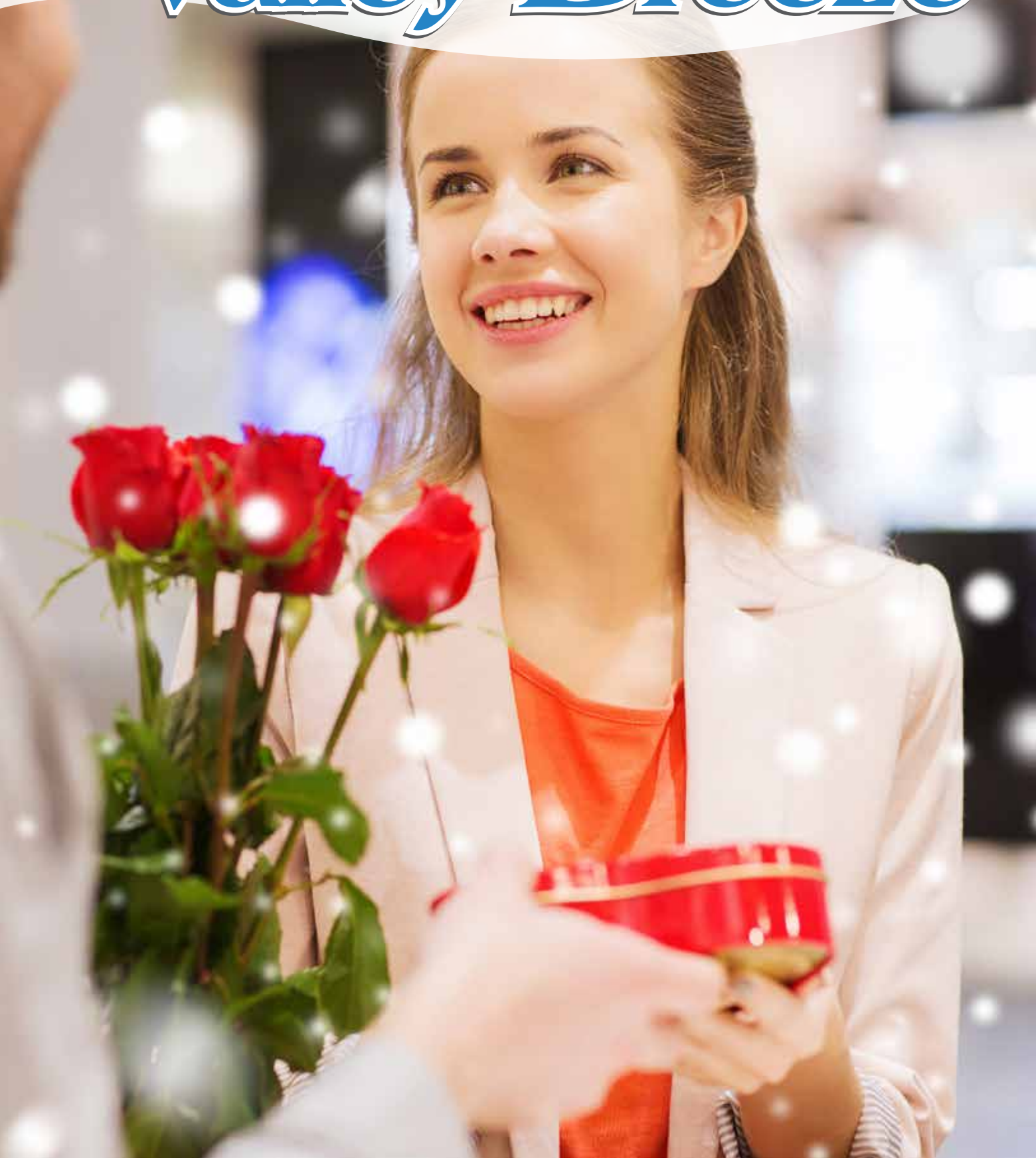


The Valley Breeze



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.

Please note, the information and opinions in this newsletter are subject to change, and do not necessarily represent the opinions of the publisher, the editor, or the VRCA Board of Directors.

Disclaimer: Any advertisements, home businesses, babysitters and nannies, or other parties listed in The Valley Breeze should not be interpreted as recommendations or endorsements by the VRCA, the editor or the publisher.

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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

The AGM has been scheduled for Monday, April 28th, 2025, at the Valley Ridge Golf Course. The doors will open at 6:30 p.m, and the meeting will begin at 7 p.m. Refreshments and one drink ticket will be provided to each attendee. Please mark your calendars and join us at the AGM in April!

