

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

Community Events Update

The garage sale is scheduled for Saturday, May 25. Please email events@vrca.community to register. A 2024 VRCA membership is required.

The June BBQ will be postponed due to field closures for a sanitary line upgrade. We will host the BBQ and Oktoberfest on the same date, Saturday, September 14. The BBQ will be for families during the afternoon, and Oktoberfest will be for adults during the evening. More details will be released over the summer.

LEAF Update

Our planters have finally been installed! It's been a long and cold end of winter and a late start to spring, but we're hopeful that our season will take off!

We would like to invite residents to send emails to leaf@vrca.community to let us know of any areas around the community that may need shrub bed maintenance. Please also let us know if you see areas that may have been missed when mowing. Please remember that our mowers are usually students, and they have to learn our community, so positive and constructive feedback is the fastest way to create perfection.

PIP-PIP-HOORAY! Join Partners in Planning (PIP) Program

The Partners in Planning program offers an in-person opportunity to meet planners and learn how policies converge to guide The City's decisions and prepare for growth. Learn what planning and development policies and plans drive change in Calgary. Register for your spot at calgarycommunities.com/events.

Garden Update

The seeds are planted and, hopefully, Mother Nature will cooperate by providing warm sun and gentle rain. You can still plant vegetables and flowers from seeds or transplants in June. Some community gardeners have planted at this time and have had wonderful harvests. Check the number of days to maturity to ensure you have sufficient growing time.

Conserving Water

Dry conditions are expected again this summer. Calgary-based horticulturist Joanna Tschudy, our guest speaker at the Community Garden meet-and-greet in April, offered the following tips:

- Make sure your soil has a top dressing of good compost.
- Row cover can help retain moisture, deter early weeds and bugs, protect from hail, and keep your garden warm. See the picture of row cover on a garden bed.
- Keep the row cover on all summer. Rain will go through it to water your plants. Gardeners in 2023 found the row cover also prevented hail damage. However, if you grow zucchini, they need pollinators, so take your row cover off when the flowers form.
- Place wet newspaper, cardboard, or burlap between rows, covered with compost to hold moisture.

Companion Planting

Companion gardening is the growing of certain plants together to help each other. Certain plants together help both plants and eliminate many insect problems. Some plants don't like to be too close together and will stop growing if they are planted with each other. Many resources exist online and at garden shops about companion planting. A few examples of companion plants include:

- Peas and carrots—they do better when together in the garden.
- Asparagus and tomatoes—asparagus produces a fungicide that prevents early blight in tomatoes.
- Basil and peppers—basil repels aphids on peppers.
- Lettuce and beets—lettuce grows fast and shades slower-germinating beet seeds.
- Beans fix nitrogen in the soil for other plants.
- Radishes discourage cucumber beetles.

Plant a Pollinator Garden

Planting a pollinator garden means creating a place for butterflies, bees, birds, bats, wasps, beetles, and flies who all play a part in pollinating Alberta's plants. Providing safe habitat for pollinators and other beneficial insects isn't just great for our gardens but it also benefits the planet. Did you know that some pollinators migrate?

Consider hummingbirds! These pollinators travel across Canada, the United States, and Mexico. Supporting pollinators here means healthy populations elsewhere as they travel the planet. Remember that pollinator support also means reducing insecticide usage and increasing the availability of native plant species.

Source: Calgary Horticultural Society <https://www.calhort.org/>.

Barb Pedersen, Garden Volunteer



Valley Ridge Book Club

Do you like to read? Would you like to join like-minded neighbourhood ladies? Join the Valley Ridge Book Club! It's free to join.

Currently we have dwindled to only four members from our robust roster of twelve members in 2003. We would love to have a few more ladies join our crew. We are all voracious readers but have a fairly relaxed approach to discussing the book. We choose not to follow the discussion questions at the back of so many books since that seems too rigid.

We like to meet monthly, usually on a Thursday or Friday evening, and we take a summer hiatus in July and August. We take turns hosting, with the host supplying the snacks, but it's BYOB . . . aka Bring Your Own Book and Bring Your Own Booze! Wine seems to be the preferred libation.

If you're interested, please call Elaine at 403-554-1824. Once I've heard from a few ladies, we can set up a date for all of us to meet. We were hoping to have our first meeting in September.

VRCA Letter on Re-Zoning

April 10, 2024

To: City Clerk

RE: City-Wide Residential Re-Zoning

The Valley Ridge Community Association (VRCA) opposes City-Wide Residential Re-Zoning.

The VRCA respectfully requests that the City of Calgary abandon the blanket City-wide Residential Re-Zoning initiative/bylaw in favour of Area plans, with public engagement, for all neighbourhoods in the City of Calgary. These Area plans would identify specific areas/sites to be re-zoned for duplex, townhouse, and/or row housing. Population density is most appropriate near transportation hubs and closer to the City core. This is not appropriate in areas that lack the infrastructure to support the added population. Valley Ridge is a community with only one entrance/exit and very few services. A sharp increase in population would put our citizens' safety at risk and negatively impact the quality of life.

Calgary is a city of neighborhoods, each with its own unique character. These unique neighborhoods are what give Calgary its charm. We acknowledge that the City currently faces a housing shortage. However, blanket re-zoning/up-zoning is not the solution.

Regards,
Dave McCarrel, VRCA President
Merl Radke, VRCA Director of Planning

DID YOU KNOW?

Father's Day originated in America. The first unofficial Father's Day celebration was held in Spokane, Washington on 19th June 1910.



