


AUGUST 2016

DELIVERED MONTHLY TO 1,600 HOUSEHOLDS

WALDEN LIFE


THE OFFICIAL WALDEN COMMUNITY NEWSLETTER





southviewchurch

BLOCK PARTY



Southview Church is now finished construction. As your new neighbours in Walden, we want to get to know you by hosting a block party. Come out for a night of fun and food! There is no cost for this event. We hope to see you there!

FRIDAY SEPTEMBER 2, 2016 | 6:00 PM - 8:30 PM | 20200 WALDEN BLVD SE

CHAPARRAL DENTAL WELLNESS

CDW

YOUR LOCAL FAMILY DENTAL GROUP

☎ 403.259.2722

✉ chaparraldental@telus.net

📍 Suite #232, 803 Chaparral Drive SE

🌐 www.dentalwellnessgroup.ca

Where Neighbours & Friends work together!

✓ Walk Ins Welcome

✓ No appointment needed

✓ Open Evenings & Weekends



facebook

review us on

Walden Community Association

#300, 151 Walden Gate SE, Calgary T2X-0R2 (Inside ATB)

Phone: 403-256-4000 • www.waldenyc.ca

CONTENTS

Science Jokes	5
Community Association News	6
Walden Real Estate Update	7
Calgary Wildlife	8
My Babysitter List	12
At A Glance	14

NEWSLETTER AD SALES

GREATNEWS

PUBLISHING

27

YEARS

Great News Publishing Ltd.

403.720.0762 | 403.263.3044

sales@great-news.ca | www.great-news.ca

2

AUGUST 2016 | Call 403-263-3044 for advertising opportunities

PRESIDENT'S MESSAGE

Hello Walden!

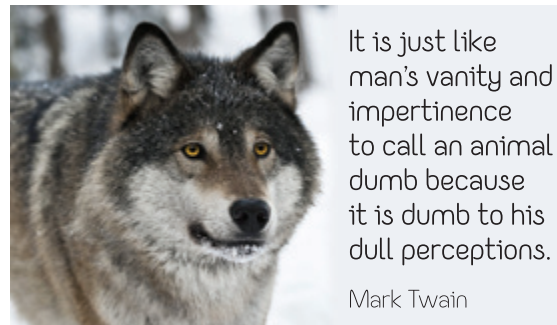
School's out and summer is here! Despite the crazy rain, I have been enjoying watching the Walden gardens come alive all over the neighbourhood. I have met many of the new families as Shadow and I take our daily walks. Our neighbourhood is alive and growing, it makes me proud to be a part of Walden.

The WCA Board would like to thank those of you who came out on June 19th to participate in the Community Clean Up. It was a windy day, but the parks got cleaned up. I would like to thank Cardel Homes and Excel Homes for donating bins and Southview Church for letting us use the parking lot of the church. We look forward to doing this next year, but in the meantime, let's keep our community clean!

On June 21, we had a joint open house with Chaparral Community Association, including Lake Chaparral, and



the Gutter Doctor
Home Exteriors
Install/Repair/Clean
EAVESTROUGHS | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING
15,000 happy customers since 2003!
403-714-0711 gutterdoctor.ca



It is just like man's vanity and impertinence to call an animal dumb because it is dumb to his dull perceptions.

Mark Twain

Legacy regarding "BFI/ Progress Hill". If you missed the open house, check out the list of FAQs on the Chaparral Community Association website. Look for more to come.

We are still working on getting a date, time and location for the Annual General Meeting in September. Look for more information on the website for the Agenda, candidate information.

We continue to work on the WCA Membership rewards. If you have question regarding membership or would like to be a sponsor, email the memberships committee.

If you have ideas for articles or pictures for the newsletter, please email: newsletter. Reminder: Articles have to be no more than 300 words, cover pictures must be at least 1MB in size and 300 dpi. The deadline for content is the first of the month. Also, I would like to say thanks to all the talented photographers we have out there. Unfortunately we cannot put your names on the print, but we love your photos.

Again, a reminder for everyone: To lock it up! Please keep your stuff safe. Lock your doors, lock your cars, and remove your valuables. And be aware of your surroundings, look out for each other, your neighbours. Let's keep our community safe.

And last but not least, please take your time, whether you are driving, walking, biking, or whatever activity you are involved in, slow down, and pay attention. Not only are our kids outside playing on the pathways, playgrounds and all park areas, so is everyone else. Please take your time.

So that's it for now, I would like to wish all the Walden kids a very happy summer vacation! Be safe and have fun.

For more updates on all WCA Events, programming and developments, check the WCA website: www.walden-yc.ca.

Thanks,

Charmaine Martin
President, Walden Community Association
On behalf of the WCA Board

HEALTH & WELLNESS



I have some coaching tips for those of you who have been enjoying or contemplating the fitness challenge that I presented last month.

