

# THE **VALLEY** *Breeze*

VALLEY RIDGE'S COMMUNITY NEWSLETTER | MAY 2025

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*Photo credit: Kelly McKelvie*



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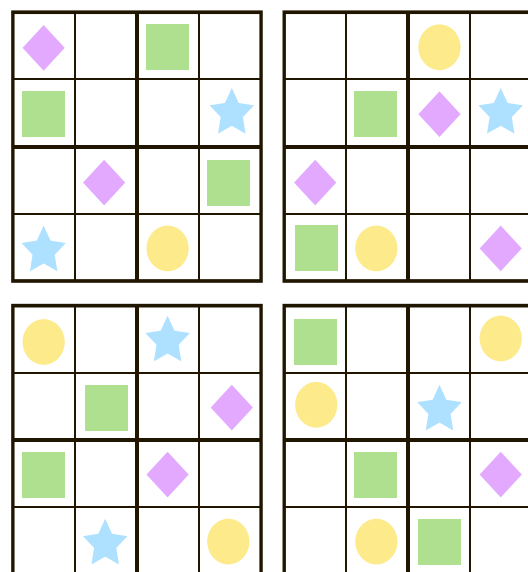
# Sudoku Corner

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits 1 – 9 only one time each.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 |   | 6 |   | 3 |   | 7 | 8 | 9 |
|   |   | 9 | 5 |   | 4 | 1 |   | 3 |
| 1 | 2 | 3 |   | 9 |   |   |   |   |
|   | 7 | 8 |   | 2 | 6 |   | 3 | 1 |
| 5 |   |   | 7 |   | 9 | 6 | 4 | 2 |
| 6 |   | 2 |   | 1 | 5 | 9 | 7 |   |
|   | 6 |   | 1 |   | 2 | 8 | 9 |   |
|   | 1 | 4 |   |   |   | 3 | 6 | 5 |
| 8 | 9 | 7 | 6 |   |   |   | 1 | 4 |

Answer on Page 14

## Sudoku for kids



# 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. An electronic version of The Valley Breeze can be viewed at [www.suburbanjournals.ca/current-issues](http://www.suburbanjournals.ca/current-issues).

Questions regarding article / photo contributions should be directed to the editor at [breeze@vrca.community](mailto: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.

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.

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## IN OUR CITY

### President's Update

May has arrived! And with it comes construction.

We will see the beginning of the two separate sanitary projects. The City of Calgary will begin their project that runs along the TransCanada some time in May/June.

Osprey will also start their construction to attach their sanitary lines into our existing lines. You can check on the roadworks and east soccer field construction timelines by going to [ospreyhill.ca](http://ospreyhill.ca) and checking under the "notices" and "road closures" tabs. Osprey will be removing our green Community Sign Board temporarily.

We will have just completed our Annual General Meeting a few days ago on April 29th. We had to move the date by one day, due to the federal election. We thank everyone for their patience.

*Christa McKegney, VRCA President*

### City Bylaws When it Comes to Responsible Pet Ownership and "No Pee/Poop" Signs or "Keep off Grass Signs."

Did you know that "The City of Calgary owns the road right-of-way, which includes the area within a few feet of a road or sidewalk, and this space is considered public land, though homeowners are responsible for general maintenance within that area?" <https://www.calgary.ca/utilities/rights-of-way.html>

"Under the Responsible Pet Ownership Bylaw, dog owners must pick up all feces produced by their dog, both on and off their property, and ensure dogs are under control or on their owner's property." <https://www.calgary.ca/bylaws/dogs.html>

With spring here, we see more and more of these signs are popping up on lawns all over the community and it doesn't always feel safe to walk near homes or streets that have a lot of these signs, begging to question, "where can we safely walk our dogs without fear of judgement or being yelled at if the dog does poop or pee on the property?"

*Submitted by VR Community Member, Kirsten Thurber*

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## VALLEY RIDGE

Valley Ridge Community Association

**Annual General Meeting of the VRCA**  
**at the golf course at 7 p.m. on**  
**Monday, April 28, 2025**

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## Fresh and Local: VRCA Welcomes the 2025 Farm Stand Season

Exciting news for Valley Ridge! We are thrilled to announce that VRCA has partnered with the City of Calgary to bring the 2025 Farm Stand Season to our community. That's right—your very own mini farmers market is coming to Valley Ridge!

