

MAY 2019

YOUR OFFICIAL COMMUNITY NEWSLETTER

HIDDEN  
VALLEY



HANSON  
RANCH

VOLUME 147

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## FACEBOOK

Guess what? Hidden Valley Community Association 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 Contact List 2019

*(Serving Hidden Valley and Hanson Ranch in Hidden Valley)*

Hidden Hut #10504 Hidden Valley Drive NW, T3A 4Z2

website: [www.hiddenhut.org](http://www.hiddenhut.org) • facebook: HVCA Hidden Valley CA

### EXECUTIVE

President	Emery Pritchard	<a href="mailto:presidenthvca@hiddenhut.org">presidenthvca@hiddenhut.org</a>
Vice President	Brad M	<a href="mailto:vp@hiddenhut.org">vp@hiddenhut.org</a>
Treasurer	Brian Pearson	<a href="mailto:treasurer@hiddenhut.org">treasurer@hiddenhut.org</a>
Secretary	Karla W	<a href="mailto:secretary@hiddenhut.org">secretary@hiddenhut.org</a>

### Board of Directors

Building and Development	Barry R	<a href="mailto:bnd@hiddenhut.org">bnd@hiddenhut.org</a>
Director at Large 1	Jennifer C	<a href="mailto:dal1@hiddenhut.org">dal1@hiddenhut.org</a>
Director at Large 2	Neill C	<a href="mailto:dal2@hiddenhut.org">dal2@hiddenhut.org</a>
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Membership	VACANT	<a href="mailto:membership@hiddenhut.org">membership@hiddenhut.org</a>

### Coordinators

Website	Julie Spackman	<a href="mailto:website@hiddenhut.org">website@hiddenhut.org</a>
Hockey	Spencer Williams	<a href="mailto:hockey@hiddenhut.org">hockey@hiddenhut.org</a>
Casino	Brad, M.	<a href="mailto:casino@hiddenhut.org">casino@hiddenhut.org</a>

*Volunteering*  
is good for the soul

## HIDDENVALLEYHANSONRANCH

### Community Organizations

#### Simons Creek Scouts

[simonscreekscouts@yahoo.com](mailto:simonscreekscouts@yahoo.com)

#### Nitanisak Girl Guides

[guiderkarlayyc@gmail.com](mailto:guiderkarlayyc@gmail.com)

### Community Resources

#### Community Rec Coordinator

[Robert.Dickinson@calgary.ca](mailto:Robert.Dickinson@calgary.ca)

#### Community Liaison Officer

#### Ward 3 Councillor

[ward03@calgary.ca](mailto:ward03@calgary.ca)

#### MLA Calgary - Northern Hills

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#### MLA Calgary - Foothills

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#### MP Calgary - Nose Hill

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#### Public School

[aladams@cbc.ab.ca](mailto:aladams@cbc.ab.ca)

#### Catholic School

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#### YYC Noise Concern Hotline

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Bruce Graham

Jyoti Gondek

Jamie Kleinsteuber

Prasad Panda

Michelle Rempel

Althea Adams

Linda Wellman

403-735-1408



### Playground Update on Hidden Ranch Circle

Starting in May, the City of Calgary will be replacing some pathways in and around the Hidden Ranch Circle playground. As part of this project, the City will be updating the playground. This is not a revitalization project simply an update of the existing equipment (replacement of like-for-like). The playground and park space surrounding it will be closed for approximately 4-6 six weeks.

Any questions, please contact either the City of Calgary Parks and Recreation or [playgrounds@hiddenhut.org](mailto:playgrounds@hiddenhut.org).

## 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!

*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*

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 e.g. Casino

- ☐ Committees (Playground Revitalisation, Building Safer Communities, etc.)
- ☐ Join our Board of Directors! There are many volunteer Board positions to choose from.

To obtain your membership please visit [www.hiddenhut.org](http://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

Family Name: \_\_\_\_\_

Applicant's Name: \_\_\_\_\_

Spouse's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

Resident Phone #: \_\_\_\_\_

- ☐ I consent to receiving periodic emails from the HVCA. Once processed, you will receive a membership e-mail.

