

OCTOBER 2016

YOUR OFFICIAL COMMUNITY NEWSLETTER

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VOLUME 116

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Area Schools

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Hidden Valley School (K-3 Regular & French Immersion) 10959 Hidden Valley Dr. NW Calgary, AB T3A 6J2 403-777-7236	



Local Churches

North Point Community Church Sunday 10:00am	Valley Creek School 10951 Hidden Valley Drive NW
Holy Trinity Anglican Church Sunday 10:00am	18 Hidden Creek Road NW
Ascension Catholic Parish Saturday Mass: 5:00pm and 7:00pm Sunday Mass: 8:30am, 10:30am, 12:30pm and 5:00pm	1100 Berkshire Blvd. NW.
Symons Valley United Church Sunday: 10:30am	38 Kincora Rise NW



Community Organizations

Simons Creek Scouts simonscreekscouts@yahoo.com	Nitanisak Girl Guides nitanisakdistrict@yahoo.ca
---	--

Community Resources

Community Rec Coordinator	Amanda Turvey	amanda.turvey@calgary.ca
Community Liaison Officer	VACANT VACANT	
Ward 4 Councillor	Sean Chu	ward04@calgary.ca
MLA Calgary - Northern Hills	Jamie Kleinsteuber	calgary.northernhills@assembly.ab.ca
MLA Calgary - Foothills	Prasad Panda	calgary.foothills@assembly.ab.ca
MP Calgary - Nose Hill	Michelle Rempel	michelle.rempel@parl.gc.ca
Public School Trustee	Lynn Ferguson	lcferguson@cbe.ab.ca
Catholic School Trustee	Margaret Belcourt	margaret.belcourt@cssd.ab.ca
YYC Noise Concern Hotline		403-735-1408



Hidden Valley Community Association

CONTACT LIST (2016)

(serving Hidden Valley and Hanson Ranch in Hidden Valley)
Hidden Hut #10504 Hidden Valley Drive NW, T3A 4Z2 • 403-275-9394 (please leave a message)
website: www.hiddenhut.org • facebook: HVCA Hidden Valley Community Association

Executive Directors		
President	Nancy Larson	president@hiddenhut.org
1st Vice President	Marl Raffard	vp1@hiddenhut.org
2nd Vice President – Programs and Events	Michelle Baer	vp2@hiddenhut.org
Treasurer	VACANT	treasurer@hiddenhut.org
Secretary	Jennifer Jensen	secretary@hiddenhut.org
Board		
Membership	Aileen Griesser	membership@hiddenhut.org
Communications / Newsletter	Sean de Carle	newsletter@hiddenhut.org
Schools Liaison	Susan MacDonald	schools@hiddenhut.org
Programs and Events	Michelle Baer	events@hiddenhut.org
Sports	Rebecca Morissette	sports@hiddenhut.org
Rink and Facility	Marl Raffard	rink@hiddenhut.org
Director at Large, Facebook / Twitter	Kaila Burke	facebook@hiddenhut.org
Director at Large, Casino	Sandy Coad	casino@hiddenhut.org
Director at Large, Traffic Safety	Colleen Warrellow	trafficsafety@hiddenhut.org
Director at Large	Daniel Caine	director1@hiddenhut.org
Director at Large	Peter Lacombe	director@hiddenhut.org
Director at Large	Brian Pearson	director2@hiddenhut.org
Standing Committee Coordinators		
Website	Karla Williamson	website@hiddenhut.org
Indoor Soccer	Amanda Moores	indoorsoccer@hiddenhut.org
Hockey	Sean de Carle	hockey@hiddenhut.org



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FACEBOOK

Guess what? Hidden Valley Community Association (HVCA) has a Facebook Page!

The Facebook “wall” is where it all happens. Conversations, events, important notifications, pictures,

sports registration and links to our community can all be found on our HVCA Facebook page. Have any questions about what is coming up in your community ask it on Facebook, looking for a neighbour check out Facebook, lost or found

something go to HVCA Facebook page. It’s an awesome tool to keep in touch with your fellow neighbours and community members! HVCA is on Facebook spread the word!

Hidden Valley Community Association Membership

Join YOUR Community Association TODAY!

Benefits

Successful, healthy communities are those with active and sustained membership and involvement of community residents. Your support today is important and ensures new energy to continually address community issues.

Regular Membership - \$30 (Voting)

- Voting Regular Memberships must reside within boundaries of Hidden Valley and Hanson Ranch. Includes two adults and children in the residence.
- Regular Membership must provide adult ID with current address at the Annual General Meeting to vote. Valid January through December

Associate Membership - \$30 (Non-voting)

- Non-voting Associate Memberships are available for residents living outside our boundaries. Valid January through December

For DETAILS and to JOIN, visit: www.hiddenhut.org TODAY!



Support from the Hidden Valley Community Association through:

- ✓ Liaison with City of Calgary representatives (Political Action)
- ✓ Voting rights at the Annual General Meeting (Regular Membership)
- ✓ Community Newsletter (Delivered through Canada Post)
- ✓ Community Activities (see Calendar of Activities)
- ✓ Sport Programs (Organized Teams, Field Rentals and Equipment)
- ✓ Hidden Hut and Outdoor Rink (Maintenance and Repair)
- ✓ Operating Costs (including Utilities, Inspections and Insurance)
- ✓ Community Sponsorship of #38 Simons Creek Scout Group
- ✓ Plus many upcoming projects as needed in our neighbourhood!