- **Location:** Upper Valley Ridge Community Association parking lot (by the skate shack and sports court!)
- **Season:** Launching mid to late May and running through October (weather and harvest dependent)
- **Time:** Every Wednesday, 10 a.m.–1 p.m.

This year, we're proud to host Broxburn Vegetables, a well-loved farm near Lethbridge and operated by Brody Wauters. A staple in Calgary's farm stand program, Broxburn Vegetables offers a delicious selection of greenhouse and field-grown fruits and vegetables, along with farm-fresh eggs, cheese, and even baked goods—all sold from their converted mobile market bus.

Whether you're looking for the freshest ingredients, supporting local Canadian farmers, or just enjoying the community atmosphere, our Valley Ridge Farm Stand will be the perfect mid-week stop. Stay tuned for updates on the official launch date, and get ready to shop local, eat fresh, and support sustainable farming—right here in our neighborhood. See you at the farm stand!



## Councillor Report

Hello, Ward 1! As spring settles in, I want to take a moment to update you on communications from the Ward 1 Office. Starting June 1, there will be restrictions on what we can share, including City-funded newsletters, open houses, and mass emails, which will only be permitted in emergency situations. With that in mind, this will be the last community newsletter from our office until the election in October.

As we move into the summer months, I hope you have the chance to enjoy all that this season has to offer, whether it's spending time outdoors, supporting local businesses, or simply enjoying the company of family and friends. Wishing you all a wonderful and relaxing summer!

### Waste and Recycling Collection

As the weather warms up, it's a great time to check your waste and recycling collection schedule. From April 1 to May 29, Calgary residents can drop off their yard waste for free at City landfills. The yard waste will be composted instead of thrown away, making it easier to keep your garden tidy and reduce landfill waste. Composting food scraps and yard trimmings is a simple way to help the environment and enrich your garden. For guidance on what can go in the Green Cart, visit the Green Cart Food and Yard Waste program. For more information, visit: Garbage, recycling and composting pickup schedule.

### Parks and Pathways Maintenance

The City's Parks Department is busy with regular maintenance of our beautiful parks, pathways, and green spaces. If you see any areas that require attention, such as damaged benches or littering, don't hesitate to report it through the 311 service. Ensuring these areas remain safe and clean is a community effort. For more information on park and pathway management, visit or Parks maintenance and operations or Pathway maintenance and management. Best regards,

*Sonya Sharp, Councillor, Ward 1*



## Community Events Update

### Summer Fun Awaits at VRCA!

As the warm days of summer approach, the VRCA community is gearing up for an exciting season filled with events for all ages! Whether you're looking to find hidden treasures at our Garage Sale Parade, enjoy some delicious BBQ with family and friends, or relax under the stars at our Movie-in-the-Park nights, there's something for everyone.

Mark your calendars and get ready for an unforgettable summer:

- May 25 – VRCA Garage Sale Parade
- June 15 – Family BBQ and Fun Day
- August 24 – Movie-in-the-Park Night #1
- September 14 – Movie-in-the-Park Night #2
- September 21 – Oktoberfest / Fall Fest / Beer Garden Spectacular
- September 28 – Movie-in-the-Park Night #3

These events are a great way to connect with neighbors,



enjoy fun activities, and make lasting memories. Stay tuned for more details as each date approaches, and be sure to follow VRCA for updates.

We can't wait to celebrate summer with you!

*VRCA Director of Community Events, Tarin Arndt*

## Facilities Report May 2025

Volunteers have been busy for the last few weeks removing all the lighting, fencing, and extra safety features required for the rink area during the winter season. The sport court has been setup and ready for several months of activities and enjoyment for the Valley Ridge community and surrounding area.

Volunteers will be completing daily inspections to ensure the area is kept safe and clean. We encourage all users to pick up garbage, cans, and bottles and place them in the cans available.

