

# 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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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 a big thank you out 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.

I would like to welcome two new members to the Board of Directors: Kevin Unrae to the position of Director of Communications, and Merl Radke to the position of Director of Planning.

I would also like to welcome the following Board members:

DIRECTOR of MEMBERSHIP - Drea Sampson

DIRECTOR-at-Large #1 - Cindy Munn

DIRECTOR-at-Large #2 - Barry Brett

We still have vacant positions for the Director of Events and the Director of Facilities. If you are interested, please contact me at [president@vrca.community](mailto:president@vrca.community).

I will be staying on as President of the VRCA.

If you haven't done so, you are encouraged to purchase your 2022 VRCA membership.

Please stay safe.

*Dave McCarrel, VRCA President*

### 2022 VRCA Spring Membership Draw

The winner of the 2022 VRCA Spring Membership Draw is . . . Marilyn Turner! Congratulations on your big win!

The VRCA would like to sincerely thank Gerard and Sherry Chiasson for their continued support of Valley Ridge. Thanks to their generosity, Marilyn will be enjoying a \$500 Best of Banff gift card and \$100 for The Keg.

Thank you to all the community members who have already purchased their 2022 VRCA memberships. If you haven't done so yet, please visit <https://www.vrca.community/memberships/> today!

## Valley Ridge Sports

Soccer season has wrapped up! Thanks to all our parent volunteers for helping to make this soccer season a success!

### Valley Ridge T-Ball starts Monday, August 29th!

- Participation is open to children aged 4, 5, and 6
- T-ball will run on Monday and Wednesday evenings between 6 and 7 p.m.
- The last day will be Wednesday, September 28th (note: we do not play on Labour Day Monday)
- One parent per player **MUST** stay at the fields to assist with “parenting” as required and to help on the field
- Mandatory volunteerism, in addition to helping out at the field. Each participant must select a volunteer role at registration
- We need coaches to step forward prior to the season to ensure the program can go ahead

## Junior Golfers Play Free for a Week and Sundays with Adult or Senior Green Fee

Take a kid to the golf course July 4 to 9 at McCall Lake Par 3 and Lakeview. With the purchase of an adult or senior green fee, up to three juniors (ages 4 to 17 years) can play for FREE. As well, every Sunday after 3 p.m. from July 10 to Sept. 4, up to three juniors can again play for free at McCall Par 3 and Lakeview with the purchase of an adult or senior green fee.



Please book your tee time four days in advance. Book online or by phoning the clubhouse. For more details, go to <https://www.calgary.ca/csp/recreation/golf-courses/golf-events.html>. This offer is not valid with other offers or discounts.

*City of Calgary*

## Community Garden Update

### A Garden’s Purpose

I thought July might be a good time to point out how gardening is always helpful. First, there’s the obvious: A garden grows food. It adds a fresh tomato to your pots, the butter-fried bean to your pan, and onions and potatoes to your grill. Bonus: It’s grown as organic as you’d like.

Gardening doesn’t get more local than when it’s at your feet or knees or waist, depending on your setup. All of us breathe a bit environmentally easier when food pops out of the dirt nearby rather than traveling the ocean wide, across a prairie, or through a mountain pass.

The garden becomes more beneficial when you live near someone plant-happy (or the novice who drops the whole packet of seeds in the earth—me). Results can become mountainous: a wheelbarrow of zucchini, buckets of carrot, or too many super-sized squashes. Family, neighbours, and food-deficient communities can help ease the produce burden by accepting some as gifts.

In gardens, flowers can be planted and create a beautiful buzz. This is another form of community gift giving. Studies have shown that spaces with blooms feel safer, more joyful, connected, and kind. Last year, my sunflowers surprised me with their big yellow faces. To stand next to them was like standing next to gentle giants. The bees loved them too. And, at their end, they were gifted in bunches to loved ones nearby.

Gardens grow, but they make us grow too. I’m sure I’m not the only one who’s been handed some obscure vegetable and forced to find a recipe. I know that sounds begrudging, but in the end, it is not; whatever is made with garden delights is delicious—guaranteed.

Now, after all the isolation, it’s time to share dirt, time, and experience. It’s time to care in person and in nature for one another. So, next time you go out, let’s meet up in the garden.

*Written by Leesa JoAnn Iverson*



## Councillor Report

**H**ello Ward 1! Summer is in full swing. The long, warm days mean there is lots of time to get out and enjoy all the wonderful things that Calgary has to offer. One of those things is of course the Calgary Stampede, which is just around the corner. I am looking forward to connecting with constituents at several pancake breakfasts and community events over the 10 days of Stampede.

July is a busy month for City Council and Administration as we tie up loose ends before meetings of Council and committees resume in September. Administration is hard at work developing the 2023-2026 Service Plan and Budgets which will inform city services and taxes for the next four years. When this comes to Council in November, I'll be fighting to ensure that Calgarians see clear value for their money with more predictable property tax bills. I will keep you updated here and online as this work progresses.

The City of Calgary runs a number of free summer programs for adults, kids and families. Find sessions for playing, learning or staying in shape at [calgary.ca/free](http://calgary.ca/free).

The City is piloting bikes on CTrains during all operating hours until August 31. Share your feedback on this pilot at [calgarytransit.com/CTrainBikePilot](http://calgarytransit.com/CTrainBikePilot).

Throughout the year, The City runs public engagement on a variety of issues that affect you and your community. You can contribute your feedback and view the results of previous engagements online at [engage.calgary.ca](http://engage.calgary.ca).

*Sonya Sharp, Councillor, Ward 1*

### DID YOU KNOW??

The first free Stampede pancake breakfast was held in 1923 when chuckwagon driver Jack Morton, invited anyone that passed by to his camp for a pancake breakfast.



