

NOVEMBER 2017

YOUR OFFICIAL COMMUNITY NEWSLETTER

**HIDDEN
VALLEY**



**HANSON
RANCH**

VOLUME 129

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 Dr. Huda Jergeas
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 Dr. Michele Spooner
 Dr. Mori Monfaridzadeh

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IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654

MESSAGE FROM THE BOARD



The month of November brings us well into the final months of 2016 and we, as a board, are happy and grateful for what has been an exciting year. Halloween is over, and now is the time to make sure you have cleaned up your yard of all the leaf and pumpkin waste (into your green cart, of course) and start working on hanging those holiday lights! I love to see the streets of Hidden Valley and Hanson Ranch lit up with festive decorations. Gaudy or gorgeous, they are guaranteed to put a smile on everyone's face.

Stores are getting busier and I encourage you all to think about supporting our small local businesses during the shopping season. They need our support to stay operating. Keep in mind that you are not supporting a corporation, but in most cases, a family.

It's also the season for ice making! We need a lot of volunteers to flood Hidden Valley's ice rink and continue maintenance throughout the winter season. This year a few of our most reliable "Rink Rats" will not be returning, and we want to make sure that this isn't reflected in the quality of our ice surfaces. Please email and let us know if you can help in this endeavour.

Lastly, I would like to put a call out for newsletter submissions! Please, if you would like to submit an article that is relevant to our community, send it to newsletter@hiddenhut.org. Keep it clean, under 300 words, and saved as a Word document. Be sure to send in your most treasured recipes as well!

Until next month...

2017 HVCA EVENTS

November

Monday 27 7:00 - HVCA Board of Directors Meeting

December

TBD – Santa's Hut of Hope

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Hidden Valley Community Association

CONTACT LIST 2017

(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

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Vice President 1	Susan MacDonald	vp1@hiddenhut.org
Vice President 2	Kaila Burke	vp2@hiddenhut.org
Treasurer	Brian Pearson	treasurer@hiddenhut.org
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Facility and Rink	Ken Conrad	rink@hiddenhut.org
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Membership	Laura Mrochuk	membership@hiddenhut.org
Programs and Events	Brad Morris	events@hiddenhut.org
Schools Liaison	Jennie Morris	schools@hiddenhut.org
Sports	Vacant	
Director At Large - Casino	Sandy Coad	casino@hiddenhut.org
COORDINATORS		
Website	Karla Williamson	website@hiddenhut.org
Social Media	Jennifer Mah	socialmedia@hiddenhut.org
Playgrounds	Sandy Coad	playground@hiddenhut.org
Volunteers	Christine Graveline	volunteers@hiddenhut.org

LETTERS TO THE EDITOR

The other day I was stuck in traffic for nearly 20 minutes on Hidden Valley Drive, trying to turn south onto Shaganappi Trail. This is unacceptable! Granted, it was rush hour and I usually try to avoid that exit during that time (which is also frustrating that I should have to find another exit significantly further away). However, I was absent-minded, and by the time I realized I was caught in a line-up that was barely moving, it was too late to make another choice. I was trapped as there is no way to turn around on that divided stretch of road! It's frustrating enough not being able to turn right at the intersection to access Stoney Trail, but with the traffic growing busier as the communities to the north grow, it leaves citizens of Hidden Valley helpless at times, not being able to find a break in the traffic to safely exit the community in an even remotely timely manner. We need the city to improve this intersection! – Katie H.

Thank you for bringing this to our attention. We are aware that sometimes there is quite a wait trying to turn left during rush hour, but we had no idea it had gotten this bad. Please report the back-ups to 311 (every time) and try to encourage others to do the same. The HVCA has been working with the City and the Province regarding this intersection for years; we will use this information to apply increased pressure on the City to revamp this intersection and look forward to working with our newly elected Ward 3 councillor on this issue.

