


DECEMBER 2016

DELIVERED MONTHLY TO 1,600 HOUSEHOLDS

WALDEN LIFE

THE OFFICIAL WALDEN COMMUNITY NEWSLETTER





Footloose Photography
BY SHERI

MATERNITY, NEWBORN AND
FAMILY PHOTOGRAPHY

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 **Desiree Dupuis**
Life Coach and Writer

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"And the time came when the risk to remain tight in a bud was more painful than the risk it took to blossom." - Anais Nin

 southviewchurch

12.24.16
CHRISTMAS EVE
AT SOUTHVIEW CHURCH

JOIN US TO CELEBRATE CHRISTMAS
SATURDAY, DECEMBER 24, 2016

12:30 PM | 2:00 PM | 3:30 PM | 5:00 PM | 6:30 PM
20200 Walden Blvd SE | southviewchurch.com



Walden Community Association
#300, 151 Walden Gate SE, Calgary T2X-0R2 (Inside ATB)
Phone: 403-256-4000 • www.waldenyc.ca

CONTENTS

President Message	4
Community Association News	7
At a Glance	9
Calgary Human Society	10
Real Estate Update	12
Councillor Peter Demong	13
My Babysitter List	14
Calgary Reads	16

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PRESIDENT'S MESSAGE

Season's Greetings!

Well here we go!!! It's hard to believe it's already December and that the holiday season is almost here. The leaves have fallen from the trees and the critters have all begun to hibernate! Winter is here, and with it comes the snow!!

We do not have any specific events planned for this holiday season, but for those of you who decorate your homes, thank you for making our neighbourhood look beautiful.

Please remember to keep up on any of the snow routes in our community, check the Transportation page on the City of Calgary website for more information: www.calgary.ca/TRANSPORTATION/ROADS.

We continue to look for ideas for articles and pictures for the newsletter, email us at newsletter@waldenyyc.ca.

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. Keep those photos coming, we love them!

Safety Reminders: Please remember to keep your stuff locked up, your homes, your cars and so on.

Get Involved! The Walden Community Association is a volunteer organization made up of members of our community. We encourage everyone to come out and see how you can get involved in your community. We are always looking for residents to help make Walden a great place to live! Feel free to send us an email at waldenyyc.ca if there is any area you are interested in helping with!

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

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

Walden Community Association

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 waldenyyc.ca

 info@waldenyyc.ca

Related Facebook Pages:

Chaparral Area Block Watch (Lake Chaparral, Valley, Ridge and Walden): This group is for members of our communities to pass on information to neighbours about criminal activities that are happening here. Any suspicious persons, activities or criminal acts should always be reported to CPS. If the crime is in progress or you see a person whose behaviour raises suspicion that a crime maybe committed, please call 911. Do not use this page as an alternative to calling CPS. Let's work together with our Community Resource Officer and CPS to make these communities crime free areas.



Volunteers needed!

If you would like to volunteer on any of our committees, please contact us via email, subject line: Volunteer. We would love to have you.

HOME GARDENING WITH BARBARA



FORCING BULBS

Barbara Shorrock

After a brief bout of snow during the first week, we have experienced quite a decent October and most gardens are in excellent shape with warm days encouraging us to get out and do a thorough fall cleanup. We are not so lucky every year, as early snow and wind often discourage this task.

So, now what? A very satisfying project during the winter is the forcing of bulbs for indoor bloom. It sounds aggressive but "forcing" is merely a term for encouraging growth of a bulb indoors that would normally emerge from the ground in spring. You can do this with many different varieties, such as crocus, tulip, muscari, amaryllis, and hyacinth. The easiest, however, is the **Narcissus Paperwhite**. Because Paperwhite bulbs do not need the weeks of cold temperatures some of the others do, you can pot them up for instant gratification almost any time. This member of the daffodil family requires no chilling, no soil, and will grow in any container in moderate light. What you need are some containers (minimum 3" deep), a bag of stones, marbles, beads or sand, and some raffia to tie them up when they get tall. For a great display, plant one bulb per inch of pot diameter (ie: a 10 inch round pot needs 10 bulbs.)

Fill your container with stones, placing the bulbs just below the surface with the tips up and covered with more stones. Put enough water in the container to just touch the bulbs' roots. Bulbs sitting in water will rot. Place in a well lit window and you should have growth in a few days. Once they come into bloom, they will last longer in a cool spot.

