



JUNE 2016

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WALDEN LIFE

THE OFFICIAL WALDEN COMMUNITY NEWSLETTER

MAINTENANCE

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The worst form of inequality is to try to make unequal things equal.

Aristotle



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

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PRESIDENT'S MESSAGE

Hello Walden!

As Oprah would say, "Here we go..."

All I can say is... WOW! Walden is like the weather... HOT! LOL! I was so excited to see the facebook comments, the emails and those who talk to me personally, about our first newsletter! The WCA Board is so excited to 'launch' our community, so to speak, and we know that with your help and support, we will make this community stand out. We hope to bring you some great happenings this year.

Membership Rewards: First, a thank you to ATB Walden for their donation, it is a great kudo for our association. Now we will begin to work on increasing Membership, this initiative will be led by Clint Kniss our Membership Coordinator. We will also be looking at getting a rewards as part of being a member of the WCA, we plan to canvas the businesses, those at Walden Gate, but also those at home businesses within our community.

Just a reminder that gaining membership is quite simple, the cost is \$20 per household; you can pay directly at ATB Walden or via our website. Some of the membership benefits include:

- Voting privileges at the AGM: help make decisions on how your community is run
- Reduced admission to community events
- Help your community sustain certain operating costs
- Membership supports events that the community offers such as Stampede Events, Movie Night in the Park etc.
- And creates way for support of future events, such as sporting activities and so on.

If you have questions or would like to be a sponsor, email the memberships committee.

Annual General Meeting in July: We were planning to have our first Annual General Meeting in June, but with the time it takes to plan this kind of event, the timing was off. So we will looking to have the first WCA Annual General Meeting in July 2016. Once we have the date, time & place all set we will advise the community. At the AGM you will be able to see the events we have planned for the community, talk with board members and get in-

involved in your community. So please come get involved in your local community association.

Walden Community Clean-up: Sunday, June 19, 2016 from 9:00 am to 2:00 pm. We are still trying to get dumpsters for this event. A reminder we are not able to take household chemicals or paint, please take these items to the new hazardous waste station in Evergreen. And please we still need volunteers, so please come out and help. Email volunteer@waldennyyc.ca.

Walden Newsletter: Great response from the community, I'm in awe, but not surprised of the talent within our community. Thanks to those who have come forward to help with this. I am excited to share your knowledge and creativity with our community. As we move forward, the newsletter will grow and it will be because of your contributions. So if you have an idea for an article or have pictures, please email the newsletter. If you would like your picture to be featured on the cover, it must be at least in 1MB in size and 300 dpi. The deadline for content is the first of the month.

So that's it for now. And one last thing, please remember to pay attention and be aware of your community. With the great weather, everyone is out enjoying the great outdoors. So whether you are driving, walking or biking, or whatever activity you are involved in, please take your time, slow down, and pay attention. Let's keep our community safe.

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

Thanks

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

VOLUNTEERING
is good for the soul

Health & Wellness Introduction



Over the last 25 years, as a physical education teacher, coach, outdoor guide and personal trainer, Geoffrey has garnered extensive academic training and thousands of hours of hands on experience in helping others to improve their health, fitness, self-confidence and quality of life. Having successfully worked with a multitude of different client groups--all with their own diverse needs and in many different settings and environments-- his expertise in the realm of exercise science, positive behaviour change and forward leadership has been uniquely equipped to develop specialized fitness training programs that build faster, better and stronger clients. Geoffrey is an ACE (AMERICAN COUNCIL ON EXERCISE) certified personal trainer located here in beautiful Walden.

Geoffrey's upcoming column, **BENCH PRESS**, will feature his insights, tips and tricks to help readers get their FITNESS FIX in a way that is informed, fun, and effective.

