

The Valley Breeze



**Have your say in
shaping the future of
Valley Ridge!**

Go to: www.vrca.community to complete
the VRCA Community Survey before the
December 15th deadline.

The Valley Breeze

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

It is published 12 times a year by Suburban Journals Publishing and delivered by Canada Post. The Valley Breeze is also available for pickup at Valley Ridge Pharmacy. An electronic version of The Valley Breeze can be viewed at www.suburbanjournals.ca/current-issues.

Questions regarding article / photo contributions should be directed to the editor at breeze@vrca.community. Submissions (300 words or less) and high resolution pictures are due the 5th of the preceding month. Questions regarding advertising should be directed to Suburban Journals Publishing at phil@suburbanjournals.ca or call Phil at 403-660-7324.

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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

Merry Christmas and Happy Holidays to all our residents in Valley Ridge! We hope that everyone has a safe and happy holiday.

The Board has been busy this past year. We have been brainstorming new community event ideas, and have created the Community Survey to gather more input from our residents. The survey also asked about new outdoor facilities and the recreational preferences of our residents. We hope to use this information to inform our future planning projects.

We are currently working on next year's budget, and considering what community projects we can do in 2025.

We are also assisting the LEAF committee with their traffic circle and median upgrading projects. If you aren't sure what the LEAF committee does, they are responsible for the utilization of the special tax levy money for the use of beautification of our community. You can learn more on the VRCA website, and in Valley Breeze LEAF articles.

We have lots of ideas! And we have some very dedicated volunteers. However, we can always use more help. We are still short of one director to be on the Board, and we are always looking for more volunteers within the community for smaller projects. If you are interested in assisting, please contact Christa at president@vrca.community.

Christa McKegney

Facts About December

- The birthstone for the month of December is the turquoise.
- There are two zodiac signs for December: Sagittarius (November 22 – December 21) and Capricorn (December 22 – January 19).
- The narcissus is the birth flower for December.
- December is named for the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year.
- Kwanzaa is celebrated on December 26 - January 1 every year.

Community Garden Update

Mark Your Calendars for February 3, 2025

Community garden boxes are available for rent for the 2025 season on February 3, 2025. On that day, go to the link and register. Boxes are \$35 for the season, and you need to be a VRCA member at a cost of \$35 for the annual fee. Visit <https://www.vrca.community/community-garden/>.

“To plant a garden is to believe in tomorrow.”
— Audrey Hepburn

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
- Knowledge as you learn 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 Community Garden Story

The community garden was built in 2012 by Valley Ridge residents to encourage novice and seasoned gardeners to grow plants, knowledge, and friendships. The community



garden consists of 32 raised garden boxes available for rent each year, a large herb plot, four corner benches with flower boxes, and a raised stage that faces the west. The garden is located by the ice rink and main playground near Valley Meadow Close. The community garden is a beautiful green oasis in our community. We welcome you to visit the garden, sit among the plants, and enjoy quiet time.

VR Community Garden volunteer Barb Pedersen

Facilities Update

The sport court experienced a very busy summer. Thanks to all the volunteer group for the daily inspections and maintenance of all the sports equipment. Ice making will start as the weather permits. We are always looking for new volunteers for the operation of the rink. Please consider joining the group for a few hours per week. Training on all equipment will be provided. Contact facilities@vrca.community.

Facilities Rental Review

U16 Bow River Hockey Rental, October 19, 2024.

Good morning Len,

“The kids had a fabulous time! The gentleman helping us had everything ready to go and he checked in a few times to see if anything else was needed.” Thanks, John Carde

“Thank you for the great experience.” Alicia

2024/2025 Rink Rental Rates

Weekends & Stat Holidays

9:00 a.m. to noon; 5 p.m. to 7 p.m.

\$130.00 per hour.

Weekdays:

9:00 a.m. to 7:00 p.m.

\$100.00 per hour.

Note: \$10:00 per hour discount for VRCA members in good standing.

DID YOU KNOW??

"Jingle Bells" was the first song played in space. NASA's Gemini 6A space crew played "Jingle Bells" on December 16, 1965. It was the first song ever played in space.



Councillor Report

Hello, Ward 1! The holiday season is just around the corner, and I want to wish you and your loved ones a joyful and restful time as we close out the year. Whether you're celebrating with family, friends, or spending time reflecting on the past year, I hope this season brings peace and warmth to your home. Here's a look at what's happening in our community this December.

Budget Update

City Council recently wrapped up deliberations on the 2025 budget. We've been hard at work balancing the need to maintain essential services with keeping taxes affordable for residents.