Skipping: Skipping is an extremely effective and accessible cardio endurance exercise that can burn you serious calories and earn you serious calves! This activity requires taking off and landing with both feet simultaneously. Start the jump by rolling through the balls of your feet and then pushing off with the toes. Do not waste energy trying to jump high...the rope is only an eighth of an inch thick. Land softly using the balls of the feet only. Your heels should never touch the floor. Do not lock your knees as this can increase the likelihood of knee injuries. Engage the core muscles to stiffen your upper torso and protect the spine during landings. For maximum efficiency and endurance, rotate the rope from the wrists...not the shoulders...with your hands slightly above the waistline. And remember, "He is watching us all...with the Eye of the Tiger."

Push-up: The push-up is both an extremely effective and accessible exercise for building and maintaining upper-body muscular fitness. Throughout the push-up movement your hands should be pointing forward and positioned directly under the shoulders. The feet are to remain in contact with the floor. Maintain a rigid trunk by engaging the core muscles throughout the movement. The head should be kept in a neutral position. Use the height of your fist resting on the floor as a benchmark for your chest's final resting position in the downward phase. To complete the push-up, exhale and fully extend the arms. Keep the elbows as close to the rib cage as possible. A count of 42 push-ups in two minutes can get you in the Navy Seals.

Enjoy,

Geoffrey

SCIENCE JOKES

- There are 10 kinds of people in the world. Those that understand binary numbers and those that don't.
- There are two types of people in this world: Those who can extrapolate from incomplete data
- There are three kinds of people in the world: 50% understand percentages, and 50% don't.
- Did you hear about the constipated mathematician? He worked it out with a pencil.
- A photon checks into a hotel and the bellhop asks him if he has any luggage... The photon replies, "No, I'm traveling light."
- A question from the audience to a neuroscientist during a recent conference: "Could we have your thoughts on telepathy?"
- Your momma is so mean... she has no standard deviation.
- Did you hear about the man who got cooled to absolute zero? He's OK now.
- What do you get when you cross a joke with a rhetorical question?
- A biologist, a physicist and a mathematician were sitting in a street cafe watching the crowd. Across the street they saw a man and a woman entering a building. Ten minutes they reappeared together with a third person. "They have multiplied," said the biologist. "Oh no, an error in measurement," the physicist sighed. "If exactly one person enters the building now, it will be empty again," the mathematician concluded.
- How can you tell the difference between a chemist and a plumber? Ask them to pronounce "unionized".
- The bartender says, "We don't serve time travelers in here." A time traveler walks into a bar.
- H₂O is the formula for water, what is the formula for ice? (H₂O)₃
- Two scientists walk into a bar. The first one says "I'll have some H₂O."
- The second says, "I'll have some H₂O too." Then he dies.
- Did you hear about the mathematician who's afraid of negative numbers? He will stop at nothing to avoid them.

COMMUNITY ASSOCIATION NEWS

WALDEN COMMUNITY ASSOCIATION: WHAT ARE WE TALKING ABOUT?

The WCA Board meets the 1st Tuesday of every month. If you have an item you would like to bring to the board's attention, please email board@waldenyyc.ca. **NOTE:** The WCA Board will not be meeting in August. Here's what we are talking about:

- **Memberships & Membership Rewards:** We continue to work on building the WCA Memberships Rewards. And again, if you have a home based business and would like to part of WCA member rewards package, please email membership@waldenyyc.ca. Also we will put your ad on the website too.
- **Parking Issues:** We continue to track this issue in our community.

WHAT WE ARE WORKING ON

Events & Happenings:

Summer Event – Movie Night

We are still researching having a Family Summer event to bring families and community together for some fun. We are currently exploring Fall Movie Night. This would be a night out at the movie, possible at Landmark Cinemas or other location. At this time, we do not have enough resources to have the "Movie In The Park" this summer, so we will put this in for Summer 2017. We are exploring these options, but if you have any other ideas, please let us know what you think. info@waldenyyc.ca

Newsletter/Website Updates:

Here are some of the regular articles we are working on for the coming months:

- **Why we Love Walden?** Why did you move to Walden? What do you like about Walden? Drop a few words, and share your thoughts. Tell us why you love Walden, it is a great way to get to know your neighbours and neighbourhood. Email newsletter@waldenyyc.ca with your comments. Here's a comment...
- **Who are the People in Your Neighbourhood:** Walden is a very multicultural rich community, with people from all walks of life, different parts of the world and different reasons for living in Canada, in Calgary and in Walden. We are looking forward to meeting the members of our community and have them share their story. If you and your family would like to be featured, please contact us at newsletter@waldenyyc.ca.
- **Where's Walden?** We are looking for someone to create a character, named "Walden" for our Where's Wal-

- den picture, if you are interested, please email us.
- **The Southwood Church:** I sat down for a quick chat with the Community Liaison for the church, Godwin Tsang. We talked a bit about what coming, I'm excited at the possibilities for us to work with them. Look for our sit down with Stan Wiens, Team Leader of the Southwood Church.
 - **Pet Corner:** We are looking for someone to run with this feature in the newsletter. If you are interested, please contact the newsletter. This would be an article featuring the pets in our community.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 15

Editorial Content 1st of each month for the next month's issue DEADLINE newsletter@waldenyyc.ca

Walden Community Association Board of Directors

President	Charmaine Martin
Secretary	VACANT
Treasurer	Chris Wiencki
Director, Memberships	Clint Kniss
Director, Social Media	Julia Wiencki
Director	Dwayne Robinson

Volunteers needed!!!