## 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



## Hidden Valley School's Hug N' Go Traffic Safety Blitz

In March, Hidden Valley School collaborated with the Calgary Police's Residential Traffic Safety Unit to kick start their traffic safety blitz's using their new "Hug N' Go flags". The new flags are part of the school's traffic safety, education and awareness campaign to remind drivers that the school's Hug N' Go area is for quick drop-offs only in the mornings between the hours of 7:30 am and 9 am. The school hopes that these monthly blitzes will help to promote "good driving" behaviour and alleviate some of the traffic congestion during school bell times.

Stay tuned for news on the school's walk/bike week event at the end of May.



## REVITALIZING OUR PLAYGROUNDS

### MRU Systematic Data Observations

As part of the Hidden Valley Community Association's playgrounds revitalization project, summer students from Mount Royal University's research department will be performing systematic data observations of all 16 playgrounds in Hidden Valley/Hanson Ranch.

Starting in early May till the beginning of August, a team of MRU students will be collecting data on how often our playgrounds are being used. This data will include types of physical activity, social interaction, types of play, gender, age, special needs and of course weather. These observations will take place at varying times of the day (e.g. lunch time, after school hours and evenings).

A technical report will be provided to the HVCA at the end of September. This information will help the HVCA determine what playgrounds are being used the most and what type of playgrounds need to exist in our community.

This is a huge step in determining how our community should revitalize our playgrounds and just one of the many things the HVCA is committed to working towards. For more information about the Playgrounds Revitalization Project, checkout the Building & Development page listed under Events on the HVCA website at [www.hiddenthut.org](http://www.hiddenthut.org).

Come and join us at the next HVCA event and let us know what your thoughts are about our playgrounds. If you can't make it out

to an event, then there will be further opportunities to provide us with your feedback through some future workshops as well as surveys to answer on our Facebook page.

The HVCA welcomes all its members who wish to volunteer so if revitalizing our playgrounds is something that is near and dear to your heart please contact [playground@hiddenthut.org](mailto:playground@hiddenthut.org).

### Scouts & Girl Guides Help

There is no better way to find out what type of playgrounds our children want in our community than by asking them personally! This past April, both the 38 Simons Creek Scouts Group (Beavers, Cubs Scouts) and the Nitanisak Girl Guides (9th Trex Unit) lent a helping hand and participated in one of the HVCA's playground workshops.

The kids were asked to look at four photos of different types of playground spaces and to rank their top three spaces. They were then asked to rank which one was most important to them and why? The kids then took a look at different playground photos from our community and asked to tell us what they would add to one of these spaces if they could and in what particular playground space would they use.

It's organizations like Scouts Canada and Girl Guides that makes our community such a great one to live in!

Come and join us at the next HVCA event and let us know what your thoughts are about our playgrounds. If you can't make it out to an event, then there will be further opportunities to provide us with your feedback through some future workshops as well as surveys to answer on our Facebook page.

The HVCA welcomes all its members who wish to volunteer so if revitalizing our playgrounds is something that is near and dear to your heart please contact [playground@hiddenthut.org](mailto:playground@hiddenthut.org).

# People with Great Community Spirit Needed

If you are familiar with the Hidden Valley Community Association, you will know it is run completely by volunteers who give of their time and energy on behalf of the residents of Hidden Valley and Hansen Ranch.

We have some important roles that we've been unable to fill for more than 9 months. An example of how this impacts the community was when we found ourselves without a Sports Director. This, and cost factors, resulted in cancellation of the Winter Indoor Soccer program.

Note: We are all volunteers called Directors to ensure we follow Not-For-Profit guidelines.

At this point in time we still need help in the following areas:

1. Events Director / Coordinator: This position requires someone to plan community events, order equipment such as bouncy castles, hayrides, food etc. Most of the current Board have experience and are always willing to guide.
2. Communications Director: This involves collecting information to put on our website, on Facebook and in the monthly Newsletter. This does not involve a lot of time but whatever time you can spare would be welcome.