How Can You Support Your Community?

The Hidden Valley Community Association has many Volunteer Opportunities for you to choose from: (PLEASE CHECK BOXES)

- ☐ Community Activities (Winter Festival, Egg Hunt, Block Party)
- ☐ Sports (Indoor Soccer, Hockey, Outdoor Soccer and Baseball)
- ☐ Hidden Hut and Outdoor Rink (Maintenance, Repair, Ice Installation and Snow Removal)
- ☐ Fundraising (Bottle Drive, Run the Loop, Skate-a-thon, Casino 2014)
- ☐ Committees (Hidden Green Playground, Building Safer Communities, 'NeighbourWoods' Tree Planting Program, Community Clean-up)
- ☐ **Join our Board of Directors!** There are many volunteer Board positions to choose from.
- ☐ I consent to accepting emails from HVCA

Do you like helping and meeting people? Are you good with technology? Can you maintain equipment and machines? Do you enjoy sports? Want to keep Hidden Valley/Hanson Ranch a nice place to live in? VOLUNTEER AS A COMMUNITY BOARD MEMBER

To obtain your membership please visit www.hiddenhut.org OR MAIL this form with \$30.00 payment to:
10504 Hidden Valley Drive NW, Calgary AB, T3A 4Z2
Please make all cheques payable to: Hidden Valley Community Association (no abbreviation)

Family Name: _____
Applicant's Name: _____
Spouse's Name: _____
Address: _____
Postal Code: _____
Email Address: _____
Resident Phone #: _____
Current Membership #: _____

Once processed, you will received a membership EMAIL and Package (Mail) with a MEMBERSHIP CARD

MESSAGE FROM THE BOARD

Last month we all spent time settling back into our routines. With the ushering in of October, we all get to enjoy a more predictable pattern; whether relaxing or filling our schedules with a flurry of activities, we have started acclimating ourselves to the familiar as well as, unfortunately, the chillier weather.

This past September, we were aware of more than 20 families in our community who helped facilitate the annual city-wide food drive. As part of the largest single day food drive of the year, these volunteers each had a route of approximately 200 houses. They distributed bags door to door during the week, then collected and delivered all donations to designated drop-off sites on the Saturday. We would like to thank these volunteers for their time and effort, along with all of the generous donors in our community! We enjoyed seeing all the donations on doorsteps and observing all the children happy to be involved in selfless service. Given the downturn in the economy lately, it was heartwarming to see people in our community take action to assist those in need!

As we think of helping others, let us also think of the many wonderful things in our lives. Let us do more than eat a large, indulgent meal this Thanksgiving (although we are indeed very grateful for that) and give meaningful thanks for our families, friends, heritage, and freedom. Let us be grateful, not just for all things pumpkin spice, but for the relative peace, plenty, and safety we enjoy and sometimes take for granted.

Take a walk in the crunching, colourful leaves and enjoy

the beauty of nature in the crisp autumn air. Appreciate the diversity of our community and celebrate the intrinsic elements that unite us all as human beings. We are grateful to have such wonderful people in Hidden Valley and Hanson Ranch.

Another thing we look forward to this season is Halloween. No, it's not that we are partial to all things spooky or that we like dressing up (although many of us do), it's the idea of household doors swinging wide open (literally and symbolically) to their neighbours and to their community. The streets will be populated with numerous families, and houses will have their lights on in preparation to hand out treats. Is there any other time during the year where anyone can show-up to multiple doors and be welcomed? Halloween in HV/HR is always a spooktacular time! That being said, we encourage extra safety while travelling this night and in inspecting the loot bags. Also, remember to bring your carved pumpkins and drop by the next evening, Nov 1st, for our Pumpkin Walk from 6-8pm at the Hidden Hut.

On a concluding note, did we mention that we love our community? We might fall short, but we try our best to make Hidden Valley and Hanson Ranch a great place to live and we know that having a Community Association makes a big impact on the experiences within our neighbourhoods.

Thanks for reading and kind regards,
The Hidden Valley Community Association

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LETTERS TO THE EDITOR

Sorry folks, but we have not received a single "letter to the editor" this past month and have nothing to publish here for October. It's not because of summer as we have seen minimal submissions over the past while.

It has been a challenge getting people to respond to happenings in our community or any comments you have, or events you would like to see.....or anything! Please?

If we do not receive any letters to the editor, we will be forced to close this area of our newsletter, which we felt was a great way to communicate your thoughts and comments to the rest of our community.

Make it a question, a comment, a funny story, or whatever you want and we will respond!

Thanks and hope to hear from you!

The HVCA Board

Should you have a comment, question or concern that you wish in the Letter to the Editor please forward to newsletter@hiddenhut.org with your first name and we will make every effort to publish in our next newsletter

IN & AROUND CALGARY

Fraud Awareness

A message from the Federation of Calgary Communities

Join us and Cst. Andrew Critchley from the Crime Prevention Unit at the Calgary Police service for a presentation that will focus on fraud awareness, common scams and best practices to avoid being a victim. Learn what resources are available to communities and how the Calgary Police Service responds to these issues.

