

NOVEMBER 2016

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# WALDEN LIFE

THE OFFICIAL WALDEN COMMUNITY NEWSLETTER



# STOP MEN DYING TOO YOUNG



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	WHAT	HOW	WHEN
01	<b>GROW</b>	Grow a Mo, save a Bro	The moustache is our ribbon for men's health
02	<b>MOVE</b>	Get active for men's health	Raise funds for men's health while you do something good for your own health
03	<b>HOST</b>	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men's health



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BY SHERI

MATERNITY, NEWBORN AND  
FAMILY PHOTOGRAPHY

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# Use Less Plastic Today... And Tomorrow



Using plastic products has become common place in our coming-and-going these days. Recycling can alleviate some of the strain on the environment caused by waste but certainly not all of it. According to the Green Education Foundation, of the 30 million tons of plastic waste generated in the US in 2009, only 7 per cent was recycled. Making changes to your daily routine can lead to peace of mind and healthier lifestyle habits too. Here are 17 ways to make your environmental footprint a little less heavy:

1. Plastic straws are a big contributor to daily waste. Consider buying a stainless steel or glass straw or forgo using one at all.
2. Many cities have banned one-use plastic bags; a single plastic bag can take 1,000 years to degrade. Use a reusable shopping bag; there are many tutorials for making your own out of everyday items too.
3. Put gum on your "plastics-to-give-up" list. Chewing gum is made of synthetic rubber—otherwise known as plastic. Ew!
4. Purchase products in boxes instead of plastic bottles and containers. Cardboard is less taxing to degrade and recycle.
5. Buy in bulk. Fill up your reusable bag or container and save money while you save yourself recycling duty.
6. Reuse containers for storing leftovers, knick-knacks, kitchen ingredients, small toys and shopping in bulk.
7. Carry your reusable bottle or mug with you and use for your beverages on the go.
8. Bring your own container for takeout or your restaurant doggy-bag. Many places use Styrofoam, let them know you don't want it beforehand. There are great stainless steel alternatives available.
9. Instead of using a plastic lighter, stock up on matches or use a refillable metal lighter.
10. If you avoid frozen food, you'll avoid far more plastics as well, and, as a bonus, you'll eat less processed foods.
11. Avoid using disposable plastic-ware at home and request that restaurants not pack it in your takeout.
12. Often if you shop at a smaller market or a farmers' market vendors will allow you to reuse containers for berries and tomatoes and such. Ask!
13. Diapers are one of the worst offenders when it comes to plastic waste. The EPA estimates that 7.6 billion pounds of disposable diapers are discarded in the US every year. Use cloth diapers; there are many cloth diaper services available to clean up after baby.
14. Make fresh juices or eat fruit instead of buying bottled juices. It's better for you as well.
15. Making your own cleaning products is surprisingly simple, effective and thrifty. It can be as simple as lemon juice and white vinegar. Kid friendly, too!
16. Pack your lunch in reusable containers and bags, and avoid products that are single serving.
17. Use a razor with replaceable blades instead of disposable, there are fun companies that you can pay a flat fee to who will send you replacements every month.

-Vanessa Gillard



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

## CONTENTS

Community Association News	7
President Message	8
Sundance School	10
Real Estate Update	14
My Babysitter List	14
At a Glance	16

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# IN & AROUND CALGARY

## Calgary Southeast Events

### Canadian Pacific Remembrance Day Service

More than 33,000 CP employees served in the world wars last century and Canadian Pacific continues to pay tribute in its annual Remembrance Day ceremony. This year the ceremony takes place at CP's Memorial. All members of the public are welcome to attend this ceremony. The service begins at 10:30 am. 7550 Ogden Dale Rd. SE.

**Stuff A Bus** Nov. 5, 2016. 9am – 4pm. Calgary Co-op and Calgary Transit team up for the 24th Annual Stuff A Bus, in support of the Calgary Food Bank! Transit buses and volunteers will be at all 21 Calgary Co-op locations accepting donations. Stuff A Bus with food to help Calgarians in need at this busy time of year.

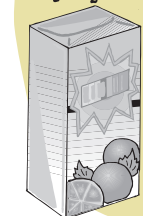
**Free Skate at Ernie Starr Arena** Friday, November 11, 2016, arena is open for free public skating from 1 to 2:30 pm. Address: 4808 14 Ave. SE.