For constant bloom, plant a new pot once a week for several weeks. With careful planning you will have blooms for weeks and weeks during the darkest part of winter. Some sources say to simply throw out the

bulbs when they have finished blooming, but others suggest tucking them into the garden to enjoy again another spring. They all agree that you cannot force a bulb twice. That sounds too hostile for my kind of gardening anyway. A recent magazine article suggests a bit of alcohol in the water (gin? vodka?) will make the growth shorter. I don't know if that works, but will maybe try it this year - perhaps a purpose for that Tequila that no one likes.

If you crave dramatic color, go for Hyacinths. The bigger the bulb the better. Place several snugly in a pot, cover with sterilized soil, dampen, and put in a cold place such as the basement refrigerator or a garage that does not freeze. They need to be chilled for several weeks, then brought out into the bright light gradually. Once you see green growth, you are set, and Mother Nature will take over from here. I tried this with some yellow crocuses one year. They were charming, and have been blooming under the ornamental crabapple tree ever since, competing with the Siberian Squill for first appearance through the snow in the spring. (My apologies for mentioning "spring" in November).

Imagine your Christmas Poinsetta surrounded by pots of creamy Paperwhites in January – that makes a very satisfying picture.

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

TRIVIA

GREENERY

Holly, Ivy and other greenery, such as Mistletoe, were originally used in pre-Christian times to help celebrate the Winter Solstice Festival and ward off evil spirits and to celebrate new growth.



BE A SNOW ANGEL!

Winter is fast approaching, even if November temperatures suggested otherwise. When the snow flies, it is time to be mindful of how the build-up of ice and snow on city sidewalks can post a risk of injury to Calgarians.

Older adults, those with mobility issues or parents pushing strollers or walking with young children, can find it treacherous to venture out we are not diligent about clearing the ice and snow. All of us can help make walking in our community safe for everyone, especially if we work together and follow the regulations set out in Calgary's Street Bylaw.

- Property owners are responsible for clearing all sidewalks adjacent to their property. This means removing all snow and ice down to the bare concrete within 24 hours after the snow stops falling.

- If, as a property owner, you do not live at the residence, it is important to work with tenants or arrange for a contractor to clear the snow.

- It is also important to note that if a property is being developed, the developer is often the owner responsible to clean sidewalks around a construction site or empty lot. The property owner is ultimately responsible for snow clearing under the bylaw.

- For any ice that is difficult to remove, a de-icing mixture is available at fire halls or Roads depots. Please bring your own container.

- Remember that snow from private property cannot be put onto the road or boulevard. Large mounds of snow in the street can impede the flow of traffic, limit driver and pedestrian visibility and hinder Blue Cart and Black Bin collection.

- Sidewalks also need to be clear of obstructions such as electrical cords. When plugging in your vehicle, make sure you don't place your electrical cord on or over any portion of a street.

Please consider being a Snow Angel! It can be a challenge for some residents to shovel and clear their sidewalks. The Snow Angel campaign encourages all of us to be good neighbours by helping older adults and others in need with their snow removal. All you have to do is adopt someone's sidewalk this winter and keep it clear.

IN & AROUND SCHOOLS

Sundance School

The holiday season is upon us and we are entering into the last month of 2016. Everyone at Sundance School would like to take this opportunity to wish you all a safe and joyous holiday season!

December 2nd is a non-instructional day (no school for students).

We will be having our first Sundog Snack of the year on Wednesday December 7th. Students will be enjoying kernels popcorn. Kindergarten students can also partake in Sundog Snacks. You can log on to www.healthyhunger.ca now to order the December snack and to order all available snacks and lunches if you would prefer.

The students and staff have been working very hard to bring you the ever-popular Christmas Concert on December 8th. There will be performances during the day and evening. More information will follow in the newsletter.

December 16th is the last day of classes before Winter Break. Both AM and PM kindergarten students will attend that day. School is then closed for the break with classes resuming Tuesday January 3rd 2017.

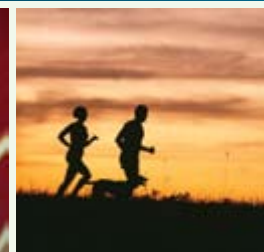
Have you subscribed to receive messages from the Calgary Board of Education and our school? To do so please go to www.cbe.ab.ca/subscribe to enter your email address and click Subscribe.