Date: Wednesday, October 19, 2016

Location: Capitol Hill Community Association (1531 - 21 Avenue NW)

Time: 7:00pm - 9:00pm

For more information and to register for this FREE event, visit calgarycommunities.com/workshops-events/



From conception up-to six are some of the most vital years in a child's life.

The Calgary NW ECD (Early Childhood Development) Coalitions, consist of three coalitions who

have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We do this through providing opportunities for parent and children to learn, grow, share, and participate in a variety of different programs, workshops, and events. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: ncecmmap@weconnectyou.ca.



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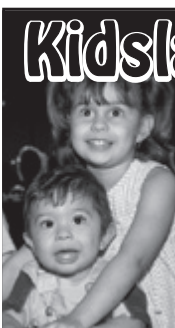
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BRAIN GAMES

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

FIND SOLUTION ON PAGE 22

IN & AROUND CALGARY

October Fire Prevention Week. October 9-15th

Your Calgary Fire Department wants you to make time to ensure that your family is safe from fires.

Don't wait, check the date!

If a fire occurs in your home, we, as firefighters know firsthand that only a **WORKING** smoke alarm can alert you. Smoke alarms that are older than 10 years old may not work when you need them most, so check the date on the unit, if it is older than 10 years old, replace it!



If there is no date, and it appears to be older than 10 years old, replace it.(even if it is hard wired)

Other simple reminders:

- check every detector monthly by pushing the test button
- change the battery annually (some now have ten year batteries)
- you need to be able to hear the beep when you sleep
- you should have a smoke alarm on every level of your home
- many smoke alarms will "chirp" when the battery is low or when the alarm has reached its lifespan

If the alarm does go off, your family can initiate your home escape plan. For additional information on escape plans, visit Calgary.ca/CSPS/Fire

Please watch and share our new fire safety video with your family:


DID YOU KNOW: that the first arriving Captain at a building fire may have to make up to 200 decisions in the first 5 minutes? The decisions start even before the fire engine leaves the fire hall!

Calgary Fire Department. Yours for life.

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STEP INTO FALL

Are you thinking of becoming more active?
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact:
Research Coordinator
403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary
Conjoint Health Research Ethics Board.



#38 SIMONS CREEK SCOUT GROUP

Why Beaver Scouts are SO important to the Scouting System

When most people think of Scouts, they think of young teenagers hiking through a forest or up a mountain, some may think of bottle drives or selling popcorn/apples and some may even picture a bunch of boy scouts planting trees.

I can't blame you, these days, it seems I spend a lot of time planning or doing anyone of those things and more with our scout troop.

However, I have to say that the most important section of any scout program are the beaver scouts, aged 6 – 8, that seem to be full of energy and usually running around crazily and typically screaming and having fun.

I wouldn't say they embody the scouting program per say, but they are the foundation of all the other programs.

Sure the scouts do things that the cub scouts look up to and strive to do and the cub scouts do the same with the beaver scouts. It pushes them to want to move forward and into the next section of scouting. It gives them motivation to challenge themselves and see if they can do what the bigger kids do. That progression is what keeps the scouting movement alive and thriving.

Really though, beaver scouts is where it usually all starts for the kids and the leaders. What starts as a 6 year old child and a parent looking for something to do together on a weeknight, can easily turn into 12 years or more in a program together, growing, experiencing and enjoying time together and sometimes apart.

Those 6 year old Beaver Scouts, that usually drive the older scouts crazy, are like the seeds of Scouting. They start off learning simple skills, go on tours of fire halls, sleep over at museums and play lots of games, but that is the stuff that scouting is built on. The simple skills of maybe tying a shoe leads into a 13 year old scout lashing together logs and large branches to form a make-shift shelter to sleep in in the middle of January. The

tour of the fire hall is only the first step into stepping forward to help people in times need. That sleepover in Drumheller at Tyrell may be the first step in a long journey that can easily lead to a week long hike through the mountains with all the gear a scout needs on their back. Those games are more than just fun, they are instrumental in teaching the scouts rules, fair play, fun and team building. All the skills you might need in a giant game of Capture the Flag with many different scouts.

Beaver Scouts are the ones that are eager and excited to go on that bottle drive to raise funds for the group. They are the ones smiling when you open the door at 9am on a Saturday asking for Bottles. They are the kids that everyone says look so cute in their uniforms all standing in a sort of crooked line or better yet a straight horseshoe.

I see them like that as well, but I also see in them the Scouts I currently lead, some of them I have been leading since they were 6 years old and in Beavers. I see the potential they have, the eagerness and passion they show in the simplest of things and the future of our scouting program.

Many parents and potential leaders shy away from leading a beaver group and I can truly understand their trepidation, but It is the perfect opportunity to impart in them some life lessons, compassion, wisdom, outdoor enthusiasm and countless other traits. At the age of 6 they are usually just starting to learn what interests them and I have to be a bit selfish and would love all of them to develop a keen interest in the outdoors. They are learning more and more how to work and play with others, what is acceptable behavior and what is not.