**Free Swim at Bob Bahan Aquatic and Fitness Centre** Friday, November 11, 2016, 1–4:30p.m. Swim Times: 1 – 2:30 p.m. and 3 – 4:30 p.m. The half hour break will be waived if capacity permits. Address: 4812 14 Ave SE.

**Christmas in Inglewood - Nov 18, Nov 20**  
Horse-drawn sleigh rides, the Great Christmas Tree Quest draw, live music and a Children's Choir (Lantern Church). Great shopping discounts and specials at establishments throughout Inglewood. Begins Thursday, Nov 18th, merchants will be open late, up to 9 pm, with tons of specials. 9 Ave. SE.



**MEAL DEAL**



Store bought 100% "real" orange juice is 100% artificially flavoured.

## Walden Community Association

# Board of Directors

President:	Charmaine Martin
Vice President:	Monica Anshamsam
Secretary:	vacant
Treasurer:	Chris Wiencki
Director, Memberships	Clint Kniss
Director, Multimedia	Julia Wiencki
Director, Sports	Dwayne Robinson
Director, Events Coordinator	Karen Ricciuti

## FOLLOW US ON

-  **FACEBOOK:** <http://www.facebook.com/groups/waldenyyc>
-  **TWITTER** [@Walden\\_yyc](http://twitter.com/waldenyyc)
-  **INSTAGRAM:** [http://instagram.com/walden\\_yyc](http://instagram.com/walden_yyc)
-  **VISIT OUR WEBSITE:** <http://waldenyyc.ca>
-  **EMAIL US:** [info@waldenyyc.ca](mailto:info@waldenyyc.ca)

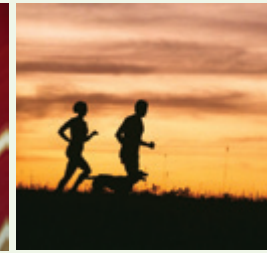
### Related Facebook Pages:

Chaparral Area Block Watch (Lake Chaparral, Valley, Ridge, & 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.

# 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](mailto: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](mailto: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](mailto: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](mailto:newsletter@waldenyyc.ca)

**Content Deadline:** Content for the newsletter is due by the 1<sup>st</sup> of the month, this includes pictures and content. See guidelines below. Email: [newsletter@waldenyyc.ca](mailto: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)".

## PRESIDENT'S MESSAGE

Hello Walden!

Fall has come and gone, the leaves have fallen of the trees and of course that snow arrived early. Fall in Walden is so beautiful, I love the changing colors of the leaves, but had really hoped the snow would wait till December. ☺

Welcome to Monica Ansahsam, Vice President and Karen Ricciuti, Events Coordinator to the WCA Board.

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. We are looking for a Secretary as well as a Website Administrator. If you are interested, please email board@waldenyyc.ca

We continue to work through the parking concerns and issues in Walden. And will have more to add next month.

Earlier this year we became a part of the Federation of Calgary Communities, a great organization, and some of the programs we are looking for volunteers to become involved in are:

- Building Safe Communities: The Federation of Calgary Communities is now accepting applications for the Building Safe Communities. If you are interested in helping the WCA in increasing resident engagement and building a safer neighbourhood, you can please apply. Please email us and we will send you the BSC application process.

This month we will "Fall Back" and the clocks go back an hour, both mornings and evening will be a little darker. Please keep on the lookout for each other.

Const. Rick Robbins, our CPS Community Resource Officer will be sending monthly stats for our community, look for them on our facebook page. And along with it comes a reminder to everyone to keep your homes and vehicles locked!!! There continues to be car break-ins and thefts. So please keep your stuff safe: Lock your doors, lock your cars, and remove your valuables. I ask that you continue to be aware of your surroundings, look out for each other, your neighbours and so on. Let's keep our community safe.

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

## Science

I have written a few articles now and I have tried to cross a variety of subjects and I started wondering. Am I even talking about interesting things? Are you liking what you are reading? Would you like more input into what you are reading?

Not all readers are the same. This is surely as obvious to you as it is to me. Each person who reads something does so with one purpose: to get something out of it. To read something that you want to read. Are you getting something out of this? Would you like to get more?

Well here it is. My invitation to you to tell me what you want. Do you want stories of science used in history? Do you want other subjects covered such as medicine, astronomy, and biology?