If you would like to volunteer on any of our committees, activities, please contact us via volunteer@waldenyyc.ca, We would love to have you!

VISIT OUR WEBSITE:
<http://waldenyyc.ca>
Join Us:
FACEBOOK: <http://www.facebook.com/groups/waldenyyc>
Follow Us:
TWITTER [@Walden_yyc](http://twitter.com/walden_yyc)
INSTAGRAM: http://instagram.com/walden_yyc
Email Us:
General information: info@waldenyyc.ca
President: president@waldenyyc.ca
Treasurer: treasurer@waldenyyc.ca
Newsletter/Website: newsletter@waldenyyc.ca
Membership: membership@waldenyyc.ca
Volunteer: volunteer@waldenyyc.ca



Walden Real Estate Update

Last 12 Months Walden
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$459,900.00	\$445,000.00
May 2016	\$410,000.00	\$405,000.00
April 2016	\$474,800.00	\$465,000.00
March 2016	\$429,900.00	\$425,950.00
February 2016	\$430,000.00	\$427,000.00
January 2016	\$452,400.00	\$443,000.00
December 2015	\$362,950.00	\$355,000.00
November 2015	\$482,400.00	\$473,500.00
October 2015	\$407,000.00	\$399,500.00
September 2015	\$419,900.00	\$415,500.00
August 2015	\$525,750.00	\$512,750.00
July 2015	\$487,449.50	\$476,000.00

Last 12 Months Walden
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
June 2016	10	8
May 2016	8	11
April 2016	17	9
March 2016	13	4
February 2016	2	9
January 2016	16	4
December 2015	11	2
November 2015	3	6
October 2015	9	4
September 2015	6	5
August 2015	8	2
July 2015	8	4

To view the specific SOLD Listings that comprise the above
MLS averages please visit walden.great-news.ca



The Over-achieving Swainson’s Hawk

Article by Cheryl Bowman and Andrea S. H. Hunt
Photo by Andrea S. H. Hunt

Swainson’s Hawks are commonly seen raptors that live in southern Alberta from May – October. They are a medium sized hawk (50 centimetres long) that can be identified by a distinctive dark reddish bib on their chest, pointed wingtips (in flight) and dark bars on the underside of their tails. Swainson’s Hawks live in prairie and grasslands, including crop and grazing lands.

Fun Facts:

- Swainson’s Hawks have one of the longest migratory routes of any North American raptor.
- These hawks can travel over 20,000 km annually between their breeding grounds in Alberta and their wintering grounds in South America (Uruguay, Paraguay and Argentina).
- The diet of a Swainson’s Hawk changes depending on the time of year.
- When nesting in the summer months, they eat rodents but Swainson’s Hawks switch to grasshoppers in September and October (about 100 per day!) in order to transition to their largely insectivore diet in South America.
- Look out for these hawks in farmer’s fields in the autumn, chasing grasshoppers on foot!
- Swainson’s Hawks are also known as locust or grasshopper hawks.
- Swainson’s Hawks are protected under Alberta’s *Wild-life Act*.

IN & AROUND CALGARY

Call for Community Volunteer Award Nominations

Do you know a hard-working and dedicated volunteer who goes above and beyond to make your community a great place to live? Someone who always steps up to help out without being asked, or who takes on big events and sparks excitement among others? If so, nominate them for one of the Federation of Calgary Communities four annual Community Volunteer Awards!

The four award categories are:

Step Up Award

This award winner is a community volunteer who shoulders the responsibility for things that regularly go unnoticed. This individual steps up to help out without hesitation or need for recognition.

Spark Award

This award winner is a community volunteer who engages people to be a part of their community in unique and exciting ways. Through their community work this individual sparks a sense of excitement among residents.

Be Part of It Group Award

This award honours a group of community volunteers whose community contribution improved neighbourhood life and created a sense of belonging.

Community Builder Award

This lifetime achievement award recognizes individuals, organizations or companies whose lifelong dedication to community has impacted and enhanced the quality of life in Calgary.

Visit calgarycommunities.com/community-volunteer-awards for more information or to nominate someone today!

- A group of migrating or soaring hawks is called a kettle. A kettle can contain tens of thousands of individuals.
- A young hawk is called an eyas.

Did you know?

- Fledgling Swainson’s Hawks are quite heavy and often crash on their first flight out of the nest, which can break their wings.

If you find an injured or orphaned Swainson’s Hawk, please call our wildlife hotline 403-239-2488 or bring it to our wildlife hospital in the northwest of Calgary (www.calgarywildlife.org).