Let's remember that snow, ice and obstructions on our sidewalks can result in serious injuries and can cause those with limited mobility to be confined indoors. Be a good neighbour and clear the snow.

To find out more about snow and ice removal in Calgary visit calgary.ca/snow or contact 311.

For information on how to become a Snow Angel, visit Calgary.ca/snowangels.

COMMUNITY ASSOCIATION NEWS



PARKING ISSUES

We are close to having a solution for the parking in and around Age Care, and we have been advised that the City of Calgary plans to do a parking study of the whole community.

WALDEN COMMUNITY CLUBS

Do you have a fun hobby or interest? Would you like to connect with others in the Walden Community who share the same interests? The Walden Community Association is looking for club ambassadors to spearhead community engagement initiatives, and club members to make this project a success.

Looking for a basketball opponent? Join a Basketball club. Want to find a running/walking buddy? Get your name on a running/walking club list. Photography, Cycling, Book, Yoga, Kickboxing....the possibilities are endless!!! If you are interested in starting a Walden Community Club, email info@waldenyyc.ca with your ideas and contact information. We already have ideas for the following clubs, but feel free to contact us with your awesome ideas:

- Basketball Club
- Running Club
- Walking Club
- Mom & Tot Club
- Yoga Club
- Photography Club
-the possibilities are endless!

Newsletter/Website Updates:

Regular articles continue to work on:

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 neighbors and neighborhood. Email newsletter@waldenyyc.ca with your comments.

Who are the People in Your Neighborhood: 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 still looking for someone to create a character, named "Walden" for our Where's Walden picture, if you are interested, please email us.

Website Admin needed! Are you web savvy? We are looking for someone to administer our website. contact newsletter@waldenyyc.ca

Content Deadline: Content for the newsletter is due by the 1st of the month, this includes pictures and content. See guidelines below. Email: newsletter@waldenyyc.ca

Articles: you try to keep the word count to 300 maximum. (The longer the article the less chance it will be picked up and published.)

Pictures: Cover photos need to be 1MB and 300 DPI.

GENERAL REMINDERS

SLOW DOWN AND BE AWARE: It is getting darker earlier in the evening, please take your time as you drive through the community. The speed limit for residential areas is 50km - that includes Walden Blvd. Put your cell phones away, Pay attention to your surroundings. Let's keep our community safe.

KEEP YOU AND YOUR PROPERTY SAFE!! This was posted on the block watch facebook page: "Chaparral Area Block Watch (Lake Chaparral, Valley, Ridge, & Walden)".

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South Calgary PAP Clinic

PAP tests - BREAST exams - Early Prenatal Care

When was your last PAP test?

- STI testing, Contraception, Prenatal Care.
- Our women's clinic provides a safe informative environment for sexual and reproductive health exams. Female physicians only.
- **Welcome to Dr. Laura Huber who is now accepting patients in her family practice.**

Evening and Saturday appointments available.
Call **(403) 254-2030** to book an appointment.
Visit our website at www.thesundanceclinic.com

The Sundance Clinic
FAMILY PRACTICE - SPECIALTY CLINICS - BABY CLINIC - SOUTH CALGARY PAP CLINIC

South Calgary Health Centre Building
31 Sunpark Plaza SE Calgary T2X 3W5



MLA, CALGARY-SOUTH EAST
RICK FRASER

Suite 202, Building D
5126 126 Av SE
Calgary, AB T2Z 0H2
(403) 215-8930
Calgary.southeast@assembly.ab.ca

Wow 2016 has certainly come and gone quite quickly.

With the school year well underway, I have had the chance to tour a few of the new schools within our constituency. Walking the freshly painted halls gave me a unique opportunity to reflect on the years of hard work and dedication, from funding announcements starting in 2013 to school openings in 2016 it has been an honor working alongside community parents, community associations and the area school board trustees to ensure these facilities were built.

From my family to yours, we wish you all a safe and joyous holiday season!