I just wanted to express sincere and HUGE thanks for all the volunteers who made the skate park happen in HV this summer. As always, the City staff were terrific—such good role models for our young people. Who stood out the most to me was HV resident, and person who 'knows everything about the skate park,' Dale. My son Alex was often one of the first kids to show up in the morning, and without fail there was Dale helping out, making sure everything was taken care of, greeting us by name. It's this sense of community that makes Hidden Valley great. I hope the skate park is there for at least another month next summer—we will for sure plan our holidays around it so that we can be there bright and early each day. Thanks. – Vanessa

Vanessa, we are so glad that your family enjoyed the skate park! We will be bringing it back next year, and Dale is planning on managing it again. Until then, you will find

Dale riding his bike, flying kites, picking up litter or visiting with neighbours at the park; he is such an asset to our community. We are sure that there are also a lot of other people who display community spirit and pride (if anyone wants to write to us about them, please do). Thank you to everyone that helps make Hidden Valley and Hanson Ranch a fantastic place to live!

I'm hoping someone can shed some light as to why the entrance to our community (Hanson Ranch) continues to be so run down and neglected. Last year, some work was done to restore the 'Hanson Ranch' sign, which was a positive step. However, there are trees that have been dead for years and the general unkempt state continues to make the entrance to our neighbourhood look so shabby (compared to others in the city). Is there anything that can be done to beautify this area and keep it maintained on a regular basis? Who is responsible for the upkeep and maintenance? Is there a plan to restore and improve? Thank you for all that the HVCA volunteers do in our community. – Nadina

Yes, due to frequent turnover on the HVCA Board, this area was only recently discovered to belong to us. Work started last year and, unfortunately, it wasn't until the end of this summer that we finished the landscaping on both sides. How does it look now? We have big goals this year for revitalization and beautification within our community, and we would love to recruit more volunteers to help us organize and carry out our plans. If this is something you are willing to participate in, please email bnd@hiddenhut.org.



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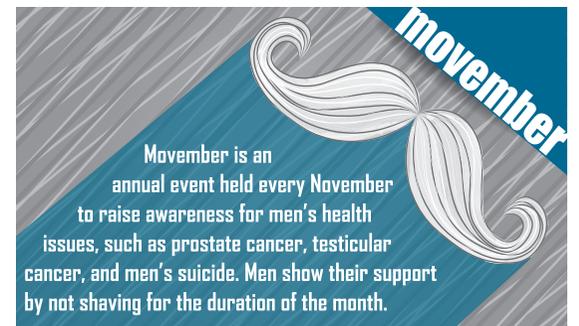
FACEBOOK

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!



Kids Riddles

Q: In a one-story pink house, there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower– everything was pink! What color were the stairs?

A: There weren't any stairs, it was a one-storey house.

Q: What is at the end of a rainbow?

A: The letter W.

Q: What has hands but cannot clap?

A: A Clock.

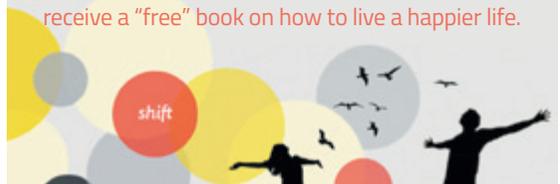
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RECIPE OF THE MONTH



Pear Nutmeg Walnut Bran Muffins

Ingredients Muffins

- 1 cup (250 ml) All-Bran Original* cereal
- 1 cup (250 ml) unsweetened applesauce
- 2 Tbsp (25 ml) lemon juice
- 1 cup (250 ml) all-purpose flour
- ¼ cup (50 ml) lightly packed brown sugar
- 4 tsp (20 ml) baking powder
- ½ tsp (2 ml) each, baking soda and ground nutmeg
- ¼ tsp (1 ml) salt
- 2 eggs
- ¼ cup melted margarine or butter
- 1 ½ cup (375 ml) diced, cored Bartlett pears, skin on (about 1½ medium pears)
- ½ cup (125 ml) finely chopped walnuts

Topping

- 2 Tbsp (25 ml) finely chopped walnuts
- 1 Tbsp (15 ml) brown sugar

Directions

In a medium bowl, combine cereal, applesauce and lemon juice. Let stand for 2 minutes or until cereal softens.