Charmaine

Insect Trivia

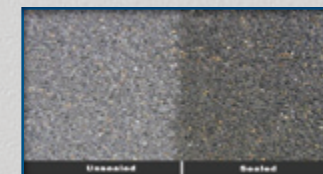


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Jason Kenney, MP
6TH ANNUAL STAMPEDE BREAKFAST
 Saturday, July 9th, 9:00-11:30am
 Indoors at the Acadia Recreation Complex

GIDDY UP AND RUSTLE UP SOME PANGAKES FOR THE WHOLE FAMILY!
 Donations to the veterans food bank appreciated



Creating a Walden Community Garden

Are you interested in creating a community garden? This is one of the community activities that is supported by the City of Calgary as well as the Community Gardens Resource Network (CGRN).

What is a community garden? A community garden is just a shared piece of land gardened by a group of people. The garden can be on public or private land and gardeners grow food and flowers that enhance the community and connect the community through gardening in a common area (www.calhort.org/community-gardens/about.aspx).

The city of Calgary believes that

"Community gardens can enhance the health and well-being of neighbourhoods and communities in Calgary. The City values community gardens and supports the creation of new community gardens on public lands, as well as the retention of existing community gardens in the city. We're pleased to support community gardens by working with a variety of community organizations."

(www.calgary.ca/CSPS/Parks/Pages/Programs/Community-gardens.aspx)

Many of the communities have a community garden. If you are interested this endeavour, please contact the WCA and we will help you.

newsletter@waldenyyc.ca

Editorial Content DEADLINE
1st
 of each month for the next month's issue

Walden Community Association Board of Directors

President	Charmaine Martin
Secretary	Christine Scholz
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:
f FACEBOOK: <http://www.facebook.com/groups/waldenyyc>

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 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

Where's Walden??

This is the first WHERE'S WALDEN? GAME. Can you find the Walden W? There are seven.



Walden 2016/2017 Meetings

All residents of Walden are welcome to attend the Community Association meetings. Meetings currently take place the first Tuesday of every month. If you cannot attend and would like to add a topic for discussion please email info@Waldenyyc.ca.

Where: ATB – Walden, 300, 151 Walden Gate SE
 Time: 7:00 pm

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For further info:

- <http://southviewchurch.com/ministries/family/agapeland/>
- Ms. Michele Black
 - 403-873-5206
 - Michele_Black@southviewchurch.com

IN & AROUND CALGARY

EMS: Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a nine inch layer of shock-absorbing material such as sand, wood chips, or pea gravel which extends six feet out in all directions from the play area.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres (*) high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.



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: _____

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 _____ 126

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.
- Memberships can also be purchased directly to the ATB Branch in Walden
- 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.waldennyc.ca

- WCA: What are we talking about?
- Who Do You Call?
- What we are working on:
 - Community Clean Up – June 19th
 - Stampede BBQ – 16 July 2016
 - Movie In the Park / Movie Night
 - The Community Garden
 - Newsletter & Website – Articles & Other
 - Why we Love Walden?
 - Who are the People in Your Neighborhood
 - Where's Walden
 - Garden Corner
 - Pet Corner
 - Southwood Church – Walden Campus: an interview with Stan Wiens, Team
 - Leader
 - Walden Celebrates
 - Where's Walden??

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.

Here's what we are talking about:

Memberships & Membership Benefits: Because we are just starting out, we are starting to build the list of benefits for having a WCA membership. We are planning to go to the businesses at Walden Gate for their support with the hopes they will offer discounts for WCA members. We are also looking to be added to the list of supported communities at Trico Centre and other similar facilities. Once we establish these we will expand out into the surrounding communities. Another perk we also want to include are for those who have home based businesses within our community. If you have a home based business and would like to offer a discount as part of the WCA member package, then please email membership@waldenyyc.ca. Also we will put your ad on the website too.

Road construction in and around Walden:

- Construction continues along Walden Blvd, between 194th Ave. & Walden Rise SE. Please be mindful of the cars parked on the Blvd., slow down and drive appropriately for the conditions.
- This summer, along with the continued work on 162nd

Ave, construction for the widening of Spruce Meadows Way is slated to start. There will be road construction projects around Silverado with the extension of 194th Ave S.E. from Macleod Trail to the east and to Spruce Meadows Way in the west. S.W. And also the Ring Road construction will also begin this spring.