This time of year often presents challenges for families especially during these tougher economic times if you or someone you know is struggling please see below is a list of local support agencies;

Alberta Supports	1-877-644-9992
Calgary South Fisher Park location	100 Fisher Park 6712 Fisher Street SE Calgary, AB T2H 2A7
Canadian Mental Health Association	
Calgary Crisis number	403-266-4357
24 Hr Family Violence Helpline	403-234-7233
	403-253-2059
Calgary Food Bank	5000 11 Street SE Calgary, AB T2H 2Y5



Great presentation at Cranston school by Earth Rangers

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

January 10 - January 21 All The Little Animals I Have Eaten by One Yellow Rabbit: Set in an unusually modern bistro, this latest of Karen Hines' darkly hilarious comedies embraces everything from plagiarism and insurance crimes to Golden Retriever conventions and lonely trolls to existential struggles and the transcendence of the human soul. Scenes are performed by well-heeled diners, glowing ghosts, tiny vertebrates, and other unexpected voices. More info www.oyr.org

January 13 Pop Fridays at Calgary Philharmonic Orchestra: Known as "The Ambassador of Soul" Ellis Hall is a master of classic R&B in the style of the genre's greatest legends. With an incredible career as former lead singer in Tower of Power and a protégé of the legendary Ray Charles, Soul Unlimited's hits include the music of Stevie Wonder, Marvin Gaye, The Temptations, Earth, Wind & Fire and more. More info www.calgaryphil.com

October 6 - January 8 ATB Storytellers Exhibition at National Music Centre: Discover Alberta's rich music history at the new ATB Storytellers Exhibition. Explore the untold history of some of Alberta's music pioneers and icons through artifacts, film and interactives. Free and accessible to the public inside Studio Bell's Drop-In Zone. The exhibit will feature a collection of artifacts and recorded oral histories with iconic Albertans. More info www.nmc.ca

January 5 - February 2 High Performance Rodeo multiple venues: Offering all types of theatre over the course of almost a month, the High Performance Rodeo can feel as exciting as its namesake if you are trying to fit all the great performances in from this annually jam-packed schedule. To keep up-to-the-minute informed check the Facebook page www.facebook.com/HPRodeo or more info and tickets www.hprodeo.ca

January 29 Bridal Fantasy at the Telus Convention Centre Brides can expect to see a dramatic fashion show and theatrical production featuring the latest trends in flowers, tuxedos, gowns, destination wear, hair and make-up. Brides have the opportunity to win over \$75,000 in prizes and the chance to win the Fantasy Wedding Package - Including prizes from all of the sponsors. More info www.bridalfantasy.com

NOVEMBER 25, 2016 - JANUARY 8, 2017 ZOOLIGHTS AT THE CALGARY ZOO

6:00 pm - 9:00 pm everyday, experience over 1.5 million lights, 200 displays, crackling fire pits, steamy hot chocolate and four fun-filled activity zones (with many new additions!), transforming the Zoo into a magical winter wonderland. More info www.calgaryzoo.com



EVERY SATURDAY IN JANUARY CRAFT BEER TOURS BY CALGARY BEER TOURS

The Calgary Craft Beer Tour is all about spirited craftsmanship but more importantly it's about the delicious, refreshing beverages produced through the creativity of locals brewers. Experience the city's good-natured, welcoming breweries, including tastings at Village Brewery, CRAFT Beer Market, The Dandy Brewing Company, Tool Shed Brewing Company and Last Best Brewing and Distilling. More info www.calgarybeertours.beer/tours/



JANUARY 6 - JANUARY 8 THE MOTORCYCLE SHOW AT BMO CENTRE

Featuring brands like Vespa, BMW, Victory, Harley Davidson and many more, this exhibition is sure to blow your hair back. Regular admission is \$15 and kids under 5 get in free. More info www.calgarymotorcycleshow.ca





Happy Holidays from Calgary Humane Society!

December is always a time filled with a lot of festivity at the shelter and we hope you are enjoying your own holiday traditions at home. As always, we are starting out the season with our Christmas Party for the Animals, a free family event, on December 3, 2016. All December long we will also be collecting treats and toys for the shelter pets to enjoy on Christmas morning, as part of our "Stuff a Pooch Pad" campaign. At Calgary Humane Society we believe that every pet should have a special festive season, so with that in mind we are bringing you our top suggestions on how to make the holidays fun and safe for you and your pet!

1. Distract Fido with special treats! Having family and friends join you for a meal is a fantastic holiday tradition, and with a little creativity your pet can also join the dinner fun. Freezing hard rubber "Kong" toys stuffed with soft food is not only a delicious indulgence, it can also distract Fido while you enjoy dinner in peace!

