

# The Valley Breeze



# The Valley Breeze

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

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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 at [phil@suburbanjournals.ca](mailto: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

I hope this article finds everyone healthy and safe.



I want to send out a big thank you to all the folks who attended our third VIRTUAL VRCA AGM. I hope this is our last VIRTUAL AGM and next year we can resume having our AGM in person.

As the COVID-19 restrictions are lifted, the VRCA is planning more activities. We are planning a pathway clean-up in early May and a garage sale in late May.

Please stay safe.

*Dave McCarrel, VRCA President*

### Park Cart Smart

When you set out your blue, green and black carts properly, you're helping to ensure safe and efficient operation of The City's waste collection trucks. That includes how you park on the street outside your home, especially in cul-de-sacs. A few simple reminders will help make everyone's day go smoothly:



- **Parking in a cul-de-sac:** All vehicles must be parallel parked with passenger side wheels to the curb, unless there are signs permitting angle parking. This helps collection trucks reach your carts and turn around in a cul-de-sac.
  - Place your carts on flat ground, one metre away from your vehicle if parked on the street.
  - Improperly parked vehicles block driveways for residents and restrict access for emergency and waste management vehicles.
  - **Parking in an alley:** Do not block the end of a closed alley with parked vehicles. Collection trucks need space to turn around safely.
- These simple but important steps help ensure safe and efficient cart collection. Learn more at [calgary.ca/cartplacement](http://calgary.ca/cartplacement).

*City of Calgary*

# Communications

Did you know that Valley Ridge Community Association has a Facebook page? This is where we post all our current events and quick messages to the community. While the Valley Breeze is vital for communication, it is created one month in advance and isn't a great source for last-minute information. If you haven't already liked our Facebook page, please search us up and like for notifications!

YYC Food Trucks will be coming to our community every other Thursday from 4p.m.–7p.m. Scheduled dates in May are for the 5th and 19th. A percentage of the proceeds will come back to the VRCA and will be applied towards additional community events, such as Music-in-the-Park and Yoga-in-the-Park.

### Facilities

The rink closed down in March, and by April the sport court was up and running! Many thanks to our volunteers for helping to maintain the rink this past winter. Without the help of our volunteers, the rink wouldn't be the amazing skating experience that it is. Please thank our volunteers when you see them outside working on our facility!

Unfortunately, we have had some vandalism of our facility. This seems to happen every year, despite being in an open and public environment. If you see something, please say something. We had an individual use an axe to cut down part of our fencing. We have had people set fires inside the skate change building. We have had kids rip off the roofing of our sheds and pry open shed doors. Some of these events were caused by residents, and some not. We need everyone's eyes to help keep our facility safe and functional.

### Soccer Update

#### Thank You to Our Volunteers!

A sincere thank you to all volunteers who stepped in to fill the coach, team manager, and jersey coordinator positions, as well as joined our soccer committee. We appreciate the time and effort our soccer families put in to make our soccer program thrive.

### Soccer Pictures

Team and individual pictures are scheduled according to division May 9–10. Division coordinators will send the schedule to team managers the week prior to photos.

The website is updated regularly. Be sure to check the website for the latest soccer updates.

### Victoria Day

Monday, May 23, is Victoria Day. Due to this holiday, U4



soccer has been rescheduled to Wednesday, May 25, from 5:15 p.m. to 6:00 p.m.

### Reminder

- Parents, please help the coaches on the fields with nets and flags. Also, as the weather slowly gets warmer, we encourage all parents to remember the sunscreen, snacks, and water for all soccer players.
- Parents, you may not leave your children unattended at the soccer fields during soccer practice. Please ensure you stay with your children at all times.

## LEAF Update

The spring season has arrived! LEAF has been hard at work, preparing the community for a great season. The medians have been swept, aerated, and fertilized, and a general spring clean up has occurred.

Our planter flowers will likely not arrive until late May / early June, to protect against flower-killing frost, but expect to see the medians and soccer fields turning green!

Did you know that LEAF has been in our community for 14 years already? This is our 15th year of the program. We began in 2008 and have been making steady strides since then.

Please take the time to look around your neighbourhood and see how much it has improved. We always appreciate comments, concerns, or suggestions. We rely on the community residents to inform us of any areas that look like they may need additional attention.

More updates will be available in June. For any questions, please email LEAF at [leaf@vrca.community](mailto:leaf@vrca.community)

# Community Events Update

**M**ay is here! And with it comes some community events.

## Community Clean Up

The VRCA will be hosting a community clean-up event on Saturday, May 28, from 9 a.m. to 12 p.m. All residents are welcome to join!

Plastic garbage bags will be provided, but each participant is encouraged to bring their own gardening gloves, wear closed-toed shoes, and dress for the weather.

