lend a helping hand by shovelling a neighbour's sidewalk. A Snow Angel can be especially helpful to older adults, people with limited mobility and anyone else needing help—even on a temporary basis.

Each year The City helps residents recognize Snow Angels through a printed certificate.

## Be a Snow Angel

To be a Snow Angel, all you have to do is adopt a sidewalk and keep it clear when it snows. Watch for people in your neighbourhood who could use help removing snow and lend them a hand.

For more information, visit <https://www.calgary.ca/volunteer/snow-angels.html>

*City of Calgary*



# 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](mailto: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](http://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](mailto: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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**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.

**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](mailto:Info@DirectHealthCanada.ca). Website: [www.DirectHealthCanada.ca](http://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.

**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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**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](mailto: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.

**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](mailto:spotvin58@gmail.com).

**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.

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## 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 website [vrca.community](http://vrca.community)  
 VRCA Facebook Valley Ridge Community Association  
 VRCA Instagram [vrca\\_calgary!](https://www.instagram.com/vrca_calgary/)

**VRCA EXECUTIVE COMMITTEE**

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**PLAZEBO**

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Industry Salon		764-1005
Law Office		769-1966
Mankind Barbershop		764-4115
Pachet Assessment and Rehabilitation Services Inc.	<a href="http://www.pachetservices.com">www.pachetservices.com</a>	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	<a href="http://www.stvc.ca">www.stvc.ca</a>	247-2737
Valley Ridge Dental Centre	<a href="http://www.valleyridgedentalcentre.com">www.valleyridgedentalcentre.com</a>	202-2266
Valley Ridge Family Physicians		282-3806
Valley Ridge Nail Salon		587-349-9142
Valley Ridge Pharmacy		532-4500
Valley Ridge Wine and Liquor	<a href="mailto:khlee0717@gmail.com">khlee0717@gmail.com</a>	247-0341
Valley Ridge Chiropractic & Wellness Centre	<a href="http://www.vrchirowellness.ca">www.vrchirowellness.ca</a>	202-1114
Valley Ridge Psychologist: Dr. Tanja Haley	<a href="http://www.drntanja.com">www.drntanja.com</a>	669-0005
Van Gogh Grill & Bar		288-9664
Yulia's Tailoring		617-9372

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**M.L.A.**, Nicolaidas Demetrios [calgary.bow@assembly.ab.ca](mailto:calgary.bow@assembly.ab.ca) 216-5400  
**M.P.**, Ron Liepert [ron.liepert@parl.gc.ca](mailto:ron.liepert@parl.gc.ca) 292-6666

**OTHER**

Calgary Public Library [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com)  
 Bowness 221-2022 Crowfoot 221-4122  
 Community Resource Officer Cst. Qiu 428-6200  
[POL5637@calgarypolice.ca](mailto:POL5637@calgarypolice.ca)  
 Calgary Police Nonemergency 266-1234  
 Lodge at Valley Ridge [www.lodgeatvalleyridge.ca](http://www.lodgeatvalleyridge.ca) 286-4414  
 Valley Ridge Golf Club [www.valleyridgegolf.com](http://www.valleyridgegolf.com) 221-9682

# 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](mailto: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