3. Membership Director: This involves devising methods of increasing community involvement by devising ways to increase our membership. Also, to attend community or local events where potential members might be in attendance.
4. Schools Liaison Director: Attend meetings at one of or all our schools to ensure the Association is involved in their discussions and to offer our assistance where needed.
5. Fundraising Director: Take over our fundraising initiatives such as contacting local businesses for sponsorship, obtaining income from rink board adverts, and any other great ideas you have.
6. Sports Director: To work with Soccer Tech to ensure a quality outdoor soccer program is executed smoothly. To ensure other sports programs, for children and for adults, are implemented e.g. hockey, basketball, baseball.



## 'Tis the Season to Plan a Block Party

Saturday June 15th is the The City of Calgary's Neighbour Day. This is a great opportunity for members of the community to plan/host a neighbourhood event. The City of Calgary is waiving its Block Party Permit Fees until May 24th. If you want to get to know your neighbours, think of something that you can do to make it happen whether that is a block party or a neighbourhood clean-up event, June 15th is the day!

### 10 Reasons to Have a Block Party:

1. To have fun – no excuses or reasons needed
2. To provide an opportunity to know your neighbours and where they live
3. To establish friendships

4. To increase a sense of belonging to a community
5. To meet neighbours who may be able to help you with a gardening problem, or lend you that needed ingredient for a recipe
6. To encourage neighbours to look after the neighbourhood
7. To help with safety/crime prevention by knowing who lives where and who does not
8. To learn who might need a little extra help from time to time
9. To increase security by knowing each other's schedules
10. To develop an opportunity to meet some of the old-time neighbours and learn about the history of your community

For more information about planning your Neighbour Day visit the City of Calgary's website at [www.calgary.ca/NeighbourDay](http://www.calgary.ca/NeighbourDay).

# HVCA FUNDRAISING AND VOLUNTEER OPPORTUNITY

## VOLUNTEER

Do you know all the wonderful things the Hidden Valley Community Association does for the Hidden Valley/Hansen Ranch community? Beautification projects in both Hidden Valley and Hansen Ranch, maintenance of our wonderful ice rinks and the Hidden Hut, soccer and hockey programs including registration, fees, awards and equipment, support of Boy Scouts and Girl Guides within our community, and the many events for families and residents.

These projects are funded through membership fees and fundraising events.

Your community associations board has been working hard. Their vision for the coming year is to increase community involvement, promote and foster a safe community, support and develop community programming and to support and grow community spaces.

Our largest fundraiser is soon approaching, we will receive the dates for our Casino Fundraiser at the beginning of May.

The funds from this fundraiser will be used towards meeting this vision and continuing to providing great community programs and activities: To revitalize community spaces and to run events that bring us together.

We will require over 45 volunteers for this Casino fundraiser.

*Your volunteer time required for soccer and hockey can be used for this fundraiser.*

We count on your volunteer participation in supporting our community!

Please do not wait for the last minute and contact Brad and Sandy at [casino@hiddenhut.org](mailto:casino@hiddenhut.org) as soon as possible. Watch for our Casino dates posted around the community in early May. Thank-you and we look forward to hearing from you!

Brad and Sandy  
[casino@hiddenhut.org](mailto:casino@hiddenhut.org)

## Benefits of Walking:

by Tamara Gogol BScPT

As a physiotherapist, people will often ask me "what is the best type of exercise"? My answer is simple, one that you will do! Some like to see just how far they can push their bodies and how fast they can go, while others prefer a gentler, kinder way to get their exercise. Walking is one of the easiest forms of physical fitness and I rarely meet clients who are unable to participate in this activity.

Walking is a low-cost sport; a good pair of shoes and some cleared trails to walk on are the minimum requirement. Additionally, almost everyone can do it. Walking is great for those with long standing hip, knee, or ankle joint problems. The low impact will rarely cause further injury to these areas. It is also great for those just starting back into to exercises who may not have the fitness for other activities.