If you value your Community, be sure to purchase your Walden Community Association Annual Membership!

Memberships cost \$20 per address and are valid for 1 year from date of purchase.

MEMBERSHIP APPLICATION FORM

FAMILY NAME: _____
(Last name) (First Name) (Partner)

ADDRESS: _____

HOME PHONE: _____

E-MAIL: _____

FAMILY MEMBERS: _____

WOULD YOU BE INTERESTED IN VOLUNTEERING? Social Committee ☐ Fundraising ☐
Board of Directors ☐ Membership Committee ☐ Special Events ☐ School Issues ☐

Support Your Community Association Buy a Membership Today!

\$20.00 2016 WCA MEMBERSHIP CARD

Name _____
(Surname) (Given Name)

Name _____
(Surname) (Given Name)

Address _____
Postal Code _____

Phone # _____ Email _____

Date _____ Can we contact you for Volunteer Activities? Yes () No ()

Cheque# _____ Cash Receipt # _____ E-order ref _____

Walden Community Association
2016 Family Membership Card
The _____ Family
WCA Membership Representative
Membership Expires _____
expires one (1) year from date 126

Fill out the above, enclose your cheque or money order, payable to ‘Walden Community Association’ and mail to the following address: Walden Community Association – Memberships
c/o ATB-Walden, #300, 151 Walden Gate SE, Calgary, AB T2X 0R2.

- Please allow 3-4 weeks for your membership to be delivered to your home address.
- Members of the community association are welcome to attend WCA sanctioned events throughout the year. Not only will you be able to meet others within Walden, but to help build a better sense of community for Walden.
- Stay connected with what is happening in your community. Members are kept up to date of the developments within and around the community. Being a member secures you a vote at public meetings, or make a difference by join the board and more.
- In the future, other benefits will come from sports, activities and partner discounts; access to youth and community events and programs.

Walden Community Association updates can be found at www.waldenyyc.ca



HOME GARDENING WITH BARBARA

SAN MIGUEL DE ALLENDE

Barbara Shorrock

Mexico is a popular travel destination for Canadians; it is a wonderful country. Having visited coastal resorts many times, I chose a different city this past January – San Miguel de Allende in the state of Guanajuato. San Miguel (SMA) is high up in the Sierra Madre Occidental Mountains, at an elevation of 6400 ft (Calgary is 3500 ft) situated at almost the geographical centre of the country, northwest of Mexico City. It was cool at night and warm, dry and sunny during the day. Because it is in mountainous terrain, there is no airport, and you have to either land in Mexico City or Leon. I chose Leon, and the shuttle had me at my little house in about 90 minutes. San Miguel is one of several colonial cities settled by the Spanish in the 16 century. Their quest for precious metals was successful when they discovered vast quantities of silver, and they proceeded to build cities with impressive architecture that has been preserved and continues to enchant visitors and expats hundreds of years later. Recognized as a Unesco National Heritage Site, the city centre has been maintained and looks much the same as it did in the 1500's and 1600's with massive stone mansions and narrow cobblestone streets. It is very walkable but some streets are so steep that a taxi is necessary.

The Parroquia, a unique church that was originally built in the colonial style, then remade in the 19th century by a local builder who copied the façade from a picture of a European Gothic church has become SMA's emblem. It faces El Jardin (The Garden), a square which is the gathering place for visitors and locals alike. This part of town is full of shops, restaurants, banks, language schools and markets. The biblioteca (library) has a large collection of Spanish and English books, theatres, meeting rooms and a café. I attended Spanish classes there and met many new friends. The city has a population of about 140,000 of which 10,000 are American and 1,000 are Canadian. Some have chosen to live there full time,

some come down for the winter every year, and many were like me, visiting for only a month or two. If you are interested in history, arts or culture, San Miguel offers unlimited quantities. It is full of artists, both native and foreign, some of the best showing their work at La Fabrica, a huge building that was formerly a muslin factory in days gone by. The local markets bring in artisans from the surrounding countryside and there is no shortage of beautiful fabrics, jewellery and objects of art to choose from. The restaurants are among the best Mexico has to offer. On weekends, it felt not unlike Banff, as families from Mexico City flocked into town for a short getaway. Weddings in the famous church are popular with young lovers. Every Sunday there is a guided "House and Garden" tour to 2 or 3 homes, some massive and grand, others smaller and quaint. Once a week an English language newspaper hits the street with everything that is happening for the next week listed – an essential resource if you don't read Spanish. Festivals with parade and fireworks are frequent as celebrations are an integral part of the Mexican culture. The most impressive one in January was the birthday celebration of Ignacio Allende, the leader of the rebellion against Spain that resulted in Mexico's independence.

The city has many language schools, a university, and several colleges. El Charco, the large botanical garden featuring native cactus, succulents, and birds is just a short bus ride away. An enormous plant sale takes place in a downtown park in January, with every perennial and annual you can imagine for sale. So many were recognizable as they also are sold in our local nurseries in the spring; it was difficult to look and not buy.