Winter Weather Tips

With colder temperatures settling in, remember to prepare for winter driving conditions. Keep an emergency kit in your car and ensure your vehicle is winter-ready. City crews are continuing to prioritize snow clearing on major routes within 24 hours, but please allow extra time to get where you're going.

For those enjoying the outdoors, make sure you're layering up properly and keeping walkways clear of snow and ice, as residents are responsible for snow clearing from sidewalks next to their property within 24 hours of snowfall. If you can, help out a neighbour by shovelling their sidewalk – a simple way to spread holiday kindness!

You can stay informed on updates regarding parking bans and snow removal by visiting calgary.ca/snow or calling 311.

Supporting Local Businesses

This holiday season, I encourage you to support the many incredible small businesses right here in Ward 1. Whether you're shopping for gifts, dining out, or looking for festive experiences, our local businesses depend on your support, especially during this busy time of year. By shopping locally, you're helping keep our community strong and vibrant.

Sonya Sharp, Councillor, Ward 1



LEAF Update

Happy Holidays, everyone!

We will see our winter planters installed shortly. We are always impressed with Pixie Gardens and their amazing displays for our community.

LEAF has been working on the traffic circle design project, and we have moved forward with this. Alberta Transportation is now willing to allow us access to the traffic circle, as the construction in that particular area is now complete.

In order to receive full access, we have a number of departments who will need to sign off on our design and provide input. At the time of this writing, our application has been submitted, and the engineering department has given their approval, with the requirement of following a few suggestions to the plan. Our landscape company is currently redrawing the plans to fit the engineering requirements, and then those will be circulated to the remaining departments for approval.

We are hopeful that we will be able to start the traffic circle project in May, but this is a tentative timeline.

We do not have permission to add anything outside of the traffic circle at our entrance, as there may be minor construction work with the sanitary trunk twinning.

We have not yet had any further progress with our median rehabilitation, but we will continue to work on this with the City over the winter to see if that can also occur in spring. The median rehabilitation is just for one median initially, to be converted to decorative rock, instead of grass. We will then assess the median to see its long-term viability, and will gather resident feedback before proceeding with any additional median rehabilitation. Not all medians are in poor condition, so we are only looking to address those medians that receive way too much salt in the winter to sustain grass growth in the summer.

LEAF Committee

DID YOU KNOW?

Norway sends a Christmas tree to Britain every year as a symbol of gratitude for their help preserving Norwegian liberty during World War II.



Memberships Update

Why You Should Join Your Community Association: Building the Best Neighbourhood Together

As homeowners or residents, we all want to live in a community where we feel safe, connected, and proud to call home. However, creating such an environment takes more than just the right house—it requires active involvement from residents like you. That's where your community association comes in. If you haven't joined your local association yet, here are compelling reasons why becoming a member can not only enhance your experience in the neighbourhood but also contribute to building a thriving, vibrant community for everyone.

1. Be a Voice for Positive Change

One of the strongest reasons to join your community association is to have a say in the decisions that affect your daily life. Whether it's advocating for improved road conditions, addressing safety concerns, or enhancing public spaces, your voice matters. Associations offer you the platform to share your ideas, raise concerns, and shape the direction of the community. When you participate, you're not just reacting to changes—you're actively influencing them. Your input can directly lead to policies and projects that make life better for everyone.

2. Strengthen Community Connections

In today's fast-paced world, it's easy to feel disconnected from the people around us. Joining your community association bridges that gap by bringing residents together around shared goals. You'll meet neighbours, make new friends, and build relationships that go beyond a casual wave on your way to work. Whether it's through social events, volunteer projects, or meetings, the association fosters a sense of belonging and camaraderie. Strong communities are built on these relationships, and your participation helps to create a more cohesive, supportive neighbourhood.

3. Improve Your Property Value

A well-maintained, vibrant community doesn't just look good—it can also increase property values. Community associations often take on the responsibility of maintaining common areas, encouraging standards, and organizing beautification efforts, all of which

can enhance the overall appearance and appeal of the neighbourhood. When potential buyers see a neighbourhood where residents care and are actively involved, they're more likely to invest. By joining the association, you're contributing to the upkeep and reputation of your community, which can translate into real financial benefits for you and your neighbours.

4. Access to Exclusive Resources and Information

Community associations are often the first to know about new developments, city planning initiatives, or neighbourhood improvement projects. By being a member, you'll have direct access to this information and can stay ahead of changes that might impact your property or quality of life. Additionally, many associations offer exclusive resources like newsletters and local business directories within the community. These perks, combined with the insider knowledge you'll gain, make membership a valuable investment.