### What's next?

Set realistic goals and start slowly: It is always better to feel like your first walk was easy and you could do more the next time than to feel exhausted and discouraged on Day 1.

Equipment: The most important piece of equipment from

an injury point of view, is footwear - proper footwear with adequate arch support and traction is required. It is also nice to have outerwear for all types of weather conditions especially living in Calgary. If you are very new to exercise, have poor balance, or plan to walk hills, a set of walking poles can help with balance as well as encourage core engagement while walking.

Warm up and cool down: Get your muscles warmed up before you hit the trails with some gentle movements and light stretches. Repeat a similar program at the end. As your muscles cool down, you want to gently stretch them to ensure you maintain flexibility. Be careful not to overstretch - this is when injury can occur.

Find a walking companion or group: studies show that working out with a partner or group leads to higher rates of success and compliance and it is often just more fun!

If you would like to join a FREE walking group in the Hanson Ranch / Hidden Valley community, please contact me at [tamara@strivephysiotherapy.ca](mailto:tamara@strivephysiotherapy.ca). We meet every Wednesday evening at 7pm and hit the trails in your neighborhood. It is a great way to enjoy the outdoors, meet new people, and get some exercise all at the same time! Hope to see you on the trails :)



## Spring Brings New Activities for 4-H Club

*By Lori Nielsen –  
Project Leader for the  
Prairie Winds 4-H Club*

This spring, the members of the Prairie Winds 4-H Club have been continuing to explore new areas of interest, including a Petland tour for the Cleaver Kids (ages 6-8) and a Glass Fusion workshop for the Junior, Intermediate, and Senior members.

The Petland workshop allowed the kids to learn multiple things. Not only did they see the different types of food and variety of flavours for various animals; but they were able to hold and pet them as well. They were able to pet Jack the Cat, have birds sit on their fingers, pet the hedgehog and bunnies, and learn about different insects and fish.

The following day, the older members were introduced to glass in art and taught different techniques of working with glass at a glass fusion workshop. They tapped into their own creativity as they designed either a plate or a tree of life art piece.

This year, several members also gained valuable experience as they participated in various levels of public speaking through their involvement with the Prairie Winds 4-H Club. The Calgary Regional Competition was held in Strathmore on Saturday, March 23rd and Caleb and Emmett Donner were honoured to participate in this competition after advancing from the club, area and district levels. Their seven-and-a-half-minute presentation on "Backyard Fun" (building and using a backyard ice rink) entertained both judges and audiences, and the boys were awarded second place.

In April, the members will participate in a gelato making and tasting workshop and look forward to their annual cleanup weekend at the Battle Lake 4-H Centre at the beginning of May.

# Kite Festival, May 25

*"Let's Go Fly a Kite" – from Mary Poppins*

## Come one, come all!

Mark your Calendars for the Annual Kite Festival – May 25 at the Hidden Hut.

Bring your own kites and try them out at the windy hill—a.k.a. the tobogganing hill—behind the Hidden Hut (10504 Hidden Valley Dr).

If you don't have your own kite, we can give you one to make.

Prizes to be awarded. And there might be a surprise visitor or two...



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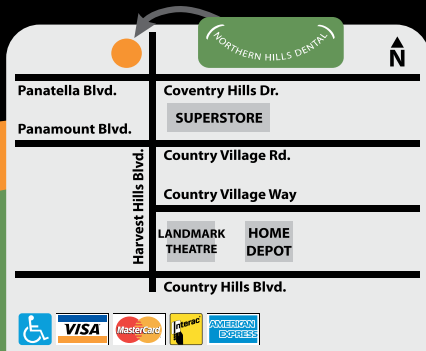
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## News from the Friends of Nose Hill

Don't forget to check out our website at [www.fonhs.org](http://www.fonhs.org) for all the information you will need about Plants in Bloom for the May Flower Count, during the last week of May (25-31). This is an annual event, when volunteers survey their favourite natural areas and provide valuable data on the distribution of flowering plants in Alberta. Conduct a fun "trek and check" through your favourite natural space. Expertise in wildflower identification is valuable, but not mandatory. Use our alphabetical flower list, which has space to record how far in bloom the flowers are.