When I look at the health of our scouting group, I don't look at all the adventures of Scouts have done, I don't look at what kind of camps the cub scouts have gone on, I look at how much fun the beaver scouts are having and it truly doesn't even matter what they are actually doing. It is a lot easier to get a child to continue in a program if they enjoy it, instead of convincing them of all the fun they might have if they continue.

SIMONS CREEK SCOUTS

CONT'D

As a scout troop, we try to implement linking activities with our older scouts and the younger scouts. A senior scout showing a few beaver scouts or cub scouts how to tie a few simple knots has a much larger impact than any adult standing in front of some kids trying to show them the same knots. Our leadership team really tries at every opportunity to show that to our scouts.

As a scout leader, it is in our troops best interest to nurture, help, guide, lead and value all the beaver scouts, in our scout group or in other groups for they are the backbone of the Scouting Program.

Scouter Sean

Calendar of Upcoming Activities

October 2016

15 Hockey Registration Opens
TBA Outdoor Rink Work Bee (9am)
29 Winter Session Indoor Soccer Games Start
24 HVCA Board of Directors Meeting (7PM)

November 2016

TBD Leaf and Pumpkin Composting Ends (City of Calgary)
1 Pumpkin Walk 6:00-8:00 pm
28 HVCA Board of Directors Meeting (7PM)

December 2016

TBD HVCA Board of Directors Meeting (7PM)
TBD Outdoor Hockey Starts (weather pending)
TBD Board of Directors Volunteer Appreciation
TBD Hockey Registration Closed

***All Activities are held at Hidden Hut and Outdoor Rink #10504 Hidden Valley Drive NW - unless otherwise stated.**

***All dates and times are subject to change.**

YYC INTERNATIONAL TERMINAL 101

Parking & Ground Transportation

YYC's new International Terminal, opening October 31, will bring new features for parking and curbside access to smooth traffic flow. If you pickup, drop off or travel through YYC, here are some quick tips:



If you are flying **internationally** or to the **U.S.** follow the thru road and **blue** signage to park in **P2**.



If you are heading to the **domestic** terminal follow the **red** signage to park in **P1**.



Passengers can stay safe, warm and dry when headed between P2 and the International Terminal by using either the **Pedestrian Tunnel** or the **Skywalk (+30)**



Visitors and passengers will be greeted curbside by the new **Curbside Ambassadors**, and assisted inside the terminal by the **White Hat Volunteers**



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YYC CALGARY INTERNATIONAL AIRPORT

GNP & CA Announcement



Hidden Valley Community Association submits community related articles to Great News Publishing each month.

To advertise your personal or home business, please contact Great News Publishing directly to discuss their pricing. Phone 403-263-3044 or email sales@great-news.ca.

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November Issue Deadline

October 10th

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CALLING ALL RINK RATS – It's never too Early!! WE NEED YOUR HELP!!!

WEDNESDAY NOVEMBER 09, 2016

Whether you are a returning “Rink Rat” or wish to join our team to become a new “Rink Rat”, your time and support is greatly appreciated. This is a challenging, yet very rewarding volunteer position!

Our goal continues to have the “best outdoor ice surfaces in Calgary”.

Many “newbies” do not understand the job duties and responsibilities of being a “Rink Rat”.

We want to ensure you that we can fit all schedules, whether you have a specific night or nights of the week you are available, or if it is a few times you are available during the season, or even if you are available after a snowfall! We need your assistance whenever you are available!

Last year we started out great with an awesome turnout for “Rink Rats”, however, life happens and some of our “Rink Rats” had other responsibilities during the season and we lost a few great volunteers. The more “Rink Rats” we have the better it is for all of us! (and easier!)

We have invested in new snow clearing equipment, therefore, taking a great deal of the manual labour away! We really have made it as easy as this role can be!

This position is more than just showing up to clear the snow and flood the rinks, it is about volunteering for the community and seeing how people of all ages enjoy our community rinks and the outdoors! Plus we have fun being together as “Rink Rats” and no one really has a specific job or role, as we are all here to lend a hand and help out!

This year we are going to schedule a couple Pizza Nights (with refreshments) and even another “Rink Rat” Hockey Game (or two) for those who wish to participate. We

want to make this as enjoyable as possible for all involved, have some laughs, prepare the ice for our hockey players and people wanting to pleasure skate or just play shiny hockey, and enjoy what we have created!

So what is this role of “Rink Rat: entail:

- Being part of a group of people who have the same interest and care about their community!
- Being outdoors and enjoying our Winter season!
- Be part of a team that wants to help out!
- Want to be part of this prestigious group of individuals who want the best outdoor ice in Calgary!
- Watching all the people enjoy your hard work for the community
- Have some fun with a group of like-minded individuals!

Really we each have our own reasons and what it comes down to is doing what makes you feel good!

We are holding our annual:
HIDDEN VALLEY RINK RAT ORIENTATION EVENING
HIDDEN HUT 10525 – HIDDEN VALLEY DRIVE
WEDNESDAY NOVEMBER 09, 2016
7:00 PM

Everyone is welcome to attend this meeting to learn about what the role of the “Rink Rat” is and what we actually do each year so you have information prior to making a decision to help out. We will explain all there is about being a “Rink Rat” and attempt to answer all your questions!