The court is available to rent for family gatherings, birthday parties, and sports events. We encourage all users to respect the need to share during busy times.

Have a great summer!

*VRCA Director of Facilities, Len Lavender*







gather serve nourish

## FRENCH SILK PIE

**By:** Family recipe  
**Servings:** 8  
**Prep time:** 25 minutes  
**Total time:** 4.5 hours

### INGREDIENTS

¾ cup butter, softened  
 1 cup sugar  
 1 Tablespoon vanilla extract  
 3 ounces unsweetened chocolate, chopped and melted  
 3 eggs  
 9" pie crust of your choosing (pastry is traditional, graham is my favourite, chocolate graham or wafer is next level decadence)  
 1 cup whipping cream  
 3 Tablespoons powdered sugar  
 Milk chocolate bar for curling or grating (a vegetable peeler works well for curling but grating is quick and easy)

### INSTRUCTIONS

1. Cream room temperature butter and sugar. Add vanilla and melted chocolate. When fully incorporated, add eggs one at a time mixing for 5 minutes after each egg.
2. Pour into the pie crust of your choice and let set in the refrigerator for at least 4 hours.
3. Whip the cream with the powdered sugar on high for about 2 minutes or until soft peaks form. Spoon on top of the chilled pie and garnish with the chocolate curls/shavings.



*A Curated Kitchen is a new monthly feature from our chief editor. She looks forward to sharing her favourite recipes, hosting ideas, and a sundry of kitchen tips and tricks to enrich your times of gathering.*



## Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be mitigated by following safety measures. Take the time to assess potential window and balcony hazards in your home before a preventable fall occurs.



### Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

### Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window be can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

Alberta Health Services

## Emergency Preparedness Week is May 4 – 10, 2025

Emergencies can happen anytime and anywhere. Knowing what to do before a disaster strikes can go a long way in assisting you, your family, and your community during an emergency.

Emergency Preparedness Week is May 4 – 10, 2025. This annual event takes place across Canada every May to highlight the importance of getting prepared for emergencies before they happen.

During Emergency Preparedness Week and throughout the year, Calgarians are encouraged to take steps to get prepared for emergencies to help minimize the impacts.

- Know the risks - learn about the types of hazards that can occur in Calgary and how you can better prepare for them.
- Stay informed – stay tuned to local and regional emergency alerts and other trusted sources of information.
- Get prepared - every emergency is different, but having a plan will help you and your family know what to do and who to contact in different situations. Get started by downloading our emergency action plan, available in different languages at [calgary.ca/getready](http://calgary.ca/getready).

In addition to preparing yourself and your household for emergencies, building connections within your community can also help. Neighbours, co-workers and friends often provide crucial support during times of crisis. Creating a network you can rely on during an emergency can help you and others you care about stay safe. Visit [calgary.ca/getready](http://calgary.ca/getready) to learn more about how to prepare for emergencies, and the events taking place in the community during Emergency Preparedness Week.





# Community Garden Update

## Gardening Is Underway!

The gardeners will be busy at the community garden throughout May. Please drop by and enjoy the sights, sounds, and smell of freshly turned soil and mulch, people seeding and planting, and families and friends enjoying garden therapy together.

## The Magic of Herbs

A herb box sits in the middle of the community garden. Annually, volunteer gardeners plant a selection of herbs: parsley, sage, rosemary, thyme, oregano, and basil. A perennial tarragon plant looms over the box like a green giant.

Everyone is welcome to carefully pick herbs from the garden. Take what you need for a sensational meal.

## Herbs Taste Great

- Enjoy basil spread on a fresh tomato, enliven a soup with thyme, roast a chicken with fennel.
- Make herb-infused oils or butters: Combine fresh or dried herbs like rosemary, thyme, or basil with olive oil or butter to create flavorful bases for cooking.
  - Blend into sauces and dressings: Incorporate herbs like basil for pesto, dill for tzatziki, or oregano in salad dressings to elevate their taste.
  - Season roasted or grilled foods: Rub herbs like rosemary, sage, or thyme onto meats, vegetables, or bread before roasting or grilling for added aroma and flavor.
  - Mix into soups and stews: Add whole sprigs of herbs such as bay leaves or thyme during cooking to infuse rich flavors into broths and stews.