Urban ecology and biodiversity are free and family friendly, in backyards, gardens, schoolyards, local parks, and community green spaces. At any time, citizen scientists can find nature, take photos of their finds, and share their observations by [iNaturalist.ca](http://iNaturalist.ca). The app is free, enables identification, and operates all over the world now.

The Calgary City Nature Challenge involves taking photos of plants and animals (26-29 April) and then identifying them (30 April-5 May). Winners are announced 6 May ([www.calgarynatureyyc.ca](http://www.calgarynatureyyc.ca)). Calgary, Halifax, and Richmond, B.C. are only 3 of the over 160 cities worldwide to compete for the most observations, number of species, and participants ([www.citychallenge.org](http://www.citychallenge.org)). Started in 2016 with 2 cities, the City Nature Challenge went national, in 2017, and, in 2018 with 68 cities, became an international event!

The new City Parks and Pathways Bylaw states: "natural area" is a park or portion of park space where the primary role is the protection of an undisturbed (or relatively undisturbed) area of land with characteristics of a natural or native plant community. The Director, Calgary Parks, may close or restrict the use of any park (or portion of a park) to protect endangered or at-risk species; to preserve vegetation required for wildlife; and to rehabilitate a natural area.

To disturb wildlife in a park (\$200-\$300), to disturb or damage park vegetation (\$200-\$300), and to remove park vegetation (\$150-\$250) are only a few of the minimum and specified fines for offences.

## YOUR CITY OF CALGARY

### Green Carts Spring into Weekly Collection Schedule

Spring has sprung, and with it comes an increase in yard waste. Weekly green cart collection will resume the first week of April.

Calgarians can visit [calgary.ca/collection](http://calgary.ca/collection) to find out their new green cart schedule and to sign up for free reminders including phone, email and text alerts or download the free Garbage Day app to receive notifications on their smartphones.

There are no changes to blue or black cart collection.



## Girl Guides Trex Unit

The 9th Trex, Girl Guide unit for girls in grades 7-12, are fundraising for a trip to Europe and International Camp in 2020. We are doing a FunDrive (lightly used clothing, bedding, towels, etc). We will be collecting from the Hidden Valley rink the last afternoon/evening of the last day of the Garage Sale weekend!

During that weekend, we will also be having a Garage Sale and a cookie stand!

Thank you for your support!

## June 8th - Lemonade Day



One of my all-time favourite things to do in the summer is to stop by every lemonade stand on my way to garage sales throughout our community. I love to see all the neighbourhood kids taking a crack at their first business venture. If there are some homemade treats, well that's just another delicious added bonus.

Did you know that June 8th is Calgary's official Lemonade Day? It's a community-wide program between the Calgary Chamber and Junior Achievement Alberta. The Lemonade Day program is designed to teach our young ones entrepreneurial life skills not to mention financial literacy and mathematics by learning to start their own business by way of a lemonade stand.

For more information, visit [LemonadeDay.org](http://LemonadeDay.org). Best of luck to all our young entrepreneurs, your community is looking forward to supporting you and drinking some delicious lemonade!



## FREE Events SENIOR'S WEEK

There is no set age as to when a person is considered a senior in Canada. Senior discounts tend to start at age 55 but government benefits say you usually have to be between the ages of 60 and 65 in order to qualify.

According to the 2016 Census of Canada, our Hidden Valley community had a total of 2,285 seniors between the ages of 55 and 99.

June 2nd to the 8th is Alberta's Senior's Week. This is a celebration to acknowledge the contributions of seniors in our community. Did you know that Calgary has been leading the development of a Seniors Age-Friendly Strategy? This is a community initiative to prepare for our aging population. It focuses on 6 priority areas specific to Calgary. To learn more visit [www.calgary.ca/agefriendly](http://www.calgary.ca/agefriendly). [informAlberta.ca](http://informAlberta.ca) provides a list of Calgary municipal services for seniors including housing, recycling services, fire, police, EMS, health & safety, transit and recreation. A list of these seniors-friendly phone numbers is listed on our community website at [www.hiddenhut.org](http://www.hiddenhut.org).