The Board has been hard at work in January with the budget, the audit, and the development and sanitary projects around our community. Updates to the construction projects will be posted on our website, www.vrca.community, and also to our Facebook Page, Valley Ridge Community Association. Please consider going to those locations and liking our Facebook Page in order to receive the latest updates. The Valley Breeze submissions are done one month in advance, so information is often not available in a timely manner prior to the publishing date.

The Valley Ridge Rink is in full force, and we have had many participants and rental bookings. We are so pleased with our volunteer staff and their considerable efforts to maintain the rink, and we want to show them our appreciation. Please consider doing the same when you are out at our rink!

Now that it's 2025, we are at the beginning of a new membership year. Memberships can be purchased at www.vrca.community. Membership monies are vital for the continuation of our rink, our community events, and the running of the Association. Please consider becoming a member today, or renewing your membership.

Christa McKegney, VRCA President

DID YOU KNOW??

According to history.com, Richard Cadbury introduced the first box of Valentine's Day chocolates in 1868.



Community Garden Update

Mark Your Calendars for February 3, 2025

Community garden boxes are available for rent for the 2025 season on Monday, 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. <https://www.vrca.community/community-garden/>

Garden for Health. Garden for Life.

What are gardens?

One origin of the word garden is the Old English word *geard*, meaning fence, enclosure, or courtyard. These words are closely related to our modern word *yard*. Gardening is designing, planting, doing, dreaming, planning, harvesting. Gardening is art connected to science.

What is therapeutic gardening?

Several years ago, a Calgarian garden guru, Janet Melrose, shared this information with the VRCA Community Garden group.

- Therapeutic gardens and gardening sustain us. The sunflower is the unofficial flower of therapy.
- The World Health Organization defines health as complete physical, mental, and social well-being. There is an emotional and spiritual connection in a garden. You can lose yourself in your garden, it is a de-stressor, and it can give peace and sanity. Bacteria in the dirt has been proven to make us happy.
- Benefits of gardening: watching new life, being immersed in beauty, getting strong through physical work, harvesting food, enjoying community, and applying science.
- Gardening is being used purposefully as therapy for post-war recovery, psychiatric recovery, reduction of medication, better moods. It is being used in prison situations, rehabilitation, and hospital settings.

Tips for Healthy Gardening

- Use the right tools for the right task and for you.
- Use good technique for your body—posture, strength, balance, agility, dexterity.



- Dress for the occasion—hats, good shoes, sunscreen, bug spray, protective eyewear.
- Choose the best times of the day—do it when you “feel” like it.

Join the Valley Ridge Community Garden to improve your health.

Community garden boxes are available for rent for the 2025 season on February 3rd, 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 annual fee. <https://www.vrca.community/community-garden/>

VR Community Garden volunteer Barb Pedersen

Councillor Report

Hello, Ward 1! February brings new opportunities and important updates for our community. Whether it's navigating property assessments or staying informed about upcoming events, there's plenty happening in Calgary and at City Hall this month.

Property Assessment Notices

Property assessment notices were mailed out on Jan. 3, and if you haven't received yours yet or have any questions about the assessed value of your property, you can contact the Assessment Department at 403-268-2888 or visit calgary.ca/assessment. The City's Customer Review Period runs until March 11, so be sure to review your notice and reach out to the Ward 1 Office or 311 if you need assistance.

Calgary Plan Review

The review of the overarching Calgary Plan, initially scheduled for December 2024, has been postponed to February 2025. The plan outlines long-term development strategies for the City.

Events Happening in Calgary

Chinook Blast

Calgary's ultimate winter festival returns from January 31 to February 17! Enjoy dazzling light installations, live performances, and family-friendly activities at iconic spots like Stephen Avenue. Details at chinookblast.ca.

YYC Hot Chocolate Festival

Savour the City's best hot chocolates throughout February, with proceeds supporting Calgary Meals on Wheels. Explore creative entries from local cafes and vote for your favorite at ychotchocolate.com.

Valentine's Day with the Calgary Philharmonic

Celebrate love with Tchaikovsky's most enchanting works at the Jack Singer Concert Hall on Feb. 14. Secure your seats at calgaryphil.com.

Family Day

Family Day on Monday, Feb. 17, is a great chance to enjoy time with loved ones. Keep an eye on local events happening throughout the city to celebrate the day together!

Sonya Sharp, Councillor, Ward 1



Facilities Update

It's been a great season so far at the Valley Ridge Community Rink. The volunteers have been working hard, and a lot of people have been out enjoying the ice. We are accepting rental requests for minor hockey, birthday parties, or any family event. Please contact facilities@vrca.community for more information.

2024/2025 Rink Rental Rates

Weekends & Stat Holidays: 9:00 a.m. to noon; 5:00 p.m. to 7:00 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.