## Stay Back, Stay Safe When Collection Trucks are at Work

**I**t's important to be careful around collection trucks to keep you, your family and our drivers safe. Here are some tips to help you stay safe:

Always stay at least 10 metres away from a collection truck. Remember, if you can't see the driver, the driver can't see you.

Please slow down around collection trucks. Make eye contact with the driver before driving in front of or around the truck.

When putting your carts out for pickup, place carts and extra yard waste bags at least 0.5 metres apart. Ensure there is enough space from vehicles, fences and garages.

The collection truck uses a mechanical arm to pick up carts. The arm needs space to reach, grab and lift the carts to empty them. Placing your carts with enough space means your driver will be able to pick them up safely.

Learn more about placing your carts for safe pickup at [calgary.ca/cartplacement](http://calgary.ca/cartplacement).

*City of Calgary*



# Backyard Play Safety

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

### Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres(\*) high and have a self-latching, self-closing, lockable gate.  
(\*Alberta Building Code)

### Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

### Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;

## DID YOU KNOW??

The National Flag of Canada was introduced in 1965 to replace the Union Jack.



- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

*Alberta Health Services*

## Did You Know... These Facts About July

- The birthstone for July is the Ruby.
- The birth flower is the Water Lily.
- The two zodiac signs in July are Cancer (June 21 - July 22) and Leo (July 23 - August 22)
- July was named after Julius Caesar.
- On July 1, 1867, the Dominion of Canada was established celebrating the anniversary of the July 1, 1867 enactment of the British North America Act, which united three colonies into a single country called Canada within the British Empire.
- July is National Blueberry, Ice Cream, and Hot Dog Month.

# Celebrate Canada With These True Canadian Experiences

What's great about Canada Day is that you can turn it into anything you want. Party large, keep it quiet, get active or kick back cowboy style: you'll find it all in Alberta. Here are four uniquely Canadian ways to celebrate Canadian confederation in Alberta.

### **Saddle up along the Cowboy Trail**

The pungent scent of lodgepole pine wafts over the foothills as you clip-clop your way through high ranching country. Cowboys have been moseying along the Cowboy Trail by horseback for over a century, and now it's your turn to take the reins and discover this dramatic landscape.

Highway 22 south of Calgary is laced with several outfitters to put you in the saddle. Western fantasies are easily fulfilled overnighting on the open range or at a dude ranch. Hungry? Longview Steakhouse oozes ambiance and prime cuts of Alberta beef, whereas the bar at the Black Diamond Hotel is where you'll want to go for a more raucous Canada Day celebration. You know how to dance the two-step, right?

### **Roam with the Buffalo at Elk Island National Park**

Nobody likes being stuck in traffic, especially on a long weekend, but when the gridlock is caused by bison meandering across the plains, the stress of the city traffic becomes a distant memory. Elk Island National Park is where bison were brought back from the brink of extinction, so this is the place to set up for prime wildlife viewing.

Entry to national parks is free on Canada Day, so this is the perfect time to take in First Nations performances, or make like a pioneering voyageur in a massive canoe slicing across Astotin Lake, where rentals are available at Haskin Canoe.

Here, you can forget about the traditional Canada Day fireworks offered elsewhere because you won't need them. The dark night sky in the park is undiluted by city lights so you'll be dazzled by stargazing from the comfort of your equipped campsite.

### **Take a Jurassic journey to Drumheller**

The windows are down, your carefully edited playlist



of Canadian tunes is blaring (Neil Young, The Tragically Hip, Arcade Fire) and you're breezing past the Canadian Badlands on your way to a classic Canadian party. Drumheller is your destination for pancakes, a quintessential small-town parade, and enough kiddie activities to tire out the youngsters.

You're not done yet. Taste the bounty from local producers at a traditional farmer's market, before grooving to live music all afternoon. Eat some beef on a bun, or partake in a few beverages inside the beer gardens. The world renowned Royal Tyrrell Museum is but a few minutes outside of town, where the dinosaur fossils are sure to instill a sense of awe. And if that's not enough awe for you, stay until dusk when fireworks burst over the world's biggest dinosaur sculpture.

### **Step back in time in Fort Macleod**

There's no need to for a time machine in Fort Macleod. Not when performers in traditional police attire perform on horseback just as they did in 1876. Canadians swell with pride when witnessing the pageantry of the NWMP Musical Ride, as a troop of Redcoat riders and their horses perform intricate figures choreographed to rousing music.

Before the show, join the Groom-a-Horse program to learn first-hand about horse care, get a chance to inspect the regiment, and then settle in to VIP seats for the show.

Layer the trip with a visit to Head-Smashed-In Buffalo Jump and you'll have a good perspective of how the west was once. Only a 20-minute drive from the Fort, this UNESCO World Heritage Site preserves and memorializes to a 6,000 year First Nations hunting practice along one of the world's largest and best preserved buffalo jumps.

*By Jody Robbins, Reprinted with kind permission from Travel Alberta*

# 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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**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 403-851-8208.

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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

**VRCA EXECUTIVE COMMITTEE**

**President** Dave McCarrel [president@vrca.community](mailto:president@vrca.community)  
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**VALLEY RIDGE COMMUNITY GARDEN COMMITTEE**

[garden@vrca.community](mailto:garden@vrca.community)

**VALLEY RIDGE SOCCER CLUB**

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Van Gogh Grill & Bar 288-9664  
Yulia's Tailoring 617-9372

**ELECTED OFFICIALS**

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M.L.A., Nicolaides 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. David Down 428-6200  
[DDown@calgarypolice.ca](mailto:DDown@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

## 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