Lets have a great season!

Please respond (RSVP) if you can attend this orientation meeting to rink@hiddenhut.org. If you cannot respond, just please come out and find out how you can make a difference in our community!

Thanks and see you on November 09th!

Please check out our website @ hiddenhut.org or Facebook

Marl, rink@hiddenhut.org

OCTOBER MOON CALENDAR



First Quarter
Oct 8



Full Moon
Oct 15



Last Quarter
Oct 22



New Moon
Oct 30

Kids’ Riddles of the Month

Please send your e-mail with your riddles to newsletter@hiddenhut.org



FOLKS, WE ARE NOT RECEIVING ENOUGH RIDDLES! PLEASE RESPOND OR WE WILL BE FORCED TO DISCONTINUE THIS MONTHLY BIT OF HUMOUR!

We ask for a riddle from children up to the age of 14. If your child’s riddle is selected, we will publish the riddle in our monthly newsletter along with just their first name and their age.

We hope to have multiple entries and will publish as many as we can each month. Please encourage your children to submit their riddle, along with the answer! Following are this months “ridiculous riddles”:

Riddle: Why did it get hot after the baseball game?
Answer: “Because all the fans left!”
Author: Clara S. – age 9

Riddle: Imagine you are in a metal box. How do you

get out?
Answer: “Stop Imagining”!
Author: Evelyn - age 10

Riddle: Why are Teddy Bears never hungry?
Answer: “They are stuffed”!
Author: Robyn – age 7

Riddle: How many of each species did Moses take on the ark with him??
Answer: “None. Moses was not on the Ark, Noah was”!
Author: Clem – age 13

Riddle: Why did the dog cross the road twice?
Answer: “He was trying to catch a Boomerang”!
Author: Marla – age 11

Riddle: What do ghosts use to wash their hair?
Answer: “Sham - Boo”!
Author: Laura – age 12

Riddle: What kind of pants do ghosts wear?
Answer: “Boo Jeans”!
Author: Clarrisa – age - 8

Riddle: What do birds say on Halloween?
Answer: “Twick or Tweet”!
Author: Jenn – age - 14

Please send your e-mail with your riddles to newsletter@hiddenhut.org

Skate Park



Wow, did you see the activity at our “Skate Park” this past August?

This is our second year bringing in the “Skate Park” and we had 572 people come out, sign up to enjoy the 13 days we had it in our rink area!

We could write a lot about this event, however, we need and want to hear from the kids, and people who came out to the “skate park”, from the parents who dropped off their kids, or stayed and watched, and even the neighbours who got to experience this fun event.

Can you please send us a quick e-mail with the comment “SKATE PARK”, to newsletter@hiddenhut.org with your comments and if you want it back again next year!

We plan this with the City of Calgary who provides not only the equipment, but also the certified instructors (who were fabulous.....or like some of them spoke: They were Rad!!)

Thanks!
Your Hidden Valley Community Association Board Members



IN & AROUND CALGARY

Did You Know?

Cloverdale Paint Now Offers Discounts to Community Association Members!

Cloverdale Paint is now offering club member pricing to community association members and organizational members of the Federation of Calgary Communities!

What does this mean for you? Well, whenever you need to buy paint you simply go to Cloverdale and say you are a "Federation of Calgary Communities Club Member" and you will receive more than 25% off paint and more than 15% off paint accessories!

Cloverdale Paint approached us to set up this discount program as they understand that community associations, their volunteers, and their members are at the heart of our city, and they wanted to give back in some way.

Thanks to Cloverdale Paint for their support and commitment to the community association network and for helping improve neighbourhood life in Calgary!



Alberta Health Services: EMS

Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31st approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Costumes

- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.



Hidden Valley Hockey Registration

HOCKEY REGISTRATION IS OPEN on OCTOBER 15.

New Rink New Season!!! What better time to enroll a child in the HVCA Hockey Program than now. In the first season with our new and improved rink, it should be awesome.

Depending on when the newsletter gets to your mailbox, it may or may not be October 15th and Hockey Registration for youth in the HVCA Hockey Program may already be open. In the meantime, here is a bit of information about our hockey program.

WHAT IS HVCA HOCKEY??

It is a kids community hockey league, (6 to 14 years old in two or three different groups), non competitive, mostly for fun and also skill building. Boys and Girls are both welcome to play. We play Wednesday nights and Saturday mornings.

It typically runs from mid December to mid February, weather dependent with (hopefully) an indoor 1 day tournament type deal in late January or Early February.

We do not keep any stats or scores and will usually mix up the teams to keep it even and fun. We will typically group the kids by skill levels and size to ensure a well rounded program for all participants.

It is all run by volunteers, not trained coaches, but parents that want to come out and help the kids. We are always looking for more volunteers (Hint, Hint) especially someone to step up and help run the program, I will be there to help and mentor as needed.

WHY HVCA HOCKEY?

- Low cost.
- Easy times.

- Same time's week in and week out.
- Close to home.
- A good way to get the kids out skating and get them some pointers to help their skating.