## Herbs Improve Health

- Boost immunity: Herbs like oregano and holy basil strengthen the immune system and help fight infection.
- Reduce inflammation: Turmeric, ginger, and rosemary have strong anti-inflammatory effects, which can help manage conditions like arthritis and heart disease.
- Enhance brain function: Sage and rosemary improve memory, concentration, and may protect against cognitive decline or Alzheimer's disease.
- Reduce cancer risk: Herbs like cloves, thyme, and oregano are packed with antioxidants that protect cells from damage and reduce cancer risk.
- Relieve pain: Ginger and cayenne pepper help alleviate pain



from muscle aches or arthritis due to their anti-inflammatory and soothing properties.  
(Source: *AI Perplexity*)

*Barb Pedersen, Valley Ridge Garden Volunteer*

# Leaf Update

It's May! And we will see our roads swept in just a few days. This year, we are early, so please watch out for the signs.

We are looking forward to seeing our planters in late May, and our spring cleanup being completed. We have a few more delays with the City regarding the approved traffic circle construction, but we are hopeful to begin this project shortly.

As with every year, we appreciate our residents sending an email to leaf@vrca.community if you spot any shrub beds that need maintenance, or anything else that looks like it may be LEAF-related and needs to be addressed. We thank everyone for that assistance.

*LEAF Committee Chair, Christa McKegney*

## Featured Listings

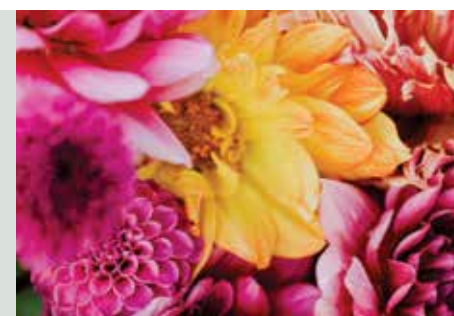


201, 103 Valley Ridge Mr NW \$503,800 | 175 Valley Ridge Green NW | 259 Valley Crest Rise NW | 10890 Valley Ridge Drive NW

## Annual MUM's for Mothers Day

200 potted mum's will be give away  
Saturday May 10th  
9:00 am  
Valley Ridge Strip Mall

Come and get a potted mum for the special MOM in your life. Looking forward to seeing you!



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## Children's Book Recommendation:

**REVIEW:** Easy, sing-songy read-aloud; richly coloured illustrations; fun for 2–4-year-olds.



**BASICS:** Published in 1999, 32 pages, author and illustrator have worked together on over 25 books spanning 30 years.

**5-STAR QUALITIES:** Clever main character, fun mid-story twist, engaging from start to finish.



## IN OUR CITY

# Create a Beautiful and Resilient YardSmart Yard This Spring!

A YardSmart yard stays beautiful longer during hot and dry weather compared to yards completely planted with grass. The City's YardSmart program provides helpful resources that show you how to plan, build, and maintain your yard, including:

- Layouts & plant lists for all over your yard – wet, full sun, partial sun, and shade areas.
- Easy to follow information on planting, watering and maintenance.
- How-to videos including how to garden on a budget and creating a pollinator friendly yard.

Remember, new plants need lots of water to get established, especially during the heat of summer. You can do your part to reduce your water consumption and help your yard and garden retain moisture by:

- Installing a rain barrel to use in your yard and garden. It is a simple, yet effective way to reduce your water use by acting as a backup source of water.
- Only giving plants the water they need.
- Mowing less often to keep your grass 5 to 7 cm (2 to 3 inches) high to shade the soil.
- Replacing portions of your lawn with garden features that use less water and help absorb rainwater such as low water-use perennials and shrubs, lawn alternatives or groundcovers.
- Adding good quality soil to help retain moisture and mulch on top to reduce evaporation.

To learn more about how to create a beautiful, resilient yard and garden that uses less water, visit [calgary.ca/YardSmart](http://calgary.ca/YardSmart).