In a large bowl, combine flour, sugar, baking powder, baking soda, nutmeg and salt. Set aside.

Add eggs and margarine to cereal mixture; beat well. Add liquid mixture to dry ingredients, stirring only until just combined. Fold in pears and walnuts. Portion batter evenly into 12 (2½"/6.5 cm) non-stick muffin pan cups, lightly coated with cooking spray. Sprinkle each with portion of walnut-brown sugar topping mixture.

Bake in a 400°F (200°C) oven for 20 minutes or until tops spring back when lightly touched.

For the topping, mix together ingredients and top muffins. Serve and enjoy!

Recipe courtesy of the The Food Network - <http://www.foodnetwork.ca/recipe/pear-nutmeg-walnut-bran-muffins/12479/>

HIDDENVALLEY HANSONRANCH



Area Schools

St. Elizabeth Seton School (K-9)
10845 Hidden Valley Dr. NW
Calgary, AB T3A 6K3
403-500-2105

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

Valley Creek School (4-9 Regular & French Immersion)
10951 Hidden Valley Drive NW
Calgary, AB T3A 6J2
403-777-7995

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	
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

CARING PARENTS BABYSITTING CO-OP



Need a little time to yourself? Have errands to run and taking the kids slows you down? You and your spouse could use a date night? But, who can you trust with the kids?

For more than 20 years, moms have been swapping childcare in Beddington, Hidden Valley, Kincona, MacEwan, Panorama Hills, and Sandstone—for free! The Caring Parents Babysitting Co-op started with three moms who just wanted to get out of the house once a week, and has evolved to a more formal organization while still maintaining a warm, friendly and caring atmosphere. It's really about parents helping other parents.

"It's been a lifesaver," says Megan, one of the members of the co-op, "I'm able to volunteer at the school frequently while another mom from the co-op watches my toddler. My daughter loves going to play with the other children from the co-op."

Another co-op participant, Bev, remarked on the benefit of being a member of a community of parents, "The best part of the co-op for me is the community. Meetings are a great time to talk about parenting and the phases kids go through. I recall specifically talking about potty training and what worked for each of us. It helps to feel I'm not alone. We're all having some struggles and, within the co-op, other moms are willing to offer help and support!"

Potential members are interviewed by two current members and their home is evaluated with a view to child safety. Candidates for membership are given a copy of the group's policies and the opportunity to ask questions about the expectations of the co-op. Once

the interview is complete, and provided the interviewers make a positive report to the membership, a vote is taken.

Members are given poker chips as a form of currency to keep the trading of babysitting time fair and easily tracked. Babysitting can take place in the children's home or the sitter's home, whichever arrangement is mutually satisfactory. Eligible families must be non-smoking, live in the limited geographic region (Beddington, Hidden Valley, Kincona, MacEwan, Panorama Hills, Sandstone), be willing to provide a police records check, agree to abide by the policies of the co-op, attend monthly meetings and be willing to both babysit and have their own children sat by others, during the day or evenings.

Membership is limited to 25 families. The focus for new membership is on families with very young children (under 4 years old). This unique organization is currently accepting new members and information can be found at <http://nwbabysittingcoop.wix.com/caringparents>.

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Saturday	•	9am - 4pm

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Talking to Your Kids about Remembrance Day

Remembrance Day isn't a holiday that many kids get excited about, but given Canada's proud military history, it's a holiday of great importance. How can you talk to you children about such a solemn day, in a way that helps them appreciate the sacrifices our soldiers made for their freedom?