Lights at 194th Ave/Walden Blvd: Hoping by the time this edition goes to print, that the lights are fully functional, making this intersection safer for both pedestrians and drivers in Walden and surrounding communities.

Speed limit changes: There is an ongoing discussion about reducing speed limits in residential neighbourhoods from 50km/h to 40km/h. Councillor Demong is interested in hearing YOUR opinion. Contact Councillor Demong.

Reminder: Please slow down and obey the speed limit, Put your cell phones away, Pay attention to your surroundings. Let's keep our community safe.

Parking Issues: We are aware that the parking situation along Walden Dr., between Walden Terrace and Walden Crescent, in front of the Age Care Facility, has many residents upset.

As well as other areas in Walden where parking is creating blind spots and making it unsafe for both pedestrians and cars alike. We have heard your concerns and are looking at our options for these areas i.e. permit parking, no parking, or restricted parking. We will be working with the City and the Age Care facility to find solutions.

We will keep everyone posted throughout the process and appreciate everyone's involvement in making Walden THE best community to live in.

Calgary Transit Changes: due to construction around our community, Routes 78 & 178, 444 have detours, check them out here: <http://www.calgarytransit.com/service-updates>.

Progressive (formerly BFI) Update: Cory Exner, President of the Chaparral Community Association (CCA), came to the WCA to ask us to participate in an "idea" forum to gather possibilities and interests for what to do with the former BFI landfill. Progressive is interested in turning this area into a community asset. What this means is that the communities, Chaparral, Walden & Legacy, can offer Progressive suggestions of what we

would like to see, and then based off that, Progressive will come up with a plan for what they are willing to do. Be aware that they have no specific obligation to do much of anything, but in the past, they have indicated that this would be an opportunity for them to show how well they can integrate old landfills into communities when they've reached end of life. The end result of this activity is to provide a variety of ideas to Progressive by the end of June of community suggestions. You are invited to attend a combined Walden/Legacy/Chaparral Open House, to be held on Tuesday June 21st, from 7-9pm at the Chaparral Lake House. Here you will have an opportunity to "vote" on your favorite ideas. Look for more information to come on the Facebook, and both the Walden website and the Chaparral website.

Who Do You Call!!

This was posted on the WCA facebook page a while back compliments of CPS. A reminder of who do you call for what??

Call 911: In case of police, fire or medical emergency, always call 911.

Call (403) 266-1234: For non-emergency calls.

Call 311: For questions or concerns related to City of Calgary services, connect with 311 via the 311 Calgary mobile app, calgary.ca/311 Online website or by calling 311. Check out the 311 Brochure here: <http://www.calgary.ca/cfod/csc/Documents/311/311-Brochure.pdf>

What we are working on EVENTS & HAPPENINGS:

Community Clean-Up: separate document.

Stampede Breakfast 2016

The businesses of Gates of Walden are starting to plan the 2016 Gates of Walden Stampede Breakfast. It will be held on last Saturday of Stampede, July 16th, 2016, from 10:00 am to Noon. We are looking for volunteers to help with this event. Please email volunteer@waldenyyc.ca!

Movie In The Park – Movie Night

We are hoping to sponsor some kind of summer event that is family centered to bring family and community together for some fun. Movie In The Park: this would be an outdoor event, in one of the parks around Walden. Movie Night would be a night out at the movie, possible at Landmark Cinemas or other location. We are explor-

ing these options, let us know what you think. info@waldenyyc.ca

The Community Garden: In the April we put a call out for volunteers to work on a Community Garden. One of our community, Andrew Morrow answered the call. We will be working with the City of Calgary's Community Liaison to help us work through the process for this endeavour. In the meantime, Andrew is looking for your help. If you are interested in being a part of this, email volunteer@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.