*City of Calgary*



## IN OUR CITY

# Calgary Magpies

As spring blooms in Calgary, so does the flurry of activity among one of our most intelligent and misunderstood backyard neighbours: the magpie. *Pica hudsonia*, or the black-billed magpie, are members of the clever corvid family—the group of birds that includes ravens, crows, and jays—and are not only known for their striking black-and-white plumage and unmistakable chatter, but also for their remarkable nest-building skills.

Both the male and female magpies take part in nest-building, a process that can stretch from several weeks to nearly two months. It begins in early spring with the selection of a well-sheltered tree or shrub, typically at a height that offers protection for their future chicks. Interestingly, magpies often construct multiple nests but settle in just one—possibly using the others as decoys to confuse predators.

Unlike many songbirds that opt for a simple cup-shaped nest, magpies are known for constructing elaborate, dome-shaped structures designed for both durability and defense. These architectural marvels are up to three feet tall and just as wide, with thick outer walls woven from thorny branches, sticks, and twigs. Inside, a mud-lined 'cup' is carefully padded with grass and, at times, fur from shedding mammals. With a sturdy roof overhead and strategically placed side entrances, these nests offer protection from predators and the elements, while also ensuring a swift exit when needed.

By late May, fledglings begin to take their first steps—and flights—out of the nest. Like toddlers learning to walk, they



spend a few days on the ground practicing short flights under the watchful eyes of their parents. This stage is natural—but also dangerous.

Each year, wildlife rehabilitators like Calgary Wildlife see an increase in injured magpies during this fledgling window. Common causes? Cat and dog attacks, collisions with windows or vehicles, and well-meaning humans mistaking grounded fledglings for orphans.

The best way to help is simple: keep pets indoors or leashed during late spring. If you come across a young magpie on the ground, observe it from a distance. Are adult magpies nearby? Is the chick feathered, active, and alert? If so, it's best to leave it be. But if the bird is injured or in distress, or has been handled by pets, it may need the help of a rehabilitation centre like Calgary Wildlife.

Give them a little space this spring, and you just might witness a quiet masterpiece unfolding, one twig at a time.

Found injured or orphaned wildlife? Unsure if wildlife needs help? Please call Calgary Wildlife at 403-214-1312.

*Calgary Wildlife*

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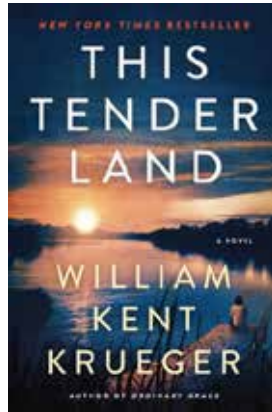
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# This Tender Land by William Kent Kruger

Published: 2019  
444 pages

Contributions by MK



William Kent Krueger's *This Tender Land* is a beautiful, heartfelt tale of survival, friendship, and the search for home. Set against the backdrop of the Great Depression, it follows four orphaned children—brothers Odie and Albert, their mute Sioux friend Mose, and Emmy, a young girl with a mysterious gift—as they flee the harsh and oppressive Lincoln Indian Training School. Forced to escape after a tragic turn of events, the group embarks on a daring journey down the Mississippi River in a stolen canoe, hoping to one day reach an estranged family member in St. Louis and find a place where they can truly call home.

Krueger masterfully weaves together literary fiction, adventure, mystery, and even a touch of romance, creating a novel that is both a thrilling page-turner and a deeply introspective exploration of morality and forgiveness. As the four self-proclaimed 'vagabonds' make their way down the Mississippi River, they encounter a diverse cast of characters—struggling farmers, traveling faith healers, displaced families, and lost souls, each of whom leaves a mark on their journey. Yet, danger looms behind them and keeps them on the move as the ruthless Brinkmans, who run the school, are determined to retrieve Emmy at all costs.

The novel vividly captures the historical struggles of the 1930s,

as many characters in the book struggle through bankruptcies, homelessness, and forced migration in hopes of a better future. The book also showcases the cultural beliefs of the time, such as the allure of traveling revival shows promising healing and prosperity, and the presence of Native American boarding schools. However, the crux of the book is about self discovery and the inherent human desire for belonging. Each of the children carries unique strengths and inherent personal burdens; through this voyage, they discover what it is they are truly running from, as well as what they are ultimately searching for.