If you are looking for a different sort of Mexican holiday, I highly recommend San Miguel de Allende.

Barbara Shorrock is a traveler, gardener, ESL teacher, retired realtor, and book lover. She can be found most first Wednesdays at the Queensland Garden Club.



Children and Dog Safety

How to say Hi to a Dog

It's summer, yeah! And kids and dogs are enjoying more outdoor time. As a veterinarian and dog trainer, I taught my children to behave appropriately around dogs... I thought. But even my son after asking and receiving permission to greet a dog from its owner, he has inappropriately and impulsively, grabbed the dog and hugged it around the neck with his face by the dog's teeth. We can't over teach our children to protect themselves and the dogs they encounter by behaving in a manner so no one ends up bitten or in serious trouble.

I will never forget the worst case of dangerous behavior I have ever seen by a person phobic about dogs. A very big sweet dog strolled into a bottle depot carrying a plastic jug hoping someone would throw it for him. The woman two stations over from me started screaming hysterically, swinging her arms, jumping up and down, and kicking out at the dog. This silly wonderful dog dropped his jug at her feet, sat down with his head cocked to one side, and looked over this mad woman, until we shooed him out of the depot. I tried to be sympathetic, but this woman's shrill screaming hurt my ears and made me want to bite her. If this dog had a fearful or aggressive bone in his body this woman was doing everything to potentially set him off. By teaching children how to behave when they encounter a stray dog, I hope they will never have a reason to be as fearful of dogs as this woman was.

If your child feels threatened by a stray dog they must not run. Dogs are predators and therefore have a strong chase reflex whether they are friendly or not. A friendly dog may chase a running child and inadvertently knock them down, but a dog with a strong prey drive may be incited to bite. BE A TREE! Your child should stand motionless wrapping their arms close to themselves. Do not make eye contact. Look away or even close your eyes. A dog may come and sniff them but would likely find this person uninteresting and wander away. Then the child should quietly walk to a responsible adult.

If the child is on the ground, BE A LOG! They can be a rolled up stone for that matter, but the same rules apply, arms wrapped around the body and motionless. No eye contact.

A child's high-pitched screams are often irritating or exciting to dogs. It goes against a child's need to cry for help, but trees, logs, and rocks are silent.

Never corner a dog, or any animal, to pet it. A trapped frightened animal is an animal that has had the choice removed to withdraw or run away, so its only remaining choice is to bite.

Do not assume you or your child can read a dog's intentions. Dogs about to bite may have their heads up, and wag their tails. Tail wagging has nothing to do with judging aggression. The dog my son was hugging radiated discomfort by panting, straining to get away, and pinning his ears back. Liam was oblivious to the dog's body language in his excitement to greet the dog. Forgetting the rules is part of being a child and most children love animals. Review the rules frequently and remind children their own dog is not the same as every other dog.

If your child does wish to pet a leashed dog, they must first ask permission of the owner, and then WAIT for permission to be granted. Finally, let the owner get control of the pet in a sit-stay or on a short leash prior to putting out your hand palm upward and below the dog's face. Scratch the dog's neck, do not place your face in the dog's face or hug the dog. Better yet ask the owner how their pet likes to be touched.

Teaching your children about dogs will stand them in good stead for life. Any animal bite must be reported to the authorities. By being smart with dogs and children we also create an atmosphere where our beloved dogs are welcome and accepted in the community.

Jennifer L. Scott, D.V.M.

FREE APPLICATION TOOLS WITH THIS AD



PROTECT
your investment
SEAL
your own concrete



422 Manitou Road SE
877-240-2508

HOURS
Mon – Thurs 7-6
Fri – 7-5 Sat 8-2

"Ask for Surecrete HS240 or HS340 for the ultimate in concrete waterproofing and protection"



www.hardrockdevelopments.com



Name	Age	Contact	Course
Derly	19	403-397-2344	Yes
Elana	14	403-690-0320	Yes
Kate	12	403-470-6172	Yes
Lucy	17	403-796-8951	Yes
Sarena	16	403-422-0546	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.



It's back to school time and every parent wants their kids to thrive when it comes to handling the physical, emotional and intellectual stresses of the season. Address these key areas and watch your child flourish this school year!

Backpack Safety

Backpacks should be less than 15% of your child's weight, meaning a 65 lb child should carry less than 10 lbs of weight on their back. Many children carry too much weight for their growing bodies, placing undue stress on their neck, shoulders and spine, impacting brain functions and learning. Consider purchasing backpacks and other carriers that have wheels to do the job. These are becoming more and more popular and will save your child from pain, stiffness, focus, attention, and learning challenges.

Healthy Posture

Neurologist and Nobel Prize recipient, Dr. Roger Sperry said, "the spine is the motor that drives the brain" as 90% of all stimulation and nutrition to the brain comes from movement in the spine. He also said healthy brain function produces healthy posture. Improving your child's posture in turn improves their learning potential.