5. Opportunity to Make a Tangible Impact

If you've ever wished you could make a meaningful difference in your neighbourhood, joining the community association is your chance. Associations often have committees dedicated to various causes—whether it's sustainability, public safety, beautification, or organizing events for local families. You can align your skills and passions with the needs of the community. This is your opportunity to leave a lasting legacy by helping to launch new initiatives, improve existing ones, or simply lend a hand to projects that make the neighbourhood better for everyone.

6. Enhance Safety and Security

One of the top priorities of any community association is ensuring the safety of its residents. Associations often work closely with local law enforcement to advocate for better lighting, or install security measures in common areas. By joining, you can contribute to making your community a safer place to live, ensuring that you and your family enjoy peace of mind. A united community is a safer community, and the association provides a structure to organize these efforts effectively.

7. Build a Legacy of Civic Engagement

By being part of your community association, you set a powerful example of civic engagement for others, especially for younger generations. When people see neighbours taking an active role in the future of their community, it encourages more involvement and strengthens the culture of shared responsibility. You're

(continued on page 11)

Cold Weather Safety

Emergency Medical Services (EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed;
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation;



- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Alberta Health Services

Did You Know... These Facts About the well-known song, The Twelve Days of Christmas?

- The song *The Twelve Days of Christmas* is very old, published in the year, 1780.
- While the song was published in England, it is believed to be of French origin.
- Many nationalities sing this song as part of the Christmas celebration, substituting native animals and gifts to represent their country. For example, the Faroe Islands have a similar rendition, which goes beyond the twelve, and includes 14 rounds of cheese.
- While there have been some variations on the tune, the now-standard melody was written by English composer, Frederic Austin, who added his own two-bar motif - the familiar, 'Five Golden Rings'.

Larynda McKay

Memberships Update continued

not just helping in the here and now—you're setting the stage for a tradition of cooperation and improvement that will benefit your community for years to come.

8. Enjoy a Greater Sense of Pride

There's a certain pride that comes with knowing you've played a part in the positive development of your community. Whether it's a new park, an annual event, or simply maintaining the beauty of shared spaces, your involvement leaves a mark. When you walk through your neighbourhood and see the results of the association's efforts, you'll have the satisfaction of knowing you were part of the team that made it happen.

Your Community Needs You

2025 Valley Ridge Community Association Memberships are available for purchase now! You can register online by visiting Memberships - VRCA or by filling in the membership form on the last page of this publication.

Also consider joining the Valley Ridge Community Association Board of Directors or one of its sub-committees! This provides you with an opportunity to take an active role in shaping the environment around you. It's an opportunity to contribute, connect, and collaborate with your neighbours to make your community the best it can be. Whether you want to improve property values, enhance safety, or simply make new friends, the benefits of joining far outweigh the time commitment. Your community thrives when residents like you get involved—so why not take the next step and get involved today?

Director, VRCA Memberships



Community Shout-Out

For over 15 years, Steve Williams, a long-time Valley Ridge resident, has painstakingly and creatively decorated this iconic Christmas tree in a labor of love for the holiday season and for all the wonderful Valley Ridge neighbours he has known for over 26 years. Each December, several trips to Canadian Tire or Home Depot are required to obtain more strands of green lights, which to date totals close to 100 strands. As he is stringing up the lights, neighbours who walk by offer help and/or encouragement as well as words of gratitude and appreciation as they look forward to seeing what has become a yearly tradition of Christmas festivity in their neighbourhood. Steve Williams has generously supplied food from Chianti Crowfoot for some of the VRCA meetings.

I would also like to add a quote from a neighbor regarding this iconic Valley Ridge Christmas tree: "After losing my husband several months prior, I was returning from a month-long trip on Vancouver Island to spend time with my son and his family when my taxi rounded the corner onto my street and the first thing I saw was Steve Williams's Christmas tree like a welcoming beacon back to the neighbourhood. I look forward to seeing this tree light up every year."

Merry Christmas, Valley Ridge!

Cari Williams, Valley Ridge Community Member



Planning Update

There are two projects that will be affecting the community of Valley Ridge, and both pertain to the sanitary lines.

Background: The City of Cochrane contributes to the waste running through our sanitary line, which is processed by the City of Calgary. With the additional building in both Cochrane, Crestmont, Valley Ridge, RockyView, and others, that line has reached capacity.

Project #1: The City is currently working with the Government of Alberta to twin the sanitary trunk, to add more flow capacity. An open house was held on the 28th of October at the Crestmont Community Centre, and fliers were distributed to each household's door.

The open house outlined where the trunk would be placed, and how it would be placed. It also explained where construction material would be kept during this process.