If you live near a senior in your neighbourhood, take a few minutes to say hello, ask to hear a story or a piece of wisdom or maybe they need help with something and are too stubborn to ask. The HVCA would love to hear more personal stories about our community members. If there is a senior that you know of who has a remarkable story to tell, please send us a message at [newsletter@hiddenhut.org](mailto:newsletter@hiddenhut.org).

Check-out the City of Calgary's website at [www.calgary.ca/seniorsweek](http://www.calgary.ca/seniorsweek) for more information on FREE activities going on in Calgary this week. Happy Seniors Day Hidden Valley/Hanson Ranch from the HVCA!

## SAFE & SOUND

### Evict Radon: Get Your Home Tested

University of Calgary researchers are working to find solutions to Alberta's radon problem as 1 in 6 homes tested in Western Canada had dangerously high levels of radon gas. Radon emits radiation that damages your DNA that can lead to cancer and currently, radon is the second leading cause of lung cancer, but it is entirely preventable. Knowing your home's radon level is the first step to determining if you're at risk. Go to [evict-radon.ca](http://evict-radon.ca) to find out how you can get a test for your home.

# Community Cleanup

**NEW! On May 19th.** This year we will host a “free store” at the rink where community members can donate any gently used items and find any hidden treasures that someone else may not need anymore. Free admission with HVCA membership (ID needed with membership

address) or \$2 entry. All items left will be donated to the Women In Need Society.

Not sure if your items will be accepted? Please check the website ([www.hiddenhut.org](http://www.hiddenhut.org)) for complete list.



The poster features a light blue background with a green banner at the top right indicating the date and time. The HVCA logo is in the top left. A central graphic shows a wooden signpost with three signs. To the left of the signpost is a blue circle with the word 'FREE' and a list of activities, each preceded by a checkmark. The bottom of the poster has a dark blue section with a thank you message and a small landscape illustration.

**H.V.C.A.**

**May 19**  
10 am – 1 pm

# Community Clean up

**It's  
FREE**

**Clean up your home & community!**  
Find out more on [www.hiddenhut.org](http://www.hiddenhut.org)

- ✓ Rid your house of garbage
- ✓ Compost yard debris
- ✓ Mattress recycling
- ✓ Donate items to Women In Need Society
- ✓ Recycle electronics

**NEW! At the rink**

**“free store”**  
Free for members | \$2 for non-member\*

**Donate what you can, take what you need**

**Special thank you to  
The City of Calgary**

Community Standards | Waste & Recycling

\* Proceeds go towards HVCA

HIDDEN VALLEY RINK & ICE SKATING RINK  
**HIDDEN VALLEY  
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## Hanson Ranch Wetlands Update

### Background

The Hanson Ranch Wetpond was constructed in 1999 and is being redesigned. It suffered damage during high water events and has the potential to impact West Nose Creek. The new design will isolate the stormwater facility from West Nose Creek and bring the wetland closer to meeting the current design standards. Design began in Fall 2018 and construction is planned for 2020, pending regulatory approvals and funding availability.

### Update

Though construction will not happen for a while, investigative site work has been taking place.

A geotechnical investigation was completed in November 2018. The geotechnical work involved drilling nine (9) boreholes and installing monitoring wells. The boreholes were used to look at ground conditions and the monitoring wells are being used to evaluate groundwater levels in the area. The consultant will continue to check the monitoring wells and measure groundwater levels periodically throughout 2019 and 2020. There are no concerns with contamination in the area and the wells are not being used to monitor water quality.

Other activity on the site may include a crew of City surveyors. They were onsite in early January 2019 to gather important information on existing conditions. They will be back in March 2019 and as needed throughout the project.

### Next Steps

The next step is to confirm the design concept and submit applications for regulatory approvals (Summer 2019). Information will be provided to the community once the design concept has been confirmed.

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**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](http://www.communitymediation.ca), 403-269-2707.