Your approach will depend on your child's maturity level. A toddler won't be interested in Canadian history, but they may be curious about poppies and their significance. An older child may be interested about Canada's participation in various wars, but they may not be ready for the seriousness of the topic. You can always touch base with your children's teachers or caregivers for ideas.

Some easy and family-friendly ways to start a conversation about Remembrance Day include wearing a poppy, attending a local Remembrance Day ceremony, or watching a documentary.

If your family has a history of military service, talk to your children about where those family members served and show them pictures of those family members in uniform. If you have a neighbour that served in the war, invite them for coffee and allow them to share their stories and answer your children's questions. The contributions of First Nations, women, and other ethnic minorities to Canadian war efforts are often overlooked, so make an effort to include them in your discussions. The Calgary Public Library is a great resource for learning about Canada's military contributions.

The key message should be that Remembrance Day is a day for honouring the men and women that have served and continue to serve in Canada's military. Their courage and bravery is unmatched, and they have taught us many lessons—namely, that the cost of war is too great to take lightly.

It's important to have these conversations with your children to ensure that we keep our soldiers and brave individuals, and their contributions, alive now and in the future. More information can be found on the Veterans Affairs Canada website (<http://www.veterans.gc.ca/eng>).

Strive's Health Facts: Heat vs Cold Therapy

Clients often come to physiotherapy and ask about when they should use ice vs heat. There seems to be a great deal of confusion over when one is preferred over the other. To answer this question, it helps to understand what effect each one has on the body:

Ice: Causes vasoconstriction (closing of small blood vessels) and can have a calming effect on the nerves. Both of these can lead to a decrease in inflammation and pain respectively.

Heat: Causes vasodilation (opening of small blood vessels) and promotes muscle relaxation.

Given these physiological effects, we can generalize that ice is best used during the acute phase of injury—this is usually the first 48 hours after an injury. During this time, our main goals are decreasing inflammation and temporary pain control. Ice should never be placed directly on the skin for risk of frostbite. Wrap frozen vegetables, crushed ice, or a frozen gel pack in a thin cloth (tea towel) and moisten it, then apply it to the affected area. Ice should only be left on for 10-15 minutes at a time. It can be reapplied every 45 minutes.

During these first 48 hours, heat can actually make things worse by increasing the inflammation with the vasodilation. Heat should be used after the initial acute phase is finished. Heat is best used for muscle soreness and spasm. Heat can also be beneficial for chronic pain and osteoarthritic joints. If left on too long, a heating pad can cause a burn. It is also important to not have it too hot, not leave it on for more than 30 min, and to never fall asleep while using a heating pad.

This is a simplified explanation of when to use heat and ice. More complicated conditions and chronic pain can have benefits from both ice and heat used at different times. If you still have questions please ask your health care professional.

Tamara Gogol
Physiotherapist



Nitanisak Girl Guides

Our district covers the communities of: Edgemont, Evanston, Hamptons, Hidden Valley, Hanson Ranch, Kincona, Nolan Hill, Sherwood and Sage Hill. We have units for all age groups – Sparks (ages 5-6), Brownies (ages 7-8), Guides (ages 9-12), Pathfinders (ages 12-15) and Rangers (ages 15-17). You can register online through www.girlguides.ca.

Here's some of what we were up to in September and October (there's lots more activities and units, but we are limited to 300 words now, so we are selecting two units per month to highlight).

The 70th Sparks have had a great start to the year! We had a successful Mint Cookie campaign and celebrated

with our first Mother/Daughter sleepover at the Calgary Girl Guide at the end of October. November is also chock full of fun activities including scone making at a local bakery, a Karate Class to learn more about taking care of ourselves and finishing the month with a tour of a local grocery store! We are making great memories and focusing our efforts on learning about our community! We can't wait for the new year to continue our adventures.