Do you have specific questions about how something works such as mountains or data encryption?

Here is how you can let me know. E-mail dke6@telus.net with the subject "Potential Science Scene Topics" and I can find out how I can tailor this article to what you would like. Because, let's be honest here, you read what you want to read and you learn what you want to learn right? I mean we all forget about the subject we were forced to learn in Junior High and High School and even in University. But what we remember are the things you think are fascinating or cool or even have a meandering curiosity about.

I hope this will lead to more interesting article for you to read.

**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!

That's it for now,

For more updates on all WCA Events, programming and developments, check the WCA website: [www.waldenyyc.ca](http://www.waldenyyc.ca).

Thanks

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



I always wanted a pet reptile as a child, but like the myriad of other exotic pets I campaigned for, I was never successful in acquiring a snake or lizard. Now as a veterinarian and Mom of two boys I get to vicariously have all kinds of wonderful pets. "The boys wanted it"; this is the story my husband gets and I'm sticking to it. Fortunately with a little research and the help of a fellow lizard lover we became the proud owners of a Leopard Gecko called "Gecky".

Gecky, the Leopard Gecko, is a perfect pet in my eyes. He eats mealworms and crickets that are dipped in a calcium powder. He has a little container of a vitamin-mineral mixture he snacks on and a small water bowl. Room light is sufficient with a small heated pad stuck to the tank bottom providing additional heat he can move away or towards as he needs. Leopard Geckos can't even get out of the tank if the lid is left off by small children. Gecky did have a heat lamp (unnecessary) but that was eliminated when my six-year old tried to burn the house down. This sweet little creature will happily sit on your shirt through an evening of television. A dampened tissue is placed in the corner of the tank Gecky chose to use as his bathroom so cage cleaning is a breeze. This is a fabulous low-maintenance pet for young children with minimal supervision during handling periods. It is really gross when the tail falls off and twitches around for a while but they grow back.

Why did I say fortunately we picked a Gecko earlier? A neighbor asked us to babysit their Bearded Dragon, Steve. I have treated these wonderful attractive lizards but never kept one. Theory is easier than practice!

## How To Get Mom To Agree To A Pet Lizard!

Steve arrived in his massive aquarium equipped with under tank heater, heat lamp, and two lights on a twelve hour cycle providing full spectrum lighting. There are multiple electronic thermometers to ensure the proper temperature gradients between 85 to 100 degrees F. Not the most attractive setup. Bearded Dragons are omnivores. So in the morning I cut Steve's veggies and fruit into pieces "smaller than the distance between his eyes". Then there was his daily quota of mealworms and crickets. Did I mention the cricket tank with over a hundred large live SINGING crickets?

Steve poops. He poops once a day and it needs to be removed immediately. I have treated thousands of animals of many, many species and I have worked in a pathology laboratory with animals in various stages of decomposition. I have to say the stench of Bearded Dragon poops elevate their owners to martyrs. Even after disposal it lingers in your nostrils and sinuses for hours. So Steve, I did like you, especially when you charged around your cage with your tail arched over your back gobbling up crickets. I liked to cuddle you Steve, but I was glad to see you go home.

If you are considering getting an exotic pet don't limit your research to learning about the care and needs of these creatures from books. Talk to people who actually own the exotic pet you're considering. Try to get a look at the set-up and even babysit as we did. Join TARAS, the Alberta Reptile and Amphibian Society. We won't be getting a Bearded Dragon but I hope the boys consider a cockatiel one day, I have always wanted one...

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



# Gardening by the phases of the moon

## November 7 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

## November 14 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

## November 21 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

## November 29 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

## IN & AROUND SCHOOLS

### Sundance Elementary School

November will be another busy month! We will take time to remember and learn about those who have served our country on Remembrance Day. Please watch your email for ceremony details and feel free to join us.

Our gymnastics unit takes place during the month on November. Please ensure that your child is dressed appropriately to climb, balance and tumble. The monthly newsletter will contain advice for how students should dress to reduce the chance of injury.

**Parking reminder!** Morning and afternoon drop-offs and pick-ups are a busy time around Sundance School. We want to ensure that everyone gets to and from school safely. Please do not park in the zone designated for the buses. Also the staff parking lot is for staff only. This is not a place to load or unload children. This is a safety issue for everyone. Please park in front of the lake where there are ample spaces.