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## The Goose Predicament

Did you know? In Canada, it's a federal crime to disturb an active Canada Goose nest.



They are protected by the Migratory Birds Convention Act and dealing with problem geese can only be done with a permit.



**Girl Guides**  
**NITANISAK DISTRICT**

The 165th Sparks have had a wonderful March. We worked on our service project for AARCS and made dog cookies for all the animals at the shelter. We had an AARCS representative come in and talk to us and she brought her cute foster puppy. Together with the Guide, Brownie and Sparks units we collected a huge amount of donations for AARCS to take back to the shelter.

Spring brought in the delivery of COOKIES. We had a very successful cookie stand and everyone sold enough cookies on their own that we have none left!

April brings in our last month of the year—WOW, where did the year go? We have a field trip with London Drugs, bring a friend night, and finally the Advancement. The leaders are also busy preparing for our final Camp of the Year which will take place in May.

The 91st Pathfinders have been having a lot of fun this year! We kicked off the year with a camping trip in the fall where we bridged with two Guides units to teach them some camping skills and sing together around the campfire. We also attended Nite Trek—a hiking experience in the dark. The girls had an awesome time and loved the Harry Potter theme.

Our unit has provided valuable programming on Thinking Day for Guides and provided STEM meeting for Brownies. This work gives the girls the opportunity to develop their creativity and spread their leadership wings. These opportunities continue for the spring—the girls are planning and implementing a tent camp for Guides.

Our main Service project this year was a more personal experience—the girls wrote messages of thanks to veterans and delivered them on Valentine's Day at a local Legion. More service is currently being planned for the spring.

Activities have been chosen and planned by the girls—we have gone to experience the haunted houses at Grim Manor, been active skating at Bowness Lagoon and swimming at the YMCA, explored our creativity through clay and had a fabulous weekend sleepover in Canmore.

And so much more adventure is in store this spring!



## Msgr. Neville Anderson Catholic School

**K - 6 Year-Round Program**

327 Sandarac Drive NW

Modified version of the traditional school program  
starting in August.

For more information please call  
**403-500-2094**



**first2000days**  
Early Childhood Development Network  
North West Coalitions

## Play With Me, Please!

As grandparents or seniors, when we hear a child ask us to play, do we think about how we played as children? Or do we think that we don't know how to play in today's fast-paced, electronic world? Exploring outside, making up games and stories with friends, spending afternoons building elaborate structures with sofa cushions and blankets or making mud pies in the backyard; these are all still wonderful ways to play. We know that spending time outside and in natural settings builds better brains and that positively connecting with other people helps children learn social and emotional skills. Having sensory experiences encourages connections in the brain and helps children with more complex learning later in life, (like reading and writing). Using imagination to transform pillows and blankets into a pirate hideaway or a princess castle promotes problem solving, language development and cooperation.

So, the next time a young child in your life asks you to play, think back to your childhood and jump right in! You can make a difference in a child's life just by taking the time to play; the most important thing is to be available and enjoy the experience!

For more information on children's brain development watch the video *The Core Story of Brain Development* at <https://www.albertafamilywellness.org/resources/watch/how-brains-are-built-core-story-of-brain-development/> *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: nwecccoalitions@gmail.com.*

## Hidden Valley-Hanson Ranch Real Estate Update

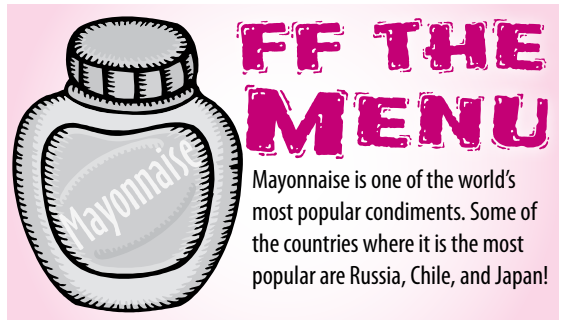
### Last 12 Months Hidden Valley-Hanson Ranch MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2019	\$374,900	\$357,900
February 2019	\$389,900	\$370,500
January 2019	\$415,000	\$395,000
December 2018	\$370,000	\$385,700
November 2018	\$455,000	\$440,000
October 2018	\$457,350	\$446,750
September 2018	\$439,000	\$418,000
August 2018	\$419,900	\$414,000
July 2018	\$529,850	\$517,000
June 2018	\$429,000	\$425,750
May 2018	\$419,900	\$393,200
April 2018	\$464,900	\$450,000