For every inch the head leans forward, there is an extra 10 lbs of downward pressure on the spine, which reduces activation of the frontal lobes of the brain necessary for learning. Chronic, low levels of spinal stress may also cause headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, poor digestion, allergies, bedwetting, poor attention and learning challenges, just to name a few. Regular chiropractic spinal adjustments can alleviate nerve stress and restore healthy movement of the spinal joints thereby improving stimulation and nutrition to the brain, which improves posture and learning.

Head and Shoulders, Knees and Toes

By Dr. Alma Nenshi, Registered Chiropractor

Proper Footwear

There are 52 bones, 66 joints, 214 ligaments and 38 tendons and muscles in our feet. Statistics show that 80% of the population requires arch supports to improve function and stability in their feet. Computerized Gait Scan Technology can measure how your feet function and can keep track of changes over time so you know if and when you may require orthotics. Be sure to buy properly sized shoes with good arch supports and consider booking our free computer gait scan evaluations for the whole family as part of your back to school priorities.

Other Healthy Tips

Lunches and snacks should include proteins, veggies and healthy fats with limited carbohydrates and sugars as these may affect focus and energy. Fish and poultry choices are healthier over red meats and pork. Consider packing an empty water bottle to fill at school. Screen time and cell phone activity causes physiological stress responses in children that may in turn affect learning, cardiovascular health, weight, digestion and hormones. Consider limiting screen time to less than 30 minutes a day. Promote at least one hour of physical activity per day but beware of over booking your child in too many extracurricular activities. Children need real down time to play by themselves or to read (not spent with TV or video games). Your child needs a minimum of 8 to 10 hours of uninterrupted, deep sleep, which may be encouraged with consistent wake up and bedtime routines.

Your nervous system is the master system of the body, responsible for all body functions and your family's learning potential. Take advantage of our free back to school family health screenings, including posture and computer gait examinations and start the school year hitting the ground running!

www.kilbco.com

READY TO INCREASE YOUR CURB APPEAL?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

It will not rust, rot or shift, and there are no seams for weeds to grow through.

Kilbco has poured over 100,000 linear feet of curbing in the past 9 years.



Locally Owned & Operated



Free Estimates 403-875-8463

IN & AROUND CALGARY

How will Calgary's main streets evolve in the future?

The City's Main Streets initiative has heard from Calgarians like you. In addition to considering your input, City planners have been working with economic research experts and industry partners to understand what the market demand, opportunities and challenges are for development in main street areas.

To see what The City learned about your main street neighbourhood through this work, visit calgary.ca/mainstreets.

Upcoming opportunities to get involved"

There will be more opportunities to share your input about the future of Calgary's main streets in the fall.

Visit calgary.ca/mainstreets to become a subscriber and receive email updates about event dates and online input opportunities.

SEPTEMBER 3
CALGARY HIGHLAND GAMES

Anyone can come out to the Springbank Park For All Seasons for a day of highland dancing, piping, heavy lifting and plenty of tartan. www.calgaryhighlandgames.org



SEPTEMBER 16 TO 18
CALGARY GREEK FESTIVAL

During the course of the weekend, Calgarians are invited to drop by the Calgary Hellenic Society and enjoy traditional Greek food, entertainment and culture. www.calgaryhellenic.com



SEPTEMBER 21 TO 25
HERITAGE INN INTERNATIONAL BALLOON FESTIVAL

Balloons from across Canada and from all over the world will be in High River air space, and many of the pilots flying these balloons will be competing in the Canadian Balloon Championship. www.heritageinninternationalballoonfestival.com



YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30

- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. After watching the parade, head to Shaw Millennium Park for the free Pride In the Park festival. www.calgarypride.ca
- **September 1 - Easter Seals Drop Zone:** On the first day of September, 120 brave Calgarians are facing their fear of heights. They'll rappel down the 30-storey Sun Life tower in support of the Easter Seals. www.thedropzone.ca
- **September 3 to 4 - X-Fest Calgary:** This year, X-Fest has an impressive lineup of contemporary musicians. Headliners at the festival include Twenty One Pilots, The Lumineers, Halsey, Vance Joy and Arkells. www.xfestcalgary.com
- **September 9 - Calgary Night Market:** Running roughly every second weekend, this night market is a chance to sample local food, shop at vendors' booths and listen to buskers and other live performers. www.facebook.com/events/1104858596212708
- **September 10 to 11 - One Love Music Festival:** The One Love Music Festival is Western Canada's Largest Hip Hip Music Festival! Featuring Big Sean, Lil' Wayne, Tyler, The Creator and more. www.onelovefestival.ca
- **September 13 to October 1 - Waiting For the Parade:** Waiting For the Parade is a Canadian production that centres around five Calgarian women living during the Second World War. www.atplive.com
- **September 14 to 18 - Beakerhead:** Science and engineering meet art and design when Beakerhead takes over the city for its fourth year. There are going to be more than 60 events that combine science, engineering and art. www.beakerhead.com
- **September 20 - The YWCA Walk a Mile In Her Shoes:** Each September, more than 200 men strap on high-heeled shoes to help raise awareness of family violence. Money raised supports the work that the YWCA of Calgary does to help break the cycle of domestic violence and keep women and children safe. www.ywcaofcalgary.com
- **September 21 to October 2 - Calgary International Film Festival (CIFF):** The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com
- **September 22 to 24 - Shadowland by Pilobus Dance Theatre:** The production is a coming of age story that sees a young girl on the cusp of adulthood taken by the shadows in her bedroom. She's transported into a different, dreamlike world, filled with adventure. www.albertaballet50.com
- **September 23 to 24 - Calgary Oktoberfest:** This annual event is based off of the original Oktoberfest from Munich, Germany. Like that festival, Calgary Oktoberfest is a celebration of beer and food. www.albertabeerfestivals.com