The Nitanisak District 9th Trex* unit planned and executed their first trip for the Guiding year. The trip was to Jasper on Sept. 29-Oct. 1, 2017. We stayed at the Hosting International Hostel, did a scavenger hunt in downtown Jasper, did a few crafts, hiked Maligne Canyon, visited the disappearing Medicine Lake and on the way home planned to stop at Athabasca Falls and then go to the Columbia Ice Fields for lunch. Most of the girls had not experienced any of these places and loved everything, except maybe the rain!

*Trex units are Girl Guide units for girls in grades 7-12, who want to continue in Guiding but are unable to commit the needed time for program work.

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 www.michellerempel.ca

Small businesses are vital to the Canadian economy. Business owners work hard and have often sacrificed a great deal in order to become successful. That is why I am deeply concerned about the small business tax increases that the Federal Government has proposed. Any changes to Canada's tax system must ensure that small businesses are given every opportunity to grow, create good paying jobs, and contribute to our economy. With those principles in mind, I have supported legislation in the past, and will continue to support legislation in the future, that lowers taxes for small and medium-sized businesses, reduces government red tape, and allows entrepreneurs to create jobs.

The formal consultation on the Federal Government's proposals closed on October 02, 2017 but, if you would like to learn more about the proposed changes please visit my website www.MichelleRempel.ca.

In order to hear directly from those in our community on this issue I held a Town Hall Meeting at the end of September that was attended by over 300 individuals. Due to the short notice of the event I was unable to advertise the meeting via billboard signs and apologize if you were not aware of the event. The overwhelming majority of the individuals who attended, and who have contacted me through my office, are opposed to the proposed changes.

Now that the consultation period has closed the debate shifts to Parliament. Please continue to send me your feedback and suggestions on this topic as we debate these changes.

I have also sponsored an online petition which you can access via: www.e1239.ca

Thank you to those who have contacted me on this issue already. I will continue to bring the voices of small business owners in our community forward as the debate proceeds.

Calling all Rink Rats **REMINDER!**

Rink Rat Orientation –
 Thursday, November 23, 2017

We need your help!

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

Our goal is to continue to have one of the best outdoor ice surfaces in Calgary. Many people do not understand the duties and responsibilities of a Rink Rat, so we want (need) you to come out and join us for the Rink Rat Orientation on Thursday, November 23, so that we can work schedules, assign teams, and give some instruction on how the ice is built/maintained. I am very pleased that Aaron B. has volunteered to organize the Rink Rats this year! Whether you are able to help out regularly or just occasionally, it would be great to see you out at the orientation, so we can meet you.

Being a Rink Rat allows you to:

- Be part of a group of people that care about the community
- Be outdoors in the winter season
- Be part of a team that wants to help out
- See people enjoy the hard work you put into the community
- Be part our awesome community hockey program that is only possible with many great volunteers
- Have fun with like-minded individuals

This year we have some high-quality equipment to make the job easier than previous years, so it will be really great. We hope to have some pizza nights to reward the Rink Rats for their service and to allow for some shinny hockey or free skating to enjoy the ice surface that we create.

There are many reasons to join the Rink Rats, so please come out to the orientation and share your reasons with us! Join us on November 23, so we can get ready for a great 2017-18 winter season.

You can RSVP or email any questions to rink@hiddenhut.org.

Ken



Wednesday
 Evenings

Ages 6 & 14

Hidden Valley Community Hockey

The time has come to register for
 Hockey this winter
 Please visit hiddenhut.org to
 register and for more information
 Open to youth (M/F) between the
 ages of 6 and 14
 Come out and learn some skills and
 have some fun playing the
 greatest sport on earth
 Wednesday evenings
 Cost is \$70 per player

REMEMBRANCE

Canada observes the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.



Holiday Markets in Calgary



With the holidays approaching quickly, this month marks the beginning of Christmas market season in Calgary and surrounding areas. Holiday markets are a fantastic spot to do your Christmas shopping, and you can feel good about supporting local businesses during the holiday season. Whether you're looking for a gift for your best friend, your children, or your mother-in-law, there's bound to be something for everyone at one of the many markets open during the holidays.

