

The Valley Breeze



Photo: December 2019
Valley Ridge made news headlines when
the Pittsburgh Penguins held an outdoor
practice on our community rink!

Interested in booking the rink?
Email facilities@vrca.community

Save the Date
VRCA AGM
April 29, 2024

The Valley Breeze

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

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VALLEY  RIDGE

Valley Ridge Community Association

Next Board meeting is TBD



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In Our Community

President's Report

Dear Neighbours,



I trust this newsletter finds you in good health and high spirits as we transition from the deep winter to what is hopefully the vibrant days of spring. I am excited to share some important updates and upcoming events with you.

Celebrating Holiday Cheer: Christmas Light Contest Winner

Before we dive into the latest news, I want to extend a heartfelt congratulations once again to Heather Appleby, the well-deserved winner of our annual Christmas Light Contest. Her dazzling display of festive lights brought an unparalleled sense of warmth and joy to our community during the holiday season.

Save the Date: April 29, 2024, Annual General Meeting (AGM)

Now, let's turn our attention to an important event on the horizon—the AGM of the Valley Ridge Community Association. Mark your calendars for April 29, 2024. This is a crucial gathering where we come together to discuss the achievements of the past year, outline plans for the future, and elect new members to the association's board.

Key AGM Details:

Date: April 29, 2024

Location: Valley Ridge Golf Course

The AGM is an opportunity for all members of our community to voice their opinions, share ideas, and actively participate in shaping the direction of the association. We encourage everyone to attend and contribute to the discussion. Your input is invaluable as we work towards building an even stronger and more vibrant community.

In the coming weeks, you will receive more detailed information about the AGM, including the agenda and any proposed resolutions. We look forward to seeing you there and appreciate your continued support in making Valley Ridge a wonderful place to live.

As always, if you have any questions or concerns, feel free to reach out to us at president@vrca.community.

Thank you for your involvement and dedication to our community.

VRCA President, Megan Roy

Community Garden Update

Plant, Plant, Plant! Register for the Community Garden

It's time to think gardening. Join the Valley Ridge Community Garden group and enjoy camaraderie, great gardening tips, and the yummy taste of vegetables you grew yourself!

Registration for a community garden box opened on Monday, February 5, 2024. You can likely still register for a garden box.

- Log onto the VRCA website: www.vrca.community.
- Click on 'About the VRCA' and then 'Community Garden' and follow the prompts.

The garden boxes rent for \$35/season. For liability reasons, you must also hold a VRCA membership at a cost of \$35 for a year. You can buy your membership when you register for a garden box.

Once registration is full for all the available boxes, the system will not allow more. You will not be able to access the registration on the website. If this happens, you can have your name placed on a waitlist in case someone cancels (by emailing garden@vrca.community).

What do I receive when I rent a garden box?

You have use of your garden box for the season. The box comes with excellent soil.

- The Garden Volunteer Core Group arranges for free compost and mulch and will let you know when it is available for you to put on your box.
- You may add your own compost (or other amendments) to your box, but it must be ORGANIC.

What if I want to rent a second box?

You may place your name on a wait list to rent a second box (for an additional rental fee, volunteer role, and watering week).

A few tips for this year's garden

Gardening experts are predicting warmer weather and less rain in Calgary for 2024. For the best results, they suggest:

- Start with great soil high in organic content. This type of soil absorbs water.
- Seed cold weather plants earlier and enjoy harvests in early May. Plant lettuce, spinach, arugula.

- Invest in a soil thermometer to know the temperature of your garden soil.
- Check the City of Calgary compost program for free compost through a booked appointment. Information for 2024 should be available soon. <https://www.calgary.ca/waste/residential/green-cart-compost-giveaway.html>
- Water deeply and in the early mornings.

Community garden volunteer, Barb Pedersen



Explore the City of Calgary Roadway Activities Map

Curious about the ongoing road projects in your area? Wondering when the last time your neighborhood roads were repaved? Plan your routes with ease by checking out the City of Calgary Roadway Activities Map. This interactive map compiles information on construction projects, repair work, and special events across Calgary. Visit <https://maps.calgary.ca/RoadwayActivities/> to stay informed and navigate the city hassle-free. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

City of Calgary

Burns and Scalds

Emergency Medical Services routinely respond to emergencies involving children who have sustained burns or scalds. These incidents often occur inside the child’s own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stove, iron), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1°burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.



- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access, if not already built in;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

Alberta Health Services

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

Answer on Page 9

DID YOU KNOW??

Cadbury makes 1.5 million Creme Eggs every day, and the Creme Egg is the most popular egg-shaped chocolate in the world.



Councillor Report

Hello Ward 1! Here's the latest news affecting your city and your community:

Drought conditions

Last summer was dry, and it has been another dry winter for the most part. In order to protect our ecosystems and drinking water supply, The City may once again need to put water restrictions in place this spring. Taking steps year-round to reduce water consumption can help reduce the impact of drought and reduce the need for restrictions. Learn more at calgary.ca/droughtresilience.

Blanket rezoning

On April 22, Council will hold a public hearing on changing the zoning of single-family properties across the city to the "R-CG" district. This would allow the construction of townhouses or duplexes on most residential properties in Calgary without an individual hearing before Council.

I'll be hosting an information session specifically for Ward 1 residents on March 11 to answer your questions and gather your feedback. You can register for this event and find more information at calgary.ca/ward1.

For more information on the proposed rezoning, including whether your property is affected, visit calgary.ca/rezoningforhousing.

Property assessment

A reminder that The City's Customer Review Period for property tax assessment ends on March 11. This is also the deadline for filing an appeal with the Assessment Review Board. Questions or concerns? Contact Assessment directly at 403-268-2888 or visit calgary.ca/assessment.

River Valleys Project

The Government of Alberta recently released new draft flood hazard maps for the Bow and Elbow Rivers. These maps are used by The City to inform how land is used in areas that could be affected by flooding. The City will be updating its policies related to flooding and land use later this year. While these policies affect all Calgarians, they are especially important residents of low-lying areas like Bowness in Ward 1. Learn more at calgary.ca/rivervalleys.

Please note: the Assessment Customer Review period in last months newsletter was incorrect; the correct date is March 11. Apologies for the error.

Sonya Sharp, Councillor, Ward 1

St. Sylvester News

The students at St. Sylvester have been busy with their studies in these winter months and now they are looking forward to warmer spring weather and plenty of sunshine during the month of March.

On March 1st the staff and students will be celebrating Djembe Day which originally comes from the Bambara people in Mali. Dejembe translates to "everyone gather together in peace" and is a rope-tuned skin-covered drum that is played with bare hands.

On March 9 St Sylvester staff and students will wear ribbons to mark (or recognize) 'blue and yellow day' in support of Ukraine. With the invasion of Russia into Ukraine, St. Sylvester has set aside time to educate the students on this global situation and build awareness.

Roger Dallaire will be doing a presentation on French-Canadian Heritage on March 13th. Roger has been performing in schools across Canada since 2000. He is a musician, storyteller, marionetist and folklorist. He is a proud French-Canadian who is passionate about sharing his cultural heritage.

March 14, the grade 6 students take a trip to Madeleine D'Houet School, which is the middle school designate for St Sylvester School. During their visit, the students will explore the school and meet some of their new teachers for the upcoming year, should they choose to attend Madeleine D'Houet School.

March wraps up with the celebration of Holy Thursday on March 28th, Good Friday on March 29th and Easter Sunday on March 31st. It also marks the beginning of Easter break which runs from March 29th to April 8th.

Sudoku Corner Solution

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

Reminders from the Rink

The rink is available for rent. There is a 10% discount on rental rates available to VRCA members. If you are interested in renting the outdoor ice rink, please email facilities@vrca.community.

The volunteers who run the rink are always looking for individuals interested in helping maintain the rink. If you are interested, please contact facilities@vrca.community or stick a note under the door of the garage by the rink.

Family Birthdays at the Valley Ridge Ice Rink

The Boak family held a birthday party at the Valley Ridge Ice Rink on December 31. The family had a hockey game and thanked the VRCA for the great ice surface.

You can book the ice rink by contacting facilities@vrca.community.

VR Soccer 2024 Outdoor Season

Online registration for the upcoming soccer season is open and will be ongoing until March 31. Late registrations (if space/uniform is available) will be accepted until April 14.