The upshot is that very little disruption will occur within our community. Most of the work will involve microtunneling, so there will be minimal ground disruption, minimal construction vehicles, and therefore, minimal construction noise. The staging areas will be to the far west and far east of the community, near the storm ponds. There will also be a central staging area near the baseball diamond in the west soccer fields. The Board met with the City, and the City has agreed to fence the baseball diamond from the staging area, so the diamond will remain accessible to the public.

Project #2: Osprey Development. The new community of Osprey will be accessible through our and Crestmont's traffic circles. You would take a left, instead of a right towards Crestmont. This community's development is well underway, but that region of the City historically had septic tanks, and they do not have access to the sanitary sewer system on that side of the highway. To gain access, they must connect to the closest line that is NOT uphill. That would be Valley Ridge.

This means that we will see an additional sanitary project in our community.

The basic plan is to microtunnel under the TransCanada towards the ice rink and toboggan hill. Once at the hill, they will open trench (disturb the ground) towards the firehall. They may have to remove trees, but they will replace all of them, as well as revitalize the ground/grass. This area will also be fenced off to the public, to allow for some safe public access around the site. Once at the firehall, they will microtunnel under Valley Ridge Blvd. The target point is at the four-way stop, on the west side. Our sanitary line is accessible in the median, so we will experience traffic construction and two lane closures.

This project is expected to begin in late February 2025, and be complete in late April 2025. We will NOT have lane closures that entire time. That timeline is proposed for the entire project. The Osprey group is committed to keeping Valley Ridge informed, so we will be meeting with them again in early February/late January to confirm timelines and expectations once all permits have been approved and the timelines are official.

VRCA President, Christa McKegney

Adopt a Sidewalk this Winter

Keeping walks clear of snow and ice can be very challenging—even dangerous—for older adults and others who have limited mobility. The City is encouraging those who are able, to adopt a sidewalk this winter for someone in your neighbourhood. “Something as simple as clearing a neighbour's walk can make a world of difference,” says Snow Angels program coordinator, John Mungham.

According to City Bylaws, you are responsible for removing ice and snow from city sidewalks adjacent to your property within 24 hours after the snow has stopped falling. So while you're at it, clear an extra section and make a difference!



If you have a Snow Angel, call 3-1-1 to nominate them for official recognition from The City.

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.

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

Secretary Update

Thank you to everyone who has already completed our Community Survey! If you haven't had an opportunity yet, there is still time! Go to our website, www.vrca.community, and click the link on our homepage to complete the survey. The purpose of the survey is for the VRCA Board of Directors to gain insight into what residents consider important for the future of Valley Ridge. Your feedback is essential to shaping the future of our community, and we deeply value your input. It will take approximately 10 minutes to complete, and we'll keep it live until December 15.

Attention, community members! We'd love to showcase your photos in an upcoming edition of the Valley Breeze! Send us your high-resolution images of nature, wildlife, auroras, sunrises, sunsets, or local weather scenes from around our community. We know you're out there enjoying our amazing green spaces, and we'd be thrilled to include your photos in the Valley Breeze!

Email your photos to newsletter@vrca.community, and we'll publish them as space allows.



We're also accepting feature articles! If you'd like to give a shout-out to an outstanding community member, please send your story to newsletter@vrca.community, and we'll consider it for an upcoming edition.

VRCA Secretary, Kelly Andrew

Community Events Update

Valley Ridge Bloom Contest Update: Ken Hebert of Valley Stream Circle has been named the winner of this year's Valley Ridge Summer Blooms contest, and it's easy to see why. His backyard is a stunning showcase of vibrant colors and lush greenery, with a breathtaking array of flowers in full bloom. But it's not just the flowers that steal the show—Ken's serene water feature adds a soothing element to the space, with gently cascading water creating a peaceful ambiance. Whether it's the bright petals of his blossoms or the tranquil sound of the flowing water, Ken's garden is truly a labor of love and a perfect example of how nature can transform a space.



Valley Ridge Halloween Decorating Contest Update: Travis Phillips of Valley Stream has claimed the top spot in this year's Halloween Home Decorating Contest, earning a well-deserved \$50 gift card to Mulligan's. His home became the neighborhood's ultimate spooky destination, with an impressive display of ghoulish decorations that delighted trick-or-treaters and passersby alike. Travis's attention to detail truly set his display apart. The entire front yard was transformed into a Halloween wonderland, full of surprises around every corner, including a haunted woman in the window. Congrats, Travis!



We can't wait to see next year's spooky submissions!

Director, Community Events



Note: All phone numbers begin with 403

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

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PLAZEBO

Curry n Crust		460-3833
Incline Physio	www.inclinephysio.com	900-1234
Industry Salon		764-1005
Law Office		769-1966
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 Nail Salon		587-349-9142
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

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.

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