Check out our favourites below:

Alberta College of Art & Design (ACAD) Show & Sale
 When: November 17 – 18, 2017
 Where: Alberta College of Art + Design Main Mall - 1407 14 Avenue NW
 Cost: By Donation

Spruce Meadows International Christmas Market
 When: November 17 – 19, 2017; November 24 – 26, 2017; December 1 – 3, 2017
 Where: Spruce Meadows - 18011 Spruce Meadows Way SW
 Cost: TBA

Cochrane Christmas Market
 When: November 19, 2017
 Where: Cochrane RanchoHouse - 101 RanchoHouse Road
 Cost: \$2 admission; food bank donations welcomed

Festival of Crafts
 When: December 7 – 10, 2017
 Where: BMO Centre, Stampede Park - 20 Roundup Way SE
 Cost: Adults \$7 admission

We'll keep you updated on other Christmas markets in and around Calgary on our Facebook page – www.facebook.com/hiddenvalleyhansonranch.

Merry Shopping!



BUSINESS CLASSIFIEDS

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

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.

NORTHWEST ELECTRICIAN/PLUMBER: Affordable and professional installations/repairs. Install/repair lights, ceiling fans, switches and outlets, garage sub-panel, hot tubs, noisy bathroom fans, OTR microwave/hood fans. Renos and basement developments. Plumbing: toilets/sinks/faucets, garburator and dishwasher installs. Licensed, certified, insured. 19-year resident of Hidden Valley N.W. <http://ca.linkedin.com/pub/nick-dabrensky/8/1b1/7b5/>. Call/text Nick 403-471-5553 or Nick@PlatinumElectric.net. "Bryan Baeumler Approved".

HAPPY MAID HOUSE CLEANING SERVICE: Are you looking for a cleaning company you can trust? Not only quality cleaning, we offer security you can trust. We offer weekly, bi-weekly, monthly and construction cleaning. Phone now 403-807-0909.

RELIABLE SNOW SHOVELING! Seniors' discount. We also fix and install eavestroughs, downspouts, fascia, soffit, siding and roofs. A+ rated BBB member, 2017 Consumers Choice Award winner, 2017 Reader Choice Award winner, WCB covered and fully insured. We are Gutter Doctor! www.gutterdoctor.ca, 403-714-0711.

OFFICIAL PLUMBING & HEATING: Home of the \$25 service fee. Lower service fees, better warranties. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call/text 403-837-4023.

COMMUNICATIONS, LEADERSHIP, TEAMWORK, PUBLIC SPEAKING, NETWORKING: Empowering individuals through personal and professional development. Come join us. Mondays at 7pm, Nose Hill Library. <http://438.toastmastersclubs.org/>. More information: <https://www.toastmasters.org/>.

YOUR CITY OF CALGARY

Tips for using your blue, green and black carts

Now that Calgarians are able to recycle and compost all year-long, it's important to put items in the right carts. Here are a few tips to follow:

Green Cart

Every little bit counts! Plate scrapings, fruit pits, bones, egg shells and sauces can all be composted.

Is your green cart full? Put extra leaves and branches into paper yard waste bags. Roll closed and place at least 1 ft. to the side of your green cart on collection day.

Blue Cart

Remember to bag your plastic bags! All plastic grocery bags, bread bags, sandwich bags and plastic wrap need to be put in one bag and tied closed before recycling.

Is your blue cart full? Make sure to break down all boxes to make room or take extras to a community recycling depot.

Black Cart

If an item can't be recycled or composted, then it has reached its end-of-life and belongs in the garbage. This includes chip bags, granola wrappers, foam packaging, and dryer lint.

Is your black cart full? You can put out extra garbage bags by placing at least 1 ft. to the side of your black cart on collection day.