If you wish to participate in this annual event, please arrive at the blue shed near the ice rink at 9 a.m. Maps of the green spaces will be handed out, along with garbage bags and gloves. Children are welcome, and those with small children will be given routes away from roadways.

Thanks so much for helping us keep our community clean and green!

## Community Garage Sale

The Annual Community Garage Sale will also be held on Saturday, May 28, from 9 a.m. to 1 p.m.

### How will people know about our Community Garage Sale?

1. The VRCA publishes a list and map of all homes in Valley Ridge. Crestmont residences are added to the list, but not the map (not enough space). To be included on the list, residents must email Events at [events@vrca.community](mailto:events@vrca.community). You must have a valid 2022 VRCA membership to be included on the list. Memberships may be purchased online at [www.vrca.community](http://www.vrca.community) or through the details located in each Breeze.
2. The VRCA places ads in several online sources. Maps are available the week before and up to the day of the sale at the gas station.

### How does the garage sale work?

1. All residents have the garage sale out of their homes. The community-wide sale is advertised to start at 9 a.m. and finish at 1 p.m., but you may open your sale at the hours of your convenience.

### What do I need to participate?

1. Your name
2. A valid 2022 VRCA membership
3. Your address
4. A list of “big ticket” items (optional). This will allow people to preview your items so they can make a beeline to your home if you’re selling what they’re looking for!

# Community Garden Update

## Planting Ideas for Growth

**T**his month, when most gardens are planned and planted, I wanted to present you with a unique perspective on the garden and ways to enjoy the experience of earth and nature.

### Have patience

Take a simple moment to be in the garden. Find a place to sit and pause before working the soil and adding the seeds. Close your eyes, breathe in and out deeply. Plant your feet firmly on the ground and feel the air as it whirls around your ears, throat, chest, and hands. Give attention to the temperature on your skin. Are the sun’s rays warming you, or do you feel that last cool exhale upon the gentle breeze?

### Be a tourist in your own neighbourhood

Bring your camera for a photo session with spring and capture the growing green with blue sky above. Focus and unfocus your lens. Appreciate the texture of fresh buds, grit, and dirt, and the corners and edges of the garden boxes.

### Journal your senses

Use the garden as inspiration and pen a short story. Use one word or 100. Craft a drama, comedy, or suspense. Create a gratitude list or map out plans for the future. Jot down your dreams or sorrows, and let them be. Then move forward and write while supported by nature.

### Colour!

Infuse pigment onto canvas or colour your pages with chalk or crayons. Gardens are born of creation, creativity, and flow. Within one, you will find that tones change, reflection and shadows deepen after a rain, and a garden may dot, scribble, or hum with activity and engagement.

### Bring a friend

Envelop yourself in nature, expand on your experience, bring a little bit of nature back inside your home, or share your grounded experience with a friend or loved one. This is possible even before the seeds sprout and the garden’s produce grows thick. There is every potential in spring.

*Article by Leesa JoAnn Iverson*



# Bowness High School

**B**owness High Parent Advisory Council is currently fundraising to purchase a new school bus. This is your opportunity to support Bowness High School's overall pursuit of excellence and educational opportunities!

The bus will be used for transporting students for field trips, physical education classes, band performances, extra curricular activities and the High Performance Athlete Development Pathway Program. With the school's growing student population, having access to an additional bus will be extremely beneficial to students and their learning.

We are hoping to reach our goal of \$120,000 to purchase the new bus in the fall. Unfortunately, the purchase of a school bus falls outside of the parameters of many individual and matching grants so our school council is funding the purchase through fundraising efforts and donations.

Please send your donation via e transfer to the Bowness School Council Treasurer at [bownesshightreasurer@gmail.com](mailto:bownesshightreasurer@gmail.com) and use Bowness as the password. Please also include the full name, mailing address and email address that you would like on the tax receipt. If you would like to donate via cash or cheque please email [bownesshightreasurer@gmail.com](mailto:bownesshightreasurer@gmail.com) for further instruction.

Thank you in advance for your generous contribution and participation. Your support means a lot to the school administration and students.

## Win A Playhouse Constructed By The Students Of The Trades Centre Of Excellence

<https://www.rafflebox.ca/raffle/bhpac>

The students in the Construction & Trades Centre of Excellence Program at Bowness High School have been working hard constructing two amazing Playhouses. The Playhouses are complete with framing, shingled roofs, siding and wired for electricity. The students have been learning and mastering their skills with these builds and their incredible work shows!

The Trades Centre of Excellence Program is offered to Bowness High School students looking to gain experience towards pursuit of a career working in the Trades. Bowness High School is very proud of the continued partnership with Stepper Homes and the trades-oriented work completed with our partnership companies. The program is a source of pride around the program history and the students who are enrolled. This course is unique

in that students are offered a program that partners students with various Tradespeople to learn knowledge, skills and attitudes that provide marketable skills in the Alberta workforce while working on projects that are constructed daily in the Trades. Work continues to change as students grow with the program.