### Last 12 Months Hidden Valley-Hanson Ranch MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2019	12	5
February 2019	15	8
January 2019	11	4
December 2018	3	4
November 2018	10	4
October 2018	9	11
September 2018	8	10
August 2018	18	12
July 2018	16	9
June 2018	16	15
May 2018	25	12
April 2018	16	14

To view the specific SOLD Listings that comprise the above MLS averages please visit [hid.mycalgary.com](http://hid.mycalgary.com)





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**Councillor, Ward 3**  
**Jyoti Gondek**  
 800 Macleod Tr. SE, Calgary, AB,  
 T2P 2M5 ☎ 403-268-2430  
 🌐 www.calgary.ca/ward3

As of February 2019, Calgary had the worst unemployment of any Canadian city. So, it comes as no surprise to our community that jobs and the economy are issues that are of great importance to me. I continue to fight for the workers and families in my riding as your Member of Parliament in Ottawa.

On May 23, I will once again be hosting a Career Services event at Foothills Alliance Church. The event, which **is not a job fair**, will start at 6:00 PM and run until 8:00 PM. This event aims to assist those who are looking for work by connecting them with service providers and resources that can assist with job search, resume writing, interview skills, and enhance online job search techniques.

This event is free to attend and will showcase local organizations and resources available to individuals in Calgary that can assist with a job search or help with the challenges that come from unemployment. For a full list of participating organizations please visit [www.MPRempel.ca](http://www.MPRempel.ca)

Over the last decade, Hidden Valley and Hanson Ranch have been overlooked in terms of much needed transportation solutions to align with the lived experiences of community members. With the support and feedback of residents and the community association, we have been able to celebrate a number of big wins over the past year and a half. Securing the funding to complete the interchanges along Stoney Trail at Shaganappi and 14th Street will have a positive impact on our communities by decreasing cut-through traffic. The upgrades will also include the right turn out of Hidden Valley on to Shaganappi Trail. We will have a better idea of timeline for construction in the coming months, now that provincial approvals for design are coming in.

In an effort to address speeding on Hidden Creek Boulevard and Hidden Creek Drive, we will be installing curb extensions along Hidden Creek Boulevard at Hidden Creek Way, Hidden Creek Gardens and Hidden Creek Road. We have also been able to extend the Hidden Valley Drive line painting pilot into Hanson Ranch. This traffic calming solution reduces lane widths by painting edge lines that encourage drivers to slow down. It will also reinforce the single lane traffic nature of these roads.

Our office continues to work with City of Calgary Roads Department to address pedestrian safety and traffic congestion at Hidden Creek Drive and Beddington Trail. The goal is to find a solution that ensures our kids can safely get to their schools in Hidden Valley while keeping traffic moving so residents can get to their destinations in a timely manner. Stay tuned for updates as we work through possible options.

These important transportation upgrades are a result of a collaborative effort from community members and the City of Calgary. Our office is proud to be a conduit to ensure Hanson Ranch and Hidden Valley are finally getting the attention they deserve. We value and appreciate your perspectives as we continue with our commitment to advocate for the needs of north central Calgary. If you have ideas you wish to share please contact 311, the Hidden Valley Community Association, or email our office.



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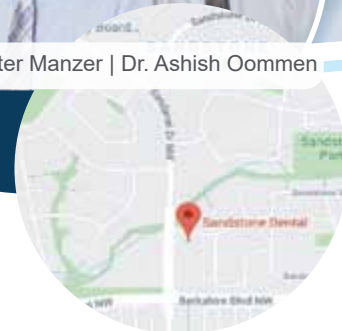
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