If you're not sure of how to dispose of an item, use our online search tool What Goes Where to find the answers! Visit calgary.ca/whatgoeswhere to look up hundreds of different items.

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



MLA Calgary - Northern Hills
Jamie Kleinsteuber
 104, 200 Country Hills Landing NW
 Calgary, AB, Canada T3K 5P3
 ☎ 403.274.1931 📠 403.275.8421
 ✉ calgary.northernhills@assembly.ab.ca

Let me begin with congratulations to our new City councilors for Ward 3 and Ward 4 and to our new CBE school board trustee for Ward 3 / 4. Thank you to Linda Wellman, for continuing to serve after being acclaimed as school board trustee for the CCSD. I would like to extend my willingness to work with our elected candidates in the months ahead. My appreciation goes to all candidates who ran in this election, expressing their vision for North Central Calgary.

On Sunday, November 5, we set our clocks back an hour as Daylight Savings Time ends for the year. Daylight Savings Time is something about which Albertans care deeply. After MLA Thomas Dang brought forward Private Members' Bill 203 to abolish Daylight Savings Time, the Legislative Assembly sent the bill to committee for study. Public consultation was held, with over 14,000 Albertans participating. The majority indicated they want to see Daylight Savings Time abolished.

However, Albertans also communicated that abolishing Daylight Savings Time could have economic implications for various sectors. At this time in Alberta's economic recovery, we need to carefully consider impacts to businesses that diversify our economy and create jobs. With this in mind, the committee recommended that Alberta take leadership in encouraging other jurisdictions in North America to also discuss with their citizens the merits of abolishing Daylight Savings Time. In this way, various jurisdictions could move in unison to eliminate Daylight Savings Time while mitigating economic impacts resulting from misalignment with our neighbours.

Some have called for a referendum on the matter. However, Alberta has held referendums on Daylight Savings Time twice already. Referendums are expensive and not the best use of resources when public consultation has clearly indicated Albertans' desire for change. We will continue to work together to get this right. Meanwhile, enjoy that extra hour of sleep on Sunday, November 5!



MLA Calgary-Foothills
Prasad Panda
 Suite 104, 3604 - 52 Ave NW
 Calgary, AB T2L 1V9
 ☎ 403-288-4453
 ✉ calgary.foothills@assembly.ab.ca

Most working Canadians are employed by small (1-99 employees) and medium (100-500) sized businesses. In 2015, small businesses contributed 32% to Alberta's GDP (StatsCan). These businesses are significantly affected by the price of oil and gas, either because they directly service the energy industry, or because they provide housing and other consumer items to a less confident marketplace.

In today's Alberta economy, it is important that we do not implement policies that will make a bad situation worse. This has been my consistent message since before the Calgary-Foothills by-election. Unfortunately, we keep hearing how small businesses in Alberta are feeling unsupported by their governments.

At 8.1%, Alberta has the 4th highest unemployment rate in the country yet the NDP government insists on an aggressive plan to increase the minimum wage to be highest in the country (by far). A recent C.D. Howe report predicts that this will cause 25,000 job losses here in Alberta by next year. I worry that this will disproportionately affect young people who are eager to get some job experience.

Last spring, with minimal consultation, the NDP government forced through new labour legislation that will facilitate more unionized work places. This sends a signal to investors that Alberta is a riskier and less attractive place to do business.

In the city of Calgary, many small businesses were recently hit with sharp property and business tax increases. This is like rubbing salt into the wound of already lower revenues.

Not to be outdone, the Trudeau government is planning to take away long standing tax measures that have proven to be effective in creating and growing small businesses. Our provincial NDP government has remained silent on this.

On a bright note, my colleague MLA Grant Hunter will be introducing a Private Members Bill this fall that would force government departments to eliminate one or more regulations for every new regulation introduced. Perhaps this small proposal will garner multi-party support.

GRAND OPENING SAGE HILL BOTTLE DEPOT

Saturday, November 18, join us from 11AM - 2PM

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