All proceeds raised from the raffle tickets will be directed back into the program to purchase tools and materials for future construction projects.

The prize raffle will be open from May 1 to May 31, 2022 and the lucky winners will be drawn on May 31 at 8:30PM.

Free local Calgary delivery will be available to the winners of the Playhouses. The houses will be delivered to the front of their home (driveway or front lawn).

Follow the progress of the building of the Playhouses by following the programs Instagram page @ [bhstradescentre](#)

Thank you to our sponsors Stepper Homes, Davidson Enman Lumber LTD, Ainsworth and United Rentals.

*Lisa McGregor*  
**Bowness High School Council Chair**

## *"Wonderful Mother"*

*God made a wonderful mother,  
A mother who never grows old;  
He made her smile of the sunshine,  
And He molded her heart of pure gold;  
In her eyes He placed bright shining stars,  
In her cheeks fair roses you see;  
God made a wonderful mother,  
And He gave that dear mother to me.*

*- Pat O'Reilly*

# Window & Balcony Safety

**W**ith 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 avoided 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 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.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

*Alberta Health Services*

# Our Lady of the Assumption School

**M**arch was a busy month with badminton teams/games, a Quest Theater residency for our elementaries, a dance residency for the whole school, and speaker sessions that included racial justice information for our Jr. High students.

We entered the season of Lent, which for Catholics is a very important time of year. Shrove Tuesday, Ash Wednesday, and preparation/prayer for this special time were observed by all.

In April, we continued to prepare for Easter, and after our spring break, followed up with a school-wide fit-a-thon. May will bring many outdoor activities, including a Jr. High Activity Day and preparations for year-end exams. June will be a busy month with curriculum wrap up, Gr. 9 Farewell, celebrating Indigenous Day, PATs for Grades 6 and 9, and a wrap-up Fun Day for our elementary students.

We want to thank our parent community for your support over the past year and look forward to welcoming you and our students back to Our Lady of the Assumption school in the fall.

If interested, we encourage all families to reach out to us regarding registration and information for the 2022–23 school year.

Wishing you many blessings,

*Marnie Horton, Principal, Our Lady of the Assumption*

# VALLEY RIDGE NOTICE BOARD

**WILLING WORKERS IN VALLEY RIDGE:** The Vice President maintains a list of people willing to do odd jobs or babysit for families within Valley Ridge and Crestmont. People have offered to do a variety of things such as shovel snow, house watch, walk pets, dig flower beds and mow lawns. The babysitter list notes whether the sitter has taken the babysitting course, whether they are comfortable with babies and the general location where they live. If you would like a copy of the either of these lists, please contact [vicepresident@vrca.community](mailto:vicepresident@vrca.community).

## Classifieds

Ads are \$10 per month for 40 words maximum. Payment is required in advance in the form of cash or cheque payable to "VRCA". Please drop off or mail in care of The Valley Breeze Classifieds Editor, 252 Valley Crest Rise NW, T3B 5Y4. Online payments are now accepted at [www.vrca.community/index.php/advertisement](http://www.vrca.community/index.php/advertisement). Ads must be received by the classifieds editor

by the 5th of the preceding month. For more information, contact Janine at [breezeads@vrca.community](mailto:breezeads@vrca.community). The Valley Breeze does not endorse or guarantee the businesses or individuals that advertise in the Classifieds.

**STRESS? HEADACHES? MUSCLE PAIN? MASSAGE THEM AWAY!** Valley Ridge MTAA massage therapist with 17 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*.



Note: All phone numbers begin with 403

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

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M.P., Ron Liepert [ron.liepert@parl.gc.ca](mailto:ron.liepert@parl.gc.ca) 292-6666

**OTHER**

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Community Resource Officer Cst. David Down 428-6200  
[DDown@calgarypolice.ca](mailto:DDown@calgarypolice.ca)  
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Valley Ridge Golf Club [www.valleyridgegolf.com](http://www.valleyridgegolf.com) 221-9682

# VRCA

## Membership Update

### 2022 Valley Ridge Community Association memberships are now available!

There are two ways to purchase or renew your membership:

- Visit <https://www.vrca.community/memberships/>
- Drop the membership form (found in the Breeze), as well as the \$35 membership fee, in 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 Day, and BBQ;
- Community Garden;
- Music- and Yoga-in-the-Park;
- soccer and T-ball; and
- ongoing updates related to the construction in and around our community.

Please contact [memberships@vrca.community](mailto: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  
11743 Valley Ridge Blvd NW, Calgary, AB, T3B 5Z9