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, Calgary and in Walden. Walden's has a roving reporter, who will be working on this feature. And we look forward to meeting the members of our community and have them share a little bit about themselves

Where's Walden?? Probably everyone in this community has been asked this question at one point in time. So we are going to create our own version of the game "Where's Waldo". We are looking for someone to create a character, named "Walden". This we will have a great game for the family.

Health & Wellness: Compliments of one of Walden's health & fitness enthusiast, this feature is about sharing information to help you be or get healthy, mind, body and spirit, no matter what you.

Science Scene: A regular feature aimed at sharing general science information that affect us day to day. This article comes to you compliments of Dennis Ellison.

The Southwood Church – Walden Campus: In September, the Southwood Church will open their doors. In June we will sit down with Stan Wiens, Team Leader with the Southwood Church for a chat. Look for this in the August Newsletter.

Garden Corner Do we have any super gardeners out

~continued on page 13~

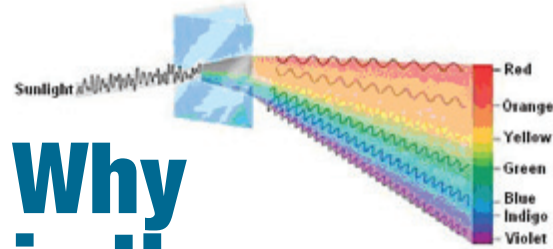
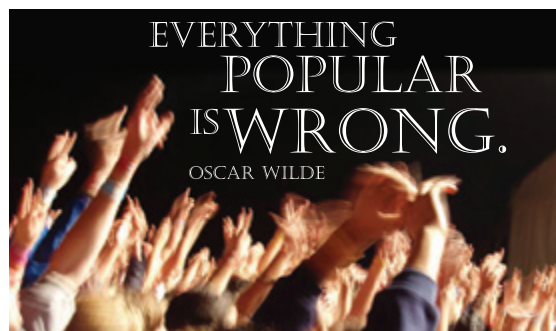
Gates of Walden STAMPEDE BREAKFAST



July 16, 2016
10:00 am – Noon
Gates Of Walden

Volunteers needed! Volunteers are the backbone hosting a successful Stampede Breakfast and we need your help. Walden Community Association, is happy to partner with the Gates Of Walden Businesses, for this year's Stampede Breakfast! There will be tons of activities.

See www.Waldenyyc.ca for event information.



Why is the sky blue?

By Dennis Ellison

Why is the sky blue? Why is there so much red at sunrise & sunset? These are questions that some of us have wondered about and they may not have been fully answered.

Sunlight and the atmosphere are the reasons for the colour of sky morning, day and evening. Sunlight is radiation from the Sun, or Sol (Latin), like solar panels. What we see is a spectrum, a range of radiation that we call visible light. This visibility is in reference to people, partly because that's what comes to the surface of the Earth, partly because that's how our eyes work.

A rainbow is a perfect example of this visible spectrum of radiation from the Sun. The moisture remaining in the air after rain bends and separates the visible range of sunlight into: red; orange; yellow; green; blue; indigo (not for everyone); and violet. Another example of this would be the clear triangular prism as shown on Pink Floyd's Dark Side of the Moon album, white light passes into the prism on one side and because the light hits the surface at an angle it is bent going into the prism and bent again coming out of it. This bending is called refraction and refraction is what separates white light into the 7 (or 6) different colours.

The blue part from the light spectrum actually gets bent, refracts, more than the red part. When the Sun is just over the horizon rising or setting, there is more atmosphere for the light to travel through than at midday, the bluer light gets scattered at sunrise and sunset before reaching our eyes leaving the red, orange, yellow colours to paint the sky.

~continued next page~

COMMUNITY ASSOCIATION NEWS

there?? Let's create a corner for tips, tricks and all things green.

Pet Corner: There are a lot of pet lovers in Walden, we thought we would like to have corner for them, not just to introduce you to them, but we hope to share tips and other pet related things, because they are a part of the community too!

Walden Celebrates - exploring the different cultures that make up Walden and how they celebrate.

Who are the People in your neighbourhood?