BUSINESS CLASSIFIEDS

For business classified aAd 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 RENOVATION & SERVICES: Your local renovation contractor for all your home renovation needs. Basement, bathroom, painting, deck, fencing and home repairs for all budgets. Call Martyn for your free estimate today 403-389-9500.

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.

THE GUTTER DOCTOR! We install, repair and clean eavestroughs, and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.

ESSENTIAL OILS FOR WELLNESS: Essential oils are more than nice scents; these powerful plant extracts are your path to the natural radiance we are committed to helping you discover. Book a one hour introduction to Young Living Essential Oils. Call or text Cindy DeJager 403-512-7847.

K2 BOOKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

EYEBROW THREADING, WAXING, FACIAL, TINTING: Threading starts at \$5.99. I have 6+ years of experience with these services. I also do Stitching/Sewing Indian and Pakistani dresses, and alteration. Call or text me 403-667-2868 - female only! We also provide tutoring for math and science for Grade 1 to 12 cell 403-667-2868.



BRAIN GAMES SUDOKU

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

IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

PLEASE JOIN US FOR AN EXCLUSIVE
AND INFORMATIVE EVENT

TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



RBC Wealth Management
Dominion Securities

DATE: Tuesday, August 30, 2016

LOCATION: **Canada's Sports Hall of Fame**
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered
to attend. (Space is limited.)

Refreshments will be provided
Complimentary parking on site
Includes access to interactive sports,
Hall of Fame Gallery & Museum Tour

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. Insurance products are offered through RBC Wealth Management Financial Services Inc., a subsidiary of RBC Dominion Securities Inc. When providing life insurance products, investment advisors are acting as insurance representatives of RBC Wealth Management Financial Services Inc. *Registered trademarks of Royal Bank of Canada. Used under licence. ©2015 RBC Dominion Securities Inc. All rights reserved.



Get Hip to Flipster!

Calgary Public Library patrons can now access even more digital content on their computers, laptops or mobile devices: Flipster! Flipster has unique and desirable online magazine content that Calgarians want to see, particularly Canadian content. (Zinio continues to be available.)

With Flipster, you can find Maclean's, MoneySense, Rolling Stone, Chatelaine, Flare, and Today's Parent, and much more. Other unique and patron-requested titles in Flipster include magazines from the Time Inc. Group—People, Sports Illustrated, Fortune, Cooking Light, Entertainment Weekly, Food & Wine, InStyle, Real Simple, and Travel & Leisure.

This means more FREE magazines for Calgarians to enjoy on their electronic devices! All you need is your Library card to get started! Visit calgarylibrary.ca or ask your librarian for more information.

Calgary's Newest Library: Quarry Park!

Swim, workout, and check out a book at your NEW Quarry Park Library at Remington YMCA!

The new Quarry Park Library features more rooms for programming and community events, longer hours, and more seating and space. Located within the new Remington YMCA in Quarry Park, patrons have easy access to a fitness centre, swimming pool, and daycare. The Library Book Truck continues to visit the communities surrounding the former Glenmore Square Library.

SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)
safetysync.com
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



COUNCILLOR, WARD 14
PETER DEMONG

www.calgary.ca/ward14
eward14@calgary.ca or 403 268-1653

Hello Ward 14. I hope you're having a great summer. I know it's easy to let the idea that summer is almost over creep in, but in reality our best weather is still ahead...

Ward 14 Communities BBQ

That is exactly why I hold my Ward 14 Communities BBQ in September. I learned my lesson after holding the very first version of the BBQ in June. It was fun, but also rainy. You can expect the likelihood of rain to be much less in late September.

The Ward 14 Communities BBQ is on September 24 to be exact. We will be in the Southcentre Mall parking lot from 11 a.m. to 2 p.m., and even if the weather does not cooperate you will be able to find shelter.