With themes of hope, survival, loyalty, and forgiveness, the novel had me reflecting on profound questions such as where do I feel I most belong and how to navigate and persevere in spite of past trials. Most profound of all, I am left pondering where I am harboring unforgiveness in my life, and how overcoming this can lead to personal freedom. As Odie reflects, *"Of all that we're asked to give others in this life, the most difficult to offer may be forgiveness."*

**Upcoming Read:** The Housemaid by Freida McFadden

## VALLEY RIDGE

MLS Real Estate Stats

| SALES                         | VARSITY     |           | CALGARY     |             |
|-------------------------------|-------------|-----------|-------------|-------------|
|                               | Homes       | Condos    | Homes       | Condos      |
| <b>12/15/2024 - 4/15/2025</b> |             |           |             |             |
| <b>Total Number of Sales</b>  | 22          | 2         | 4041        | 3034        |
| <b>Average Sale Price</b>     | \$939,409   | \$607,500 | \$787,003   | \$406,305   |
| <b>Highest Sale Price</b>     | \$1,375,000 | \$685,000 | \$7,525,000 | \$3,025,000 |
| <b>Lowest Sale Price</b>      | \$625,000   | \$530,000 | \$230,000   | \$99,950    |
| <b>Average Days on Market</b> | 30          | 58        | 31          | 38          |
| <b>Home Sq Ft Average</b>     | 2,021       | 1,741     | 1683        | 1024        |
| <b>Sold Price per Sq Ft</b>   | \$473       | \$381     | \$482       | \$384       |

Source: CREB December 15, 2024 - April 15, 2025 (last 4 months)

# 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](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!

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### 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 or text 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 & seniors welcome! Call Judy 403-274-4383 or [judy.buzogany@gmail.com](mailto:judy.buzogany@gmail.com).

**PEST CONTROL** Treating seasonal pest problems: mice, cockroaches, bed bugs, ants, wasps, 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.

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

**PIZZA COTTAGE** Valley Ridge NOW OPEN! #208-11245 Valley Ridge Dr NW. Order online for pick up or delivery. [www.pizzacottage.ca](http://www.pizzacottage.ca) 403-475-0223.

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



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.

**FIND COLORS**

## Sudoku Corner Solution

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 | 5 | 6 | 2 | 3 | 1 | 7 | 8 | 9 |
| 7 | 8 | 9 | 5 | 6 | 4 | 1 | 2 | 3 |
| 1 | 2 | 3 | 8 | 9 | 7 | 4 | 5 | 6 |
| 9 | 7 | 8 | 4 | 2 | 6 | 5 | 3 | 1 |
| 5 | 3 | 1 | 7 | 8 | 9 | 6 | 4 | 2 |
| 6 | 4 | 2 | 3 | 1 | 5 | 9 | 7 | 8 |
| 3 | 6 | 5 | 1 | 4 | 2 | 8 | 9 | 7 |
| 2 | 1 | 4 | 9 | 7 | 8 | 3 | 6 | 5 |
| 8 | 9 | 7 | 6 | 5 | 3 | 2 | 1 | 4 |

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**  
**President** Christa McKegney [president@vrca.community](mailto:president@vrca.community)  
**Vice President** Dave McCarrel [vicepresident@vrca.community](mailto:vicepresident@vrca.community)  
**Secretary** Kelly Andrew [secretary@vrca.community](mailto:secretary@vrca.community)  
**Treasurer** Alyssa Minions [treasurer@vrca.community](mailto:treasurer@vrca.community)

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 Viridiana Alonso  
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**Director-at-Large** [directoratlarge1@vrca.community](mailto:directoratlarge1@vrca.community)  
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 Diane McIlwain  
**Director of Memberships** [memberships@vrca.community](mailto:memberships@vrca.community)  
 Cindy Munn