Walden is a very multicultural rich community, with people from all walks of life, from different parts of the world and different reasons for living in Canada, Calgary and in Walden. Our roving reporter will bring this feature to you. We hope to feature different members of our community to have them share a little bit about themselves. Starting next month, you will get to know each of the board members. If you are interested in sharing your story, drop us a note, newsletter@waldenyyc.ca.

Why we Love Walden

"We have lived in Walden for just over a year now and we absolutely love it. We love the young families, all the young children for our kids to play with, the parks and all the "dog friends" for our dog. We love walking to Starbucks on a weekend morning and enjoying the beautiful views and parks." - Brittany Ling

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.

Why is the sky blue? cont'd

Pictures taken from space or on the surface of the moon, are all black, because there is no atmosphere for the sunlight to pass through leaving nothing, blackness, as a backdrop for the objects we do see.

<http://chemistry.tutorvista.com/analytical-chemistry/atomic-spectra.html>



IN & AROUND CALGARY

The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.

WALDEN COMMUNITY CLEAN UP

We will be holding the First Annual Walden Community Clean-up, on Sunday June 19th, 2016, from 9am to 2pm. This is a great opportunity for residents to get to know each other and give back to the community. We will have a community tent set up where volunteers can get gloves and garbage bags to pick up trash and help keep our community clean.

We know that there is a lot of garbage and dog poop that have accumulated in the community since this is the first clean-up for Walden. But we know, from feedback from other communities that next year and the following years, we will see noticeably less garbage and

less dog poop for a clean-up. To stay consistent from year to year and to ensure our community looks good any volunteer help we get is greatly appreciated. Contact us to volunteer at: volunteer@waldenyyc.ca

We will have a few dumpsters to collect the garbage bags. If you have a truck to assist us in hauling the garbage from different areas in the community to the Church site, we would appreciate it.

Because we are unable to participate in the City of Calgary's Community Cleanup program, so the City of Calgary garbage trucks will not be present. We will be unable to accept any spring cleaning garbage and discards. Items such as old couches or mattresses or any other household items. These items will have to be taken to the city's disposal sites.

Items such as tires, household chemicals, car batteries, metals, home appliances, propane tanks, glass, paint, microwaves, and liquids can dropped off at appropriate City of Calgary Throw-N-Go Facilities or the household hazardous waste drop-off locations.

List of Restricted Items: There are some items that we will not accept, they are:

- mattresses
- tires
- home appliances (*)
- household chemicals (*)
- propane tanks (*)
- microwaves (*)
- car batteries
- home electronics (*)
- liquids
- metals
- glass
- paint ()
- railway tie

Yard waste

Leaves, branches, plants, grass clippings and other yard waste (excluding sod) will be accepted at the Community Cleanup event for composting. Yard waste must be separate from other items.

All of the organic materials that are collected will be taken to one of The City's composting facilities.

So come help with this event. Hope to see you there.

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RICHARDS PLUMBING & HEATING: Over 15 years of experience with very reasonable rates. Richards Plumbing & Heating is a fully insured company ready to take on the plumbing work that you need completed. Located in Walden. Accredited by the BBB. Please call for a free quote. Wade Richards 403-813-2941.





Healthy Kitten Basics

by Jennifer L. Scott, D.V.M.

So you've acquired a new kitten and you want to protect the little fur ball, now what? There are a number of steps you need to take to protect your new housemate, and any current feline residents.

Your first step is to visit your veterinarian for a complete physical examination. Sooner if your kitten has goopy eyes, nose, or he is sneezing; kittens are prone to a wide variety of nasty respiratory viruses. If you already have cats in your house, your veterinarian will strongly recommend blood tests for Feline Leukemia Virus and Feline Immunodeficiency Virus. Screening your kitten for these diseases will reveal if they are silently positive for a disease they may carry for years. This will protect any other cat old or new in the household that will be at risk by transmission of body fluids in scratches and bites.