Celebrate Neighbour Day 2024

Celebrate Neighbour Day in your community on Saturday, June 15! Get involved in this year's event by gathering with your neighbours for a block party or community event. In addition to the many neighbourhood events that will be happening across the city on June 15, Calgary Public Library is hosting Indigenous programming at select locations, while Sport Calgary's All Sport One Day will offer children a free opportunity to try out a new sport.

Neighbour Day is our city's annual celebration of community connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Good things happen when you get to know your neighbours. Social connection with neighbours reduces loneliness and isolation and builds strong communities where people feel they belong.

If you're participating in Neighbour Day on June 15, show us how you celebrated! Post your event photos to social media with the hashtag #YYCNeighbourDay.

Visit calgary.ca/NeighbourDay to learn more.

City of Calgary



Backyard Play Safety

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure that their backyard play area(s) is made safe for children. 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.

Water hazards

- Drowning contributes to unintentional injury-related death among young children.
- 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

- 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.
- If your child has received an 'EpiPen Junior' prescription from your physician (for anaphylactic reactions) 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

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.

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

Answer on Page 11

Did You Know... These Facts About June

- June has two birthstones. They are the pearl and Alexandrite.
- The birth flower is the Rose.
- The two zodiac signs in June are Gemini (May 21 - June 20) and Cancer (June 21 - July 22).
- June was named after the Roman goddess Juno, who is the wife of Jupiter.
- June Solstice (also called Summer Solstice) occurs around June 21, when the Sun is directly overhead the Tropic of Cancer. This is also the longest day of the year.
- Father's Day is celebrated on the third Sunday of June.

Councillor Report

Hello Ward 1! Summer is just around the corner, and I'm looking forward to seeing many of you at outdoor community events across Ward 1 and our city! Here's the latest news in Ward 1 and from City Hall:

Neighbour Day

Saturday, June 15 is Neighbour Day! This special day is a great opportunity to connect with the people around you. Check with your neighbours or your community association to see if there's a Neighbour Day event happening near you and visit calgary.ca/neighbourday to learn more.

Bowness Park wading pool update

After last year's closure, work is nearly complete on repairs to the wading pool at Bowness Park. Weather and construction timelines permitting, the wading pool should be open once again later this month. Visit calgary.ca/sprayparks for the latest updates and to find other places where you can stay cool this summer.

Single-Use Items

Council held a Public Hearing to consider repealing the Single-Use Items bylaw in May. You can visit calgary.ca/singleuse to learn more about the final result and other waste reduction efforts The City is making.

Drought update

We appreciate Calgarians' continued efforts at reducing their water consumption. The City of Calgary is doing its part by reducing water use as well. Visit calgary.ca/drought to find out if restrictions are in place and for water saving tips you can use year-round.

Dandelions

Dandelions are not considered a noxious and prohibited weed under the Weed Control Act. The City takes a number of steps to managing weeds, but does not use herbicides for cosmetic purposes. The City aims to maintain healthy turf, which allows grass to out-compete dandelions and other weeds.

Dandelions are not prohibited on private property under City bylaws. However, grass and similar herbaceous plants must be kept shorter than six inches.

Sonya Sharp, Councillor, Ward 1

Our Lady of the Assumption

OLA students and staff had a busy wrap-up to the year!

Students went on numerous trips, student athletes participated in flag football and track and field, faith sacraments were celebrated, and ALL students participated in activity days.

For those families in need of before- and after-school care, we are pleased that Summit Kids is with us again next year and offering before/after and kinder care for the 2024/25 school year. Registration is ongoing for K-9 students. Please contact the school at 403-500-2045 for inquiries regarding room for your child at our fantastic school!

We wish everyone a safe and enjoyable summer and look forward to seeing all our families and new families on September 3 and 4 for staggered entry.

Blessings from all our admin and staff,

*Mrs. Horton
Principal, Our Lady of the Assumption School*

Sudoku Corner Solution

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

*"When you teach your son,
you teach your son's son."
- The Talmud*

VALLEY RIDGE NOTICE BOARD

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

Classifieds

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

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

STRESS? HEADACHES? MUSCLE PAIN? MASSAGE THEM AWAY! Valley Ridge MTA 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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REFLEXOLOGY Experience the deeply relaxing, alternative medical practice of Reflexology. All ages can benefit. Pain management, hormonal and energy balancing, anxiety/stress relief. Ask for Michelle, RMT, at Valley Ridge Chiro 403-202-1114. Spring Special \$79. Insurance applies.

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YOGA CLASSES IN THE COMFORT OF YOUR HOME. I am a registered yoga teacher and I come to you! Personalized based on your needs/wants. (strength, stretch, breath, relaxation, etc). You provide the space, I provide the rest. matteajuhasz@hotmail.com or 403-651-8845.

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Please tell your friends, family, and neighbours in Valley Ridge to join us on our Facebook page, [Valley Ridge Community Association](https://www.facebook.com/ValleyRidgeCommunityAssociation).



Note: All phone numbers begin with 403

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

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Valley Ridge Psychologist: Dr. Tanja Haley www.drthanja.com 669-0005
Van Gogh Grill & Bar 288-9664
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M.P., Ron Liepert ron.liepert@parl.gc.ca 292-6666

OTHER

Calgary Public Library www.calgarypubliclibrary.com
Bowness 221-2022 Crowfoot 221-4122
Community Resource Officer Cst. Qiu 428-6200
POL5637@calgarypolice.ca
Calgary Police Nonemergency 266-1234
Lodge at Valley Ridge www.lodgeatvalleyridge.ca 286-4414
Valley Ridge Golf Club www.valleyridgegolf.com 221-9682

VRCA

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.

VRCA 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