WHAT DO THE KIDS NEED?

Once they are registered to play, they will need the following to play.

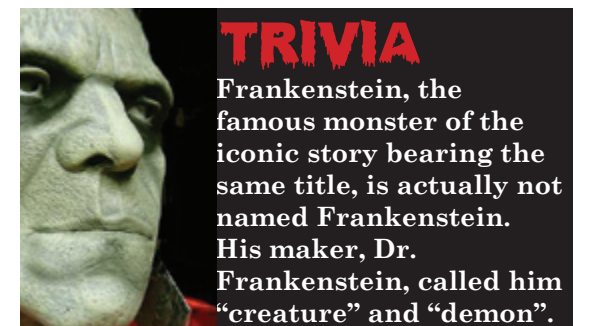
-Properly fitting Helmet. No helmet, no play!! Keep in mind we are playing outside and will only cancel if it is colder than -20, so it is a good idea to have a helmet that can fit a thin toque or balaclava under it.

- -Skates, preferably comfortable.
 - -I recommend a mouth guard, Tooth repair isn't cheap
 - -A hockey stick, figure out if your child is a left handed shooter or right handed shooter.
 - -As much decent hockey equipment as you can afford. The better protected they are, the more fun it is. Don't go crazy though! Start with shoulder pads, shin guards, hockey gloves elbow pads, hockey pants, jock strap, hockey socks, then go from there.
 - -Water bottle
 - -Thin gloves to keep hands warm under hockey gloves
- **We are currently working on getting each child a named jersey to keep during and after the season, any help advice or contacts would be greatly appreciated.****

There are a few decent second hand stores for equipment around, check them out for good deals.

REMEMBER, this league is about fun and furthering skills, we aren't aiming to create any NHL stars, but we do try and give them some fundamentals and a good time.

If you have any questions, comments or would like to volunteer to help with hockey or maintain the ice, drop me a line at hockey@hiddenhut.org.





The Brown Creeper

By J.G. Turner
Photo credit: David Mitchell

This tree-climbing bird has a tiny, slim body that is well camouflaged with brown streaks on its back, white under parts, a yellowish bar across the wing and a buff stripe over the eye. The Brown Creeper—also known as the Tree-Creeper—is a permanent Alberta resident found in parkland, mountain and boreal forests at many elevations. These creepers are found in mixed woods but seem to prefer coniferous areas for their breeding grounds; however, in the winter, they move to more varied environments and are easier to find in deciduous woodlands.

Fun Facts:

- The Brown Creeper got its name because it climbs (or creeps) in an upward spiral from the bottom of a tree while it forages for food. The short legs and long curved claws allow this creeper to hook into the bark.
- The Tree-Creeper uses its unique bill to probe into crevices in the bark to eat small insects and spiders.
- The male finds the materials for a nest but the female is the one that builds the nest. The male sings to the

female (a high thin trill) from nearby while the female works.

- Although the Brown Creeper may pass a Nuthatch working its way from the top of a tree to the bottom, there is no competition between these birds as the Brown Creeper can reach into spots and find food where the Nuthatch cannot reach.
- Due to their tiny size and weak call, Brown Creepers are very inconspicuous birds, so it is thought that estimates of the birds' dispersal and numbers are conservative.
- You can attract this inconspicuous little bird to a feeder by offering suet (especially if it is smeared right onto a tree trunk), peanuts and bread crusts. During the winter, they will also eat seeds.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.



TRIVIA

The stately, sandstone Lougheed House, located in Calgary's beltline, is said to be one of the most haunted places in our city.
<http://www.lougheedhouse.com/>



Writings about Reading

Nourishing a child's mind, body and spirit so they can learn!

Look for the Nourish van in your community! We may be coming to a neighbourhood near you soon. This colourful van will be 'stopping by' and 'popping up' at schools, parks and community events starting—now!

The Nourish van's lively team leads free, fun activities and games – and shares snacks, information, books and more with families and young children. The aim is to help nourish elementary-school-aged children—mind, body and spirit, so they can learn!

Calgary Reads is involved in Nourish, together with Brown Bagging for Calgary Kids, Humanity in Practice (HIP Kids), Kids Up Front and 'NSTEP. Each of the partners already provides a range of services and resources to help Calgary children thrive. Now, through the Nourish collaborative – we will bring fun activities, resources, nutrition, activities, event tickets, volunteering opportunities and books to families and children who might not otherwise have access to these.

We are grateful to community funders who have made the Nourish van possible, including Rotary Club of Calgary, KAYAK Foundation, Calgary Foundation, and Marlborough Ford.

Donations of new and gently-used books for children aged 0 to 8 are always welcome through the Calgary Reads Book Bank and they will be shared through the Nourish van with children who have few or no books of their own at home. Or, if you would like to help the Nourish collaborative in another way, please be in touch to: info@nourishyyc.org

For resources to help your child develop critical literacy skills and the joy of reading, visit calgaryreads.com.