2. Choose "Fluffy friendly" wrapping and decorations! Many pets, especially cats, love to investigate holiday décor. Put plastic or metal decorations towards the bottom of the tree and consider skipping ribbons and tinsel as these could be dangerous if swallowed. If you have a wrapping paper scraps left over you can create a fun diversion for your feline friend by hiding a treat or two inside a crumpled paper ball.

3. Secure the tree! If you have pets (or small children) visiting your house over the holiday season you can safeguard your 'silent night' by securing your tree to the wall. A strategically placed pet exercise pen can also

provide protection for your tree and presents.

4. Holiday baking? Yes please!

Looking for a great way to amuse younger houseguests AND include your pet on the

fun? Bake and decorate delicious dog cookies with pet-friendly ingredients like cheese powder, yogurt 'icing', flax seed and carob chips. Need a recipe? Email humane.education@calgaryhumane.ca and we'll be happy to share our favorites!

5. Put Santa's cookies on the mantle, not the floor!

To keep your pet from getting a lump of coal (or a pricey vet visit) for Christmas, store Santa's cookies and other holiday goodies up and away from curious noses. Better yet? Keep a bowl of approved treats on hand for houseguests that want to share the holiday cheer.

6. Spend some quality time together! Holidays are a busy time, but they are also a great chance to spend some quality time with your pet. Bundle up Fido and head out to check out the holiday light displays or curl up on the couch with Fluffy to enjoy your favourite festive film.

7. Give your pet a space of their own. When houseguests come calling some pets may prefer to sneak off for some relaxation. Providing a 'safe haven' in your house is as easy as placing a comfy bed and some of your pet's favorite items in a room that company will not be spending time in.

8. Spread some holiday cheer! Drop by the shelter to find the 'purr-fect' gift at our Pet Gear Store or drop off a pet toy for our "Stuff a Pooch Pad campaign". We're all decked out for the holidays and we would love to hear from you!

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



South Health Campus (SHC) Wellness Centre

LET US HELP YOU BUILD BETTER HEALTH THIS FALL!

Getting ready for the holidays? Beat the winter blues by focusing on wellness – we have something for everyone! Here are a few of our FREE programs this month. See additional programs, details and registration information in our Fall Program Guide at www.ahs.ca/shcwellness or call 403-956-3939.

Check our website for our Winter Guide - with many new amazing programs (coming early/mid December)!

EMOTIONAL WELL BEING

Mindfulness Sessions

December 2 12:00-1:00pm

December 7 12:00-1:00pm

December 15 6:30-7:30pm

Meditation Drop-in

Every Tuesday 5:00-5:45pm

(Note: No session on December 27)

Drumming Up Wellness

Every Friday 1:30-2:30pm

(Note: No session on December 23 or 30)

EMPLOYMENT, COMPUTER & SOCIAL MEDIA SKILLS

Work Search 2.0

2-part series

December 3 & 10 9:00am-4:00pm

Introduction to Social Media

December 6 10:00am-12:00pm

HEALTH MANAGEMENT

Brace Your Liver, The Holidays are Coming!

December 8 5:30-7:00pm

CAREGIVER SUPPORT

Family Peer Support Program

December 13 6:00-8:00pm

PARENTS/PARENTS TO BE

Story Time & Play Date

December 9 10:30am-12:00pm

FOOD, NUTRITION & COOKING

Eating Away from Home & During Special Occasions

December 7 6:00-8:30pm

Don't forget to check out our Winter Program Guide in early/Mid December.

Most programs require registration. Please see our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939.



Walden Real Estate Update

Last 12 Months Walden
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$499,900.00	\$492,000.00
September 2016	\$467,000.00	\$461,600.00
August 2016	\$459,900.00	\$452,000.00
July 2016	\$510,000.00	\$495,000.00
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

Last 12 Months Walden
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
October 2016	18	5
September 2016	14	9
August 2016	10	13
July 2016	17	9
June 2016	10	8
May 2016	8	11
April 2016	16	9
March 2016	13	4
February 2016	2	9
January 2016	16	4
December 2015	11	2
November 2015	3	6

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



CALGARY WILDLIFE

SNOW WHITE: The Snowy Owl

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

The Snowy owl, a majestic bird, is the largest owl in North America by weight. The Snowy owl is 52–71 cm long, with a 125–150 cm wingspan. The adult male is completely white while females and young birds have some dark spots. Snowy owls migrate to Alberta during the winter months, after spending the spring and summer in Alaska. The Snowy owl is the provincial bird of Québec.