Given the state of our economy, I have been nothing short of amazed by the generosity of local businesses this year. So far Great News Publishing, No Bull Bookkeeping, Qualico, United Communities, Jack Carter Chevrolet Cadillac Buick GMC, Genstar, Southcentre Mall, Progressive Waste Solutions, Calgary Co-op, Safeway, and Southgate Chevrolet Buick GMC have all stepped up with their support. Because of their help there will be plenty of free community association memberships for attendees, and also a burger and beverage for everyone.

There will be all sorts of exhibits ranging from the interesting to the informative and everything in between. You will be able to visit everyone from your MLA, to a local scout troop, to reps from the Calgary Zoo. Every City of Calgary department that you can think of will be there for you to visit, and there will be much more.

I invite you to join me on September 24! Visit calgary.ca/ward14bbq for more information.

Stay Connected!

You can visit calgary.ca/ward14 to get updates on things like Counciltalk, my BBQ, and other City related things, or you could let me do the work for you. I send email updates about those things and others, but you need to give me permission first. You can do so by filling out the online form at calgary.ca/ward14connect.

COMMUNITY ANNOUNCEMENTS

**Deadline – 1st of each month for
the next month's publication**

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Walden Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Walden Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

Flying your drone safely and legally

With the help of our friends at the Calgary Police Service, I would like to share with some small but helpful tidbits for staying safe and preventing crime over the next several columns. I will start with what seems like the most summer-related topic of them all—recreational drones.

I know that it may seem like an odd subject, but in the future it could be very important: even the City is investigating how drones can be used.

The Federal Government regulates the use of drones, but to launch from City property (like a park) you must get permission from the City (as with any property owner).

Use common sense! Don't operate your drone near large groups of people; near moving vehicles, or anywhere you could distract drivers; within restricted, or controlled airspace; or anywhere that may interfere with first responders. You may not fly your drone closer than 9 km to an airport; higher than 90 metres above the ground; or closer than 150 metres to people, animals, buildings, structures, or vehicles.

This is not an exhaustive guide for drone use, but is a window into it. Visit tc.gc.ca/safetyfirst for more information.

Thanks for reading, and please feel free to contact me anytime.

Councillor Peter Demong
WARD 14 COMMUNITIES
BBQ

SAT, SEPTEMBER 24
11 AM TO 2 PM



Get there early for a
FREE BURGER
and a **FREE COMMUNITY**
MEMBERSHIP
At Southcentre Mall parking lot

Sponsored by:

Southcentre Mall • Genstar • Southgate Chevrolet Buick GMC
United Communities • Qualico • Great News Publishing
No Bull Bookkeeping • Jack Carter Chevrolet Cadillac Buick GMC
Progressive Waste Solutions • Calgary Co-op • Safeway

Your Sobeys Pharmacist...
your partner in better health!

Personal...

- Support for specific health conditions such as Diabetes
- One-on-One consultations to discuss your medications
- Baby be Healthy program for you and your baby

Convenient...

- Travel Immunizations, Medications and Consultations
- Vaccinations for Shingles, Flu, HPV and more
- Prescription refills while you shop

Speak to your Sobeys Pharmacist about services right for you.

Sobeys
Pharmacy

704-19369 Sheriff King St. SW, Calgary
Tel: 403-234-9877

sobeyspharmacy.com

A collage of four photos: a couple kissing, a child playing in a pool, a laughing girl, and a baby. Overlaid on the photos is the logo for 'Footloose Photography BY SHERI' in a stylized font.

Footloose Photography
BY SHERI

MATERNITY, NEWBORN AND
FAMILY PHOTOGRAPHY

403.512.1221 | macdonaldsheri@gmail.com
sherimacdonald.zenfolio.com

The logo for Assiniboine Lights & Landscapes, featuring a stylized house silhouette.

ASSINIBOINE
LIGHTS & LANDSCAPES

LANDSCAPE CONSTRUCTION
Stone Patios • Retaining Walls • Sod • Trees
Flowerbeds • Fences • Decks • Landscape
Designs and much more

WEEKLY & BI-WEEKLY LAWN CARE
Cut & Trim • Fertilize • Pruning • Vacation
Services and much more

Call Now for your **FREE ESTIMATE**
403.301.3300
www.assiniboine.com

f i H HomeStars

2 year Quality Guarantee • WCB
Insured • Licensed • Bonded



VISIT US IN SHAWNESSY (NEXT TO CO-OP)

DATE NIGHT DEAL TWO CAN DINE FOR \$19.99

FOR THE MONTH OF AUGUST,
GET TWO OPA! MEALS, TWO 21oz FOUNTAIN
DRINKS AND ONE BAKLAVA DESSERT FOR \$19.99.

Present this offer when you order at OPA! of Greece Shawnessy.
Valid only at location listed. Not valid with any other offer, discount, promotion, coupon or
combo meal. Limit one coupon per person, per visit. Coupon may not be transferred or duplicated.
PROMO KEY: DINNERFOR2 EXPIRES: AUGUST 31, 2016



OPA! OF GREECE SHAWNESSY

Dine In • Take Out • Catering

#118, 250 Shawville Boulevard SE
(403) 256-3325 • opasouvlaki.ca