Name	Age	Contact	Course
Casey	14	403-313-3978	Yes
Chloe	16	403-805-4180	Yes
Jocelyn	14	403-295-9592	Yes
Julia	16	403-618-0842	Yes
Kaiya	13	403-805-1446	Yes
Katherine	13	587-580-9075	Yes
Lindsay	30	403-383-1474	No
Madison	14	403-850-6001	Yes
Mariah	17	403-973-3008	Yes
Maya	15	403-226-7023	Yes
Phaedra	14	587-229-2692	Yes
Ty	15	403-295-6065	Yes

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.



Pumpkins aren't just an orange vegetable; they also come in white, blue and green. Great for unique Halloween carvings!



Calgary
Humane
Society
Connecting Lives

Halloween hazards! Keeping your Pet Safe

Happy October!

It's hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy the occasional mini chocolate bar!

While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. Just as families must take safety precautions to ensure a safe and happy Halloween for children, pet owners should be mindful of safety during the festivities. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

1. Keep candy out of reach of pets! Chocolate, artificial sweeteners and certain types of nuts are toxic to animals.
2. Set up a safe space! Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
3. Leave Fido at home. Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.
4. Put a sign on the door asking trick or treaters to knock, especially if your pet reacts to the doorbell!
5. Be cautious with your costume, especially if your pet is easily frightened. Consider setting your pet up in a safe space before getting changed into your festive duds.
6. If your pet is dressing up, choose a costume that does not restrict your pet's airway or movement. Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.

7. Do not allow your cats to roam. A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.
8. Looking for more tools to help a stressed out pet at Halloween? Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!

BRAIN GAMES

SUDOKU

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

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms. From cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty-free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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BEFORE AND AFTER SCHOOL CARE FOR ST. ELIZABETH SETON: I offer a clean, safe and loving home environment. Healthy snacks and many fun activities! First aid, CPR and police check up to date. Please feel free to contact me at 403-708-3303. My name is Natasha and I look forward to hearing from you!

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News from the Friends of Nose Hill

by Anne Burke

This year is North Haven's 50th anniversary. One of the seniors interviewed for a video said he led the committee of surrounding communities that lobbied the city for park status. As a result, we were asked for any information about Nose Hill, when it became a park.

Nose Hill Park is a natural environment park that lies in the northwest part of Calgary and is surrounded by 12 residential communities. We are often asked about its history and documents are posted on our website at www.fonhs.org. Here is an excerpt:

In 1858, Captain Palliser noted that the Blackfoot referred to Nose Hill as their wintering hills because it was a winter grazing area for the buffalo herds, since the frequent winter Chinooks kept the grass clear of snow. The area around the hill was mostly used for dairy farms, while the pla-

teau was grazed. The land has been subject to speculation since before World War I. "The Great Prairie Fire of 1944" put an end to habitation on Nose Hill. Its rich supply of gravel began to be exploited in 1961, when Calgary began to grow.

The Calgary Municipal Airport was constructed in the northeast corner of the city in the late 1950's. The runways were oriented north-south and east-west. Nose Hill was on the flight path of the latter, so it was necessary for the Federal Department of Transport to impose a development ban on the area. This forced some farmers on the hill to relocate. In the late 1950's, much of the suburban sprawl occurred in the area to the east and south-east of Nose Hill. Purchasers of homes in these developments were told that they would always have the open space of Nose Hill adjacent to their communities. In 1960-61, the Calgary Winter Club proposed that they be allowed to develop a golf course on the top of the Nose Hill but this idea was rejected by the Calgary Planning Commission, because of the caveat imposed by the Department of Transport. Communities that developed later in the 1960's to the south of Nose Hill were unaware of this caveat, which was dropped when the jet replaced the propeller airplanes. Indeed, some residents nurtured the ambition to own a house on top of Nose Hill because of the fantastic view that it afforded of the city, the foothills, and the mountains.



COUNCILLOR, WARD 4
SEAN CHU

403-268-3727 • ward04@calgary.ca
www.calgary.ca/ward4 • www.seanchu.ca

Greetings Residents,

Check your smoke detectors

Did you know that smoke detectors should be replaced every 10 years?

Fire Prevention Week is Oct. 9-15 and this year's theme is Don't Wait – Check the Date: replace smoke alarms every 10 years.

For more information on how to check the expiration date of your smoke alarms, and special events happening during Fire Prevention Week, visit us at calgary.ca/fire or contact 311.

A park worthy of exploring

Home to the historical Lawrey Gardens, a seasonal cafe, four playgrounds and two off-leash areas, Edworthy Park has something for everyone.

Bring your family and friends for our free A Walk in the Park event on October 1 from 10 to 11:30 a.m. to discover (or re-discover) Edworthy Park. Come explore its rich history, learn about the plants and wildlife in the area and enjoy the breathtaking views of Calgary's north-west and beyond.

To participate, simply put on your walking shoes and meet at 5050 Spruce Dr. S.W. — no registration required! Wheelchairs, strollers and park enthusiasts of all ages are welcome. Hope to see you there.

For more information, visit calgary.ca/parksevents.

Leaf & Pumpkin composting program is underway!

Bring your leaves and pumpkins to a depot near you until November 6.

Fall is in the air – and on the ground. Bring your bagged leaves and pumpkins to one of our 35 drop-off locations around the city. By composting this material it stays out of the landfill, reduces harmful greenhouse gas emissions and helps turn the leaves and pumpkins into useful compost. We recommend using paper yard waste bags as they can be composted with the rest of the material. No sod or rocks please.