A new kitten should receive two to four sets of vaccinations a month apart. Vaccinations should end about sixteen weeks of age because maternal antibodies in the mother's milk may block the vaccine's effectiveness if the mother cat was also vaccinated. Initial vaccinations include feline distemper or panleukopenia, and a number of feline respiratory viruses. Rabies is in the last set of vaccinations. Veterinarians consider rabies vaccination especially important for all cats because of the exploratory nature of the cat. An indoor apartment cat could get rabies from the little bat that flew in the open window and landed behind the sofa. Any outdoor cat should be on a preventative medication for fleas, ticks, and lice infestation as well as being dewormed regularly for internal parasites. A tick carrying Lyme disease could be introduced into your house by your cat.

Kittens should receive boosters one year after their last kitten shots. During ongoing annual physical examinations, your veterinarian may recommend vaccination boosters, blood titers, fecal testing, and any other tests depending on your particular cat's health and lifestyle. Cats over eight years of age should have their blood pressure done. Felines are prone to hypertension.

Train your kitten to tolerate teeth brushing with salmon or tuna flavored (yummy!) toothpaste. Ask your veterinarian to show you how. Trim those nails frequently and teach that kitten to use a scratching post. Some cats can be trained with treats and lots of positive reinforcement to perform tricks, poop in the toilet, or fetch a ball... I haven't had success myself on this front. I recently discovered there are gaming apps for the Ipad your cat can play and he can even try to beat his best time. Check out the Purina fishing game.

Spay or neuter your pet. This is usually done around six months of age. Intact tomcats have a stronger odor and an overwhelming need to seek a mate. Intact female cats will go in and out of heat every two weeks at certain times of the year. They will overwhelm the household with their vocal persistent desire to find a mate.

Finally, the cat has come a long way in our hearts as a companion over the last three or four decades. For most of us, our cat shares at least equal, sometimes superior, status with the dog in the family. Many cats live into their late teens even early twenties. Our ability to treat cats has progressed to incredibly sophisticated levels. Consider investing in pet insurance programs now available for your new baby.



COUNCILLOR, WARD 14
PETER DEMONG

www.calgary.ca/ward14
eaward14@calgary.ca or 403 268-1653

Happy June Ward 14!

Ward 14 Wordsmith Award

Every year I hold an essay contest for the Grade 6 students in Ward 14. Every year they write about what municipal government means to them, and every year I am blown away by the calibre of the essays.

For four years the winner of the *Ward 14 Wordsmith Award*, and their entire class, have joined me at a City Council meeting. I read the winning essay on TV during a Council meeting—so everyone can be just as impressed as I—and present the winner with the *Ward 14 Wordsmith Award*.

This year Ian Samuel Benham of Prince of Wales School became the winner of the fifth annual Ward 14 Wordsmith Award. He and Mrs. Armstrong-Shaver's class joined me in Council on May 16 and he received a very special prize in addition to the traditional trophy: a signed Johnny Gaudreau jersey courtesy of the Calgary Flames!

Congratulations Ian! It is great to see young people who understand the importance of democracy. Thank you to all of the teachers who instill that importance, and to all the students who participated! I can't wait to see what the students have in store for next year.

For those of you who would like to read Ian's essay, you can find it at calgary.ca/ward14.

Counciltalk

I will be holding one more Counciltalk session before summer. It will be at the ATB in Walden (300-151 Walden Gate S.E.) on June 25 from noon to 2 p.m.

This has been the most popular year for Counciltalk yet, and that makes me happy. As good as it is to see young people who understand the importance of democracy it is equally as good to see adults participate in it.

Thank you to everyone who joined me at one of my Counciltalk sessions this year. Keep an eye out for the next one on calgary.ca/counciltalk.

Ward 14 Communities BBQ & Walden Community Association

I think people must be getting familiar with my community BBQ. I will speak about it in a little more detail in the coming months, but for now you should mark it in your

COMMUNITY ANNOUNCEMENTS

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

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calendars. It will be a great time.