The soccer program will begin April 15 and end June 20. Please contact Alyssa Minions (sports@vrca.community) for more information.

Did You Know... These Facts About March

- The birthstone of March is aquamarine.
- The birth flower is the daffodil.
- The two zodiac signs in March are Aries (March 21 - April 19) and Pisces (February 19 - March 20)
- March is named after Mars, the Roman god of war.
- Spring arrives in March! This year it falls on March 20.

Membership Update 2024 VRCA Memberships

It's that time of the year again—2024 VRCA memberships are available for purchase through our website (<https://www.vrca.community/memberships/>) or via mail for those who prefer to submit the form found in the back of the Valley Breeze.

All memberships purchased prior to April 30, 2024, will be entered for a chance to win a weekend in Banff (prize includes a \$500 Gift Card for the “Best of Banff,” offering 11 hotels, 8 restaurants, and 2 spa options; and \$100 gift card for the Keg)! Thank you to local realtor Gerard Chiasson for donating this lovely prize pack again this year.

The VRCA is a community-based volunteer organization that supports recreation facilities and community events that help make Valley Ridge the amazing place we call home. Membership fees and volunteers help ensure that our community members have access to a variety of information, programs, and amenities, including:

- Construction, operation, and maintenance of the Community facilities, including the skating rink, sport court, and fitness park;
- Voting privileges at the annual AGM;
- Community Garage Sale, Family Skate Day, BBQ, and Oktoberfest;
- Community Garden;
- Music-in-the-Park and Yoga-in-the-Park;
- Soccer and T-ball; and
- Ongoing updates related to activities happening in and around our community (construction, new developments, etc.).

Please contact memberships@vrca.community if you have any questions or concerns.

We encourage members to share the benefits of the VRCA Membership with their neighbours who may be missing out! We saw an increase in memberships in 2023, but we still have a lot of work to do to get membership numbers to a level that continues to support the programs and facilities that we 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 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.

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Like Us on Facebook!

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



Valley Ridge
Community Association

Note: All phone numbers begin with 403

VRCA 695-7533
VRCA website vrca.community
VRCA Facebook Valley Ridge Community Association

VRCA EXECUTIVE COMMITTEE

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Vice President Megan Roy vicepresident@vrca.community
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www.drtanja.com 669-0005
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OTHER

Calgary Public Library www.calgarypubliclibrary.com
Bowness 221-2022 Crowfoot 221-4122
Community Resource Officer Cst. David Down 428-6200
DDown@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

Membership Update

2024 VRCA Memberships are available for purchase!

It's that time of year again—the 2024 VRCA Memberships will be available starting on December 1, 2023. Please take a moment to renew your household membership early to maximize your benefits in the new year!

There are two ways to purchase or renew your annual membership:

- Visit <https://www.vrca.community/memberships/>
- Drop the form on the back page of the Breeze, as well as the \$35 membership fee, into the mail. Once your membership is processed, you'll receive an email confirmation for your records.

The VRCA is a community-based volunteer organization that supports recreation facilities and community events that help make Valley Ridge the amazing place we call home. Membership fees and volunteers help ensure that our community members have access to a variety of information, programs and amenities, including:

- Construction, operation, and maintenance of the community facilities, including the skating rink, sports court, and fitness park;
- Community Garage Sale, Family Skate Days, Oktoberfest and BBQ;
- Community Garden;
- Music- and Yoga-in-the-Park;
- Soccer and T-ball; and
- A direct liaison between the Board and City representatives, ensuring that the community is up-to-date on the latest developments.

If your neighbours aren't members yet, please encourage them to join so we can continue to be the vibrant community we are today! This year we had our highest membership numbers on record, and we hope to eclipse that in 2024!

Please contact memberships@vrca.community if you have any questions or concerns.



Valley Ridge
Community Association

I would like to become a member of the
Valley Ridge Community Association

NEW ☐ RENEWAL ☐

VRCA occasionally emails members with community event information.

- ☐ I consent to receive emails from VRCA
☐ I do not wish to receive emails from VRCA

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

Mail with \$35 cheque payable to VRCA:
Valley Ridge Community Association – attn.: Director of Memberships
11743 Valley Ridge Blvd NW, Calgary, AB, T3B 5Z9