For a full list of Leaf & Pumpkin drop-off locations, please visit calgary.ca/leaf.



CALGARY NOSE HILL
HON. MICHELLE REMPEL, M.P.

201-1318 Centre Street NE, Calgary, AB
T2E 2R7
Phone: 403-216-7777
Email: michelle.rempel@parl.gc.ca
Website at www.michellerempel.ca

Parliament resumed in September and I have been in Ottawa working hard on behalf of our community. I would like to thank those of you who took the time to complete the survey on Electoral Reform and send me your thoughts on this important issue. I will continue to keep you informed on the Federal Government's plans on this important issue. I have continued my work as the Official Opposition Critic for Immigration, Refugees and Citizenship as we push the Federal Government for answers on the costs and implementation plans for their refugee program. The genocide of Yazidis in Syria and Iraq continues to be of great concern and as you know, I successfully pushed the government to study "Immigration Measures for the Protection of Vulnerable Groups" over the summer. I encourage you to visit my website for more information on the committee's findings and my response to the Federal Government. Finally, my primary focus of concern remains the economic situation here at home and the impact it is having on Albertans. I believe the Federal Government can be doing much more to encourage investment and support skilled workers. I will continue to speak out loudly on the economic crisis facing Alberta and demand action from this Government.

There are many important pieces of legislation that are being debated in the House of Commons and I appreciate your feedback and thoughts on issues important to you. If you are not already signed up to receive email updates from me I encourage you to do so. It is the best way for me to stay in regular contact with our community. You can sign up at www.michellerempel.ca/subscribe. As always, you can contact my office at any time. Phone: (403) 216-7777, Email: michelle.rempel@parl.gc.ca, Website: www.michellerempel.ca.



MLA CALGARY - NORTHERN HILLS JAMIE KLEINSTEUBER

104, 200 Country Hills Landing NW
Calgary, AB, Canada T3K 5P3
Phone: 403.274.1931 • Fax: 403.275.8421
Email: calgary.northernhills@assembly.ab.ca

Greetings residents of Calgary-Northern Hills,

I would like to personally congratulate the success of 19 young athletes from Calgary-Northern Hills who competed at the 2016 Alberta Summer Games in Leduc. Participation in sport provides not only physical benefits, but also offers leadership opportunities, personal growth and the experience that comes from being part of a team. Nearly all Northern-Hills athletes walked away with medals. This is no small achievement. I share in the athlete's pride of being part of Alberta's largest multisport event.

Among the medal winners, Evodie Makasa won silver in the triple jump. Dryden Howse, Dymitri Pavlove, Tyrese Johnson, Nolan Anderson, Melvin Almario, and David Granda won bronze on Calgary's male basketball team. Jenny Singer won gold on Calgary's female basketball team. Fiona Ross won silver in 11-14 years female C-2 Slalom and C-2 Wildwater canoeing. Javier Williams, Caleb Callaghan, Austin Hillard, and Tyler Monds won gold in football. Jacob Isaac won gold on Calgary's male soccer team. Liam O'Hara won gold on Calgary's lacrosse team. Tara van Diepen won bronze on Calgary's softball team. Gibson Black won gold on Calgary's Category 3 and 4 4x50m free relay team. Liam Dennett won gold on Calgary's Calgary 3 and 4 4x50m free relay team and 4x50m medley relay team. He also won gold in the Category 3 and 4 200m free, 400m free, and 800m



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free. Liam also won silver in the Category 3 and 4 50m free and 100m free.

I would also like to congratulate three notable Grade 11 students from Calgary-Northern Hills who participated in the Health Solutions Heritage Youth Researcher Summer (HYRS) Program. Aneri Patel and Britney Wong from Crescent Heights High School, and Ariadna Rolo-Codorniu from Notre Dame High School participated in the program.

The HYRS program is hosted by the University of Calgary. It is designed to give 22 young Albertans skills, experience, and knowledge in health research and innovation so that they can make informed education and career choices in the health science.

The students gained first-hand research experience working side by side with AIHS-funded and other university researchers whom are among the nation's top biomedical and health scientists.

These three students have demonstrated a talent for research in the health sciences, and I wish them continued success. Grade 11 students from across Southern Alberta are eligible to apply to the program, and I encourage eligible students to apply next year for this valuable experience.

These talented young people have performed well, and are inspiring for their commitment and dedication to athletics and academics.

Your MLA,
Jamie Kleinsteuber

breathe hot yoga

breathe life. breathe love. breathe peace. breathe yoga.



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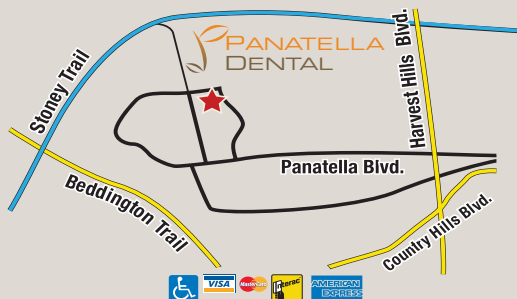
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