Fun Facts:

- The Snowy owl is an exceptional hunter:
- The Snowy owl can fly silently due to the fact that its flight feathers are tipped with soft down, allowing this predator to swoop down silently on its prey.
- The Snowy owl has exceptional hearing and sight, allowing it to capture its favourite prey, lemmings, as lemmings are unable to hide under the snow to avoid capture.
- Snowy owls are crepuscular, which mean they hunt and are active both day and night, whereas other owls are nocturnal and hunt at night.
- Snowy owls form a monogamous pair and vigorously defend their territory, even against large carnivores such as wolves.

On average, the Calgary Wildlife Rehabilitation Society (CWRS) receives 4-6 Snowy owls per year. These birds have a well-known migration pattern in Alberta and because of this, treatment must be administered quickly to avoid the Snowy owl being 'over summered' (whereas the risk to other migratory birds is being 'over wintered'). Releasing the Snowy owl in time for their regular migration allows this majestic bird a greater chance of survival.

Should you discover an injured Snowy owl, please visit our website at www.calgarywildlife.org for more information or contact the CWRS at 403-239-2488 for assistance.



COUNCILLOR, WARD 14 PETER DEMONG

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

Hi Everyone!

It's the holiday season, and I hope you will have some time to spend with friends and family. Here are a few notes that will help you during December.

Snow and Ice Control

It is a good thing to mention once or twice a year... The City maintains over 16,000 lane kilometres of road excluding Deerfoot and Stoney Trail, which are the Province's responsibility. Naturally, maintaining this amount of road requires prioritization. That is why the City endeavors to maintain all roads seven days from the end of a snowfall. You can expect a major road like Macleod Trail to be cleared within 24 hours of the last snowflake, while your own street will likely be taken care of within day 3-7. Parking bans may be called if you live on a Snow Route. They are marked by a blue sign with a white snowflake.

The City clears about half of its 800 kilometres of pathway too. How do we decide what pathway to clear? That is based on a combination of volume, steepness, and the connections that it makes. Pathways are to be cleared within 24 hours of the last snowflake.

Sidewalks are the responsibility of the property owner. They are to be cleared within 24 hours of the last snowflake.

I highly recommended downloading the City's Roads App. It will have all the latest updates on Calgary's roads. Calgary.ca/snow and calgary.ca/roadconditions will have that information too. You can also call 311 and ask.

Natural Gas Carbon Levy Information

The Province's carbon tax levy is going to be a tough pill to swallow for most of us, but that doesn't mean that you can't be prepared. Budgeting is an extremely important habit to get into, and I am very happy that Enmax is helping people do that. Along with posting general information on their blog (enmaxonforyou.ca), they have provided customers with individualized estimates of the carbon tax levy. If you haven't already looked over your estimate and the blog, I suggest you do so. There is information there that is likely to save you money.

Reporting Street Light Outages

We have a really neat new way to report street light outages. You will be able to select street lights that are out, flickering, or burning during the day on a map to indicate that they need repair. Keep in mind that the City is not responsible for the repair of streetlights in back alleys, parks and recreation areas, or Deerfoot Trail, Stoney Trail North, or Stoney Trail South. To find the map and get more information go to calgary.ca/streetlights.

Counciltalk

Now I would like to look forward to the upcoming year, because in January my Counciltalk sessions will begin again. I won't go into too much detail because I think many of you already know what they are about. If not, you can learn more at calgary.ca/counciltalk and sign up to receive important updates about things like Counciltalk at calgary.ca/ward14connect.

We will be starting at the Lake Bonavista Community Centre this year. You are welcome to join me in the multi-purpose room on Saturday, January 28 from noon to 2 p.m. I hope you can come!

Thanks for reading. Have a Merry Christmas, Happy Holiday, and joyful New Year!

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 15


Going on a Christmas Holiday?

A message from the Federation of Calgary Communities Building Safe Communities Program

The Christmas Holidays can be a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock. Below are a few tips to help reduce your risk:


- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the sidewalk and steps are cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more resources, check out the Federation of Calgary Communities website (www.calgarycommunities.com) under the Building Safe Communities tab.