The volunteer team continues to need volunteers to assist with the operations of the facilities. If you are interested and would like additional information, please contact us at facilities@vrca.community.

VRCA Director of Facilities, Len Lavender

Secretary Update

Thank you to all community members that submitted responses to the VRCA Community Survey! We had 213 community members complete the survey. Work is underway on reviewing and summarizing the data. A report will be posted on our website, and highlights will be provided in an upcoming edition of the Valley Breeze.

We received several comments about traffic/speeding concerns in Valley Ridge via our community survey. Did you know that these concerns should be directed to the City of Calgary by dialing 311? You can also write to our City Councillor Sonya Sharp as she is our voice in City Hall. The Valley Ridge Board of Directors will be sharing our survey results with our city representative; however, direct communication from community members is important as well.

Articles by community members—Would you like to give a shout-out to an outstanding community member, or do you have some community content you'd like to share? Would you like to do a write-up about some local wildlife or the history of Happy Valley? Please send your story to newsletter@vrca.community, and we'll consider it for an upcoming edition. We'd also love to showcase your photos in the Valley Breeze. Send your high-resolution images from around our community to newsletter@vrca.community, and we'll publish them as space allows.

VRCA Secretary, Kelly Andrew

Memberships Update

As homeowners or residents, we all want to live in a community where we feel safe, connected, and proud. January marks the start of a new VRCA membership year. Support our community facilities, receive direct email communications from the board, and be engaged in your community.

Get your household membership today at www.vrca.community.

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.

(continued on page 11)

Memberships Update

continued

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 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

The 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?

VRCA Director of Memberships, Cindy Munn



Springbank Heritage Club

Happy New Year! Are you looking for a way to meet new friends and explore new activities in 2025? The Springbank Heritage Club may be the place for you! We are a not-for-profit organization created for the benefit and enjoyment of senior citizens age 50+ in Springbank and surrounding communities. Our members come from all over Rockyview and Calgary—including many from Valley Ridge. We are located at 244168 Range Road 31, just north of Springbank High School.

Consider an annual membership for only \$50. We continue to add to our list of activities. Here is just a sampling of the fun we enjoy:

Pickleball—The Springbank Heritage Club is open on Monday afternoons to play pickleball starting at 12:30 p.m. and ending on or before 4:30 p.m., depending on attendance. Play is indoors on a modified court, which is ideal for seniors. For “first-timers,” racquets/balls are available, and you can try out at no cost to see if you enjoy the game. If you wish to continue, the only requirement is an annual club membership with no additional cost to play pickleball. Instructions on the rules of the game and tips on playing are happily volunteered by those players in attendance. Seniors who already play pickleball are, of course, also welcome. Come join the fun! Please contact Brian Holtsbaum (email: corsult36@gmail.com or cell: 403-651-1128) for more information.

Singing—Tuesday mornings from 10 a.m. to noon. No experience needed!

Happy Hoofers—Join us for a walk every Thursday morning 9 to 10 a.m. Everyone is welcome. Please check our website for the current locations.

Movie Night for Adults Only—On the last Friday of the month, 7 to 9 p.m. Free to everyone. Chips provided or bring your own snack and beverage.

We Are Recruiting for Board Positions—We have a few Board members retiring at the AGM in February 2025, and we would like to invite interested persons to job shadow. This gives you a chance to see what the Heritage Club is all about and also ensures a smooth transition. Please contact Janice at Springbankhc@telus.net for further details.

Please visit our website at www.springbankheritageclub.com to explore all that we have to offer.

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? 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.

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.

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.

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.

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

SNOW REMOVAL by John's Driveway Sealing. Leave the snow to us! Affordable monthly rates for a hassle-free winter. Contact John for a free quote and more info. Call 403-604-9029 or email john@johnsdrivewaysealing.ca.

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.



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](#).



Valley Ridge
Community Association

Note: All phone numbers begin with 403

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

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Vice President Dave McCarrel vicepresident@vrca.community
Secretary Kelly Andrew secretary@vrca.community
Treasurer Alyssa Minions treasurer@vrca.community

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Community Events
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VALLEY RIDGE SOCCER CLUB

www.vrca.community
sports@vrca.community

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
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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.drntanja.com	669-0005
Van Gogh Grill & Bar		288-9664
Yulia's Tailoring		617-9372

ELECTED OFFICIALS

Councillor, Sonya Sharp ward1@calgary.ca 268-2430
M.L.A., Nicolaides Demetrios calgary.bow@assembly.ab.ca 216-5400
M.P., Ron Liepert ron.liepert@parl.gc.ca 292-6666

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