**VALLEY BREEZE NEWSLETTER**  
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**Assistant Editor** Wendy Lukasiewicz  
**Valley Breeze Classifieds** Janine Cardiff [breezeads@vrca.community](mailto:breezeads@vrca.community)

**VALLEY RIDGE LEAF COMMITTEE** [leaf@vrca.community](mailto:leaf@vrca.community)

**VALLEY RIDGE COMMUNITY GARDEN COMMITTEE** [garden@vrca.community](mailto:garden@vrca.community)

**VALLEY RIDGE SOCCER CLUB** [www.vrca.community](http://www.vrca.community)  
[sports@vrca.community](mailto:sports@vrca.community)

**PLAZEBO**  
 Pizza Cottage [www.pizzacottage.ca](http://www.pizzacottage.ca) 403-475-0223  
 Incline Physio [www.inclinephysio.com](http://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](http://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](http://www.stvc.ca) 247-2737  
 Valley Ridge Dental Centre [www.valleyridgedentalcentre.com](http://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](mailto:khlee0717@gmail.com) 247-0341  
 Valley Ridge Chiropractic & Wellness Centre [www.vrchirowellness.ca](http://www.vrchirowellness.ca) 202-1114  
 Valley Ridge Psychologist: Dr. Tanja Haley [www.drstanja.com](http://www.drstanja.com) 669-0005  
 Van Gogh Grill & Bar 288-9664  
 Yulia's Tailoring 617-9372

**ELECTED OFFICIALS**  
 Councillor, Sonya Sharp [ward1@calgary.ca](mailto:ward1@calgary.ca) 268-2430  
 M.L.A., Nicolaidis 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 2025 Community Membership Today!

**(Membership runs from January 1—December 31)**

As homeowners or residents, we all want to live in a community where we feel safe, connected and proud to call home. Creating such an environment takes more than just the right house – it requires active involvement from residents like you.

By buying a community association membership you can:

- Be a voice for positive change
- Strengthen community connections
- Improve your property value
- Gain access to exclusive resources and information
- Enhance safety and security
- Build a legacy of civic engagement
- Enjoy a sense of pride

If you haven't purchased your 2025 membership yet, it's not too late!

Please do your part to support our vibrant community by visiting <https://vrca.community/memberships> or by filling in the form below and mailing it through Canada Post.

Please contact [memberships@vrca.community](mailto:memberships@vrca.community) if you have any questions or concerns.

## VALLEY RIDGE LAWN MAINTENANCE EXPERTS

ONE  
FREE  
MONTH

on a yearly  
maintenance plan

New Clients / New Properties Promotion Only

FREE  
SPRING CLEAN-UP

with the  
purchase of a seasonal  
maintenance plan

New Clients / New Properties Promotion Only

403.909.5926 • [admin@bestbetlawn.com](mailto:admin@bestbetlawn.com) • [BestBetLawn.ca](http://BestBetLawn.ca)

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



## Reflections: A Journey of Trust

Spread across my desk are years of memories- a collection of real estate advertisements that tell a story far beyond mere property listings. Each page represents a moment, a family, a home, and the incredible journey we've shared with our communities.

Recently, a long-time resident handed me this stack of ads, spanning back to 2009. As we sat together, discussing the sale of his family home, I was deeply moved. He'd been following our team's journey all these years, watching us grow, celebrating our successes, and ultimately choosing us to help transition this important chapter of his life.

It's humbling to realize how many stories we've been privileged to be part of. The neighborhoods we serve aren't just locations on a map for me- they're communities of relationships, of trust built one conversation, one home, one family at a time. These pages aren't just advertisements; they're a testament to the connections we've nurtured and the faith residents have placed in us.

When someone chooses you after years of quiet observation, it's more than a business transaction. It's a profound vote of confidence - a recognition that goes beyond marketing and speaks to something deeper: genuine commitment to understanding and serving these remarkable communities.

If your own home story is beginning to take shape, or if you're curious about the value of your property, I'm always happy to listen and offer insights- no obligation, just conversation.

Kelly McKelvie  
The McKelvie Group | Real Broker  
403-804-7793  
kelly@themckelviegroup.com  
<https://themckelviegroup.com>