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Name	Age	Contact	Course
Derly	19	403-397-2344	Yes
Elana	14	403-690-0320	Yes
Emily	12	403-305-9481	Yes
Hannah	14	587-215-4192	Yes
Kate	13	403-470-6172	Yes
Lucy	18	403-796-8951	Yes
Marge	15	403-200-2919	Yes
Maria	46	587-583-9748	Yes
Polina	15	403-437-1770	Yes
Sarena	17	403-422-0546	Yes
Shivani	15	403-668-0663	Yes
Silvia	33	403-467-8756	No
Ujiro	13	403-455-7576	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.

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.

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

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.

K2 BOOKKEEPING: 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.



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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.

CLARINET AND SAXOPHONE LESSONS: Qualified and experienced teacher now accepting new students. All ages and experience levels welcome. RCM Examinations, audition preparation or just for fun. Located in Walden. Call 403-835-4831.

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. For more information about Young Living Essential Oils call or text Cindy DeJager 403-512-7847.

BIG ROCK SINGERS: Love Disney Music? Love to sing? Love to have fun? Join us for all three! We start rehearsals for our spring Disney show on January 4, 2017. Learn more at www.bigrocksingers.com.

BRAIN GAMES SUDOKU

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

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority.

Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com

BOOKS KEEP ON GIVING THIS HOLIDAY SEASON!
Your family may be one of thousands that celebrate at this time of year, and giving gifts may be part of your tradition too.

Books make wonderful gifts for children because they expand your child's listening power, inspire their creativity and imagination and increase their vocabulary.

Books last forever! They can be lovingly placed on book shelves or in baskets and book bags to be enjoyed over and over again. Or, gently-used books that your children no longer need can be donated to the Calgary Reads Book Bank and we give them to Calgary children who have few or none of their own at home.

Whether you are buying books or borrowing from the Calgary Public Library, consider sharing some wonderful Canadian children's literature with your family:

- Read Me a Story** by Barbara Reid, Pre-school
- The Most Magnificent Thing** by Ashley Spires, K-G2
- Stella Star of the Sea** by Marie-Louise Gay, K-G2
- This is not my Hat** by Jon Klassen, Pre-school-G1
- A Visitor for Bear** by Bonny Becker, Pre-school-G2
- The Paper Bag Princess** by Robert Munsch, Pre-school-G1
- The Hockey Sweater** by Roch Carrier, G1+
- Lost in the Barrens** by Farley Mowat, G4+
- Jacob Two Two Meets the Hooded Fang** by Mordecai Richler, G2-5
- The Sky is Falling** by Kit Pearson, G4-6
- Anne of Green Gables** by L.M. Montgomery, G4+

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- 403-836-8484
- sarabella@shaw.ca

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

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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

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newsletter@waldenyc.ca

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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: _____ POSTAL CODE: _____

HOME PHONE: _____

E-MAIL: _____

FAMILY MEMBERS: _____ (Please fill out this important information)

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.waldenyy.ca

HELP END DIABETES

Diabetes is a complex disease with many causes and no known cure. In Alberta, an estimated 303,000 people have been diagnosed with diabetes and a further 600,000 live with prediabetes.

With your support, the Canadian Diabetes Association (CDA) can improve lives and make it possible to fund leading-edge research and innovative educational programs; send kids with type 1 diabetes to the CDA's D-Camps; and provide Albertans with access to programs, services and resources to manage their disease and live well.



HOW CAN YOU HELP?



JOIN TEAM DIABETES

Get active! Run, walk or hike in exciting international and Canadian events.



GIVE TO CLOTHESLINE®

Donate your gently used clothing, books, toys, electronics, vehicle and more.



HOLD A FUNDRAISING EVENT

Explore the fun and easy ways you can help raise funds for diabetes.



VOLUNTEER

We couldn't do what we do without the support of our volunteers.



BECOME AN ADVOCATE

Interested in sharing your story and speaking on behalf of those living with diabetes?



DONATE

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New Family Practice Dr Soheil Yala and Dr Andrew Wong are accepting new patients.

Women's health appointments available weekly. Female physicians to do paps, breast exams, IUD insertions, birth control or hormone discussions.

Migraine consults & treatments, weekly availability.

The Podiatry Practice of Tedman Donovan, for all your foot health needs. Orthotics & Sandals, Bunions & Hammertoes, Arch and Heel Pain, Neuromas & Cysts. Corns, Calluses & Warts, Shockwave Therapy Available. Diabetic Foot Care and Routine Foot Care.