The BBQ is on September 24, from 11 a.m. to 2 p.m., and I will be officially welcoming Walden's brand new community association for the first time. It will be in the same location as always: the Southcentre Mall parking lot. You can find out more about the Walden Community Association at wald-enyyc.ca and more about the BBQ at calgary.ca/ward14bbq.

Deerfoot Trail Engagement

I want to briefly mention a couple of opportunities to give your input on the future of Deerfoot Trail.

You will have to keep an eye on calgary.ca/engage to get the fine details of the first opportunity, but in general it will be a chance to share your thoughts on what you want to see on Deerfoot. Watch for the Deerfoot Trail Corridor Study on the City's website.

The second opportunity will be focused specifically on the south section of Deerfoot. I will be at the First Alliance Church (12345 40 Street S.E.) on June 23 from 7 to 9 p.m. with area MLA Richard Gotfried, other area councillors, and other stakeholders to listen to what the citizens of Calgary's south have to say.

Thanks for reading. Please feel free to contact me any time.

**JULY 8 TO 17
CALGARY STAMPEDE**

Each year, more than one million visitors from across North America and around the world come to Calgary to experience the heart-stopping action of the world's richest Rodeo, featuring bull riding, barrel racing, and more. www.calgarystampede.com



**JULY 21 TO 23
MILKY WAY NIGHTS**

The Rothney Astrophysical Observatory is open to the public for night sky viewings for three nights this month. During this time of the summer, conditions are ideal for viewing distant galaxies, nebula and other planets. www.ucalgary.ca



**JULY 30
SLIDE THE CITY**

That bright green, 1,000-foot-long slip-and-slide will return to 10th Street N.W. at the end of July. Choose to slide down once or multiple times. www.slidethecity.com



**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

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- **July 1 to September 4 - Legends of Rock N Roll:** Buddy Holly, Tom Jones, Neil Diamond and Elvis Presley perform classics like Delilah, Blue Suede Shoes and many more. www.stagewestcalgary.com
- **July 17 - Park Day and Creekfest:** This annual event is a celebration of Alberta's natural areas. The whole family is invited to come to the park to learn how to protect our watersheds and respect the provincial park. www.friendsoffishcreek.org
- **July 19 to 24 - Newsies:** This high-energy musical is based on the true events of the 1899 Newsboys Strike. The show centres around a group of struggling "newsies." www.calgary.broadway.com
- **July 21 to 24 - Calgary Folk Music Festival:** This year is the 37th annual Calgary Folk Music Festival. Expect more than 70 different artists from around the world to perform on the various stages at Prince's Island Park. www.calgaryfolkfest.com
- **July 22 to 24 - Fiestaval Latin Festival:** This free, family-friendly festival is a multicultural celebration of Latin American culture. www.fiestaval.ca
- **July 23 and 24 - Pet-A-Palooza:** A pawty for fido is just what your summer was missing. Join us to meet over 80 exhibitors, local rescues, listen to live music, check out Running of the Bulls - French and English Bulldog Races! www.petapaloozawest.com
- **July 25 to 31 - Calgary International Blues Festival:** This year marks the 12th annual Calgary Bluesfest. It's a full week of celebrating the best of blues music, with workshops, concerts and special events. www.calgarybluesfest.com
- **July 30 - Making a Murderer's Dean Strang and Jerry Buting:** The two defense lawyers are stopping in Calgary as part of their A Conversation on Justice tour. The two will do a Q&A session, discuss the Steven Avery case and talk about what it means in broader terms, too.
- **July 30 - Inglewood Sunfest:** This neighbourhood street festival includes activities that appeal to Calgarians of all ages. Expect live music, plenty of street performers, a Show and Shine and activities for the kids. www.inglewoodsunfest.ca



**Walden
Babysitting
List**

Calling all babysitters in Walden! Enroll for free at www.mylbabysitter.ca. The site is run by a dedicated Calgary team focused on making it easy to connect babysitters and families. The site was founded to help parents find babysitters in and around their community. They understand how hard it is to find reliable nearby babysitters in your community.

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