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](http://www.cbe.ab.ca/subscribe) to enter your email address and click Subscribe.

#### Important Dates to remember:

- Nov 11 & 25 Non-Instructional Days
- Nov 2 Sundog Lunch
- Nov 3 Picture Retakes
- Nov 24-25 Parent Teacher Interviews
- Nov 29 Gr 2 FI to Glenbow Museum
- Nov 29 School Council Meeting at 7pm

Thank you,  
*Jocelyn Zoller*

## MAKE YOUR MOVE...



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## South Health Campus (SHC) Wellness Centre

### Let us help you build better health this fall!

November already? 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](http://www.ahs.ca/shcwellness) or call 403-956-3939.

#### EMOTIONAL WELL BEING Mindfulness Session

- November 4 12:00-1:00pm
- November 17 6:30-7:30pm
- November 18 12:00-1:00pm

#### NEW! Heartmath for Parents

2-part series November 9 and 23 10:00-11:30am

#### NEW! The Art of Resilience for an Unexpected Life

November 10 6:30-7:30pm

#### NEW! Managing the Holidays with Grief

November 28 6:00-8:00pm

#### Meditation Drop-in

Every Tuesday 5:00-5:45pm

#### Drumming Up Wellness

Every Friday 1:30-2:30pm

#### EMPLOYMENT, COMPUTER AND SOCIAL MEDIA SKILLS Resume Writing

2-part series begins November 5 9:00am-4:00pm

#### Introduction to the Internet Part I

November 17 1:00-3:00pm

#### HEALTH MANAGEMENT Chronic Pain Management Workshop

- November 8 6:30-8:30pm
- Arthritis 101**
- November 15 6:30-8:30pm

#### Is Your Period a Problem?

November 22 5:30-7:00pm

#### LIFESTYLE MANAGEMENT

#### Growing Older with Wisdom and Intention

November 3 6:00-8:00pm

#### QUIT SMOKING

#### Quitcore

6 week program begins November 7 6:30-8:30pm

#### CAREGIVER SUPPORT

#### Home Safety: How to remain Safe at Home

November 23 7:00-8:00pm

#### PARENTS

#### Healthy Eating for Pregnancy

November 7 6:30-8:30pm

#### Fuelled to Move

4-week series (14-17 year olds)  
Begins November 9 6:30-8:00pm

#### Parenting Anxious Children and Teens

November 16 6:30-8:00pm

#### Feeding Your Baby

November 24 1:00-3:00pm

#### Story Time and Play Date

November 18 and 25 10:30am-12:00pm

#### Childhood Obesity

November 24 6:00-7:30pm

#### FOOD, NUTRITION AND COOKING

#### Eating Well for Good Health

2-week program begins November 7 5:30-7:30pm

#### Dietitians in the Kitchen Demo- Slow Cooker

#### Entertaining with Diabetes

November 17 12:00-12:30pm

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



# The Red Crossbill

By J.G. Turner  
 Photo by Andy Reago  
 & Chrissy McClarren

The Red Crossbill is a stocky finch with a heavy head and a short, notched tail. Males are reddish-scarlet or reddish-yellow except for their dark wings and tail while females are olive-grey to greenish yellow with plain dark wings. This songbird is common in the mountain and foothills regions of Alberta year round and it is considered a global species. The Red Crossbill's range is hard to define and its population is hard to monitor because their movements are irregular and based on food availability.

**Fun Facts:**

- The tips of its large bill are crossed; an adaptation for removing seeds from tight closed cones.
- The Red Crossbill's biting muscles are stronger than the muscles to open the bill so it places the tips of its slightly open bill under a cone scale and then bites down.
- You can spot this songbird by their undulating (wave-like) flight, which is even noticeable when they are flying at great heights
- Red Crossbills are considered irregular breeders because they can breed whenever and wherever they can find a large crop of cones, even during the winter
- Because of this irregular breeding, the timeframes for the Red Crossbill's lifecycle varies more than most North American songbirds. For example, juveniles hatched during the summer molt only once (between late summer and late autumn) whereas juveniles hatched from late winter to early spring molt twice (about three and a half months after hatching and again during the main summer molt period).
- Because of their dependence on food supply, Red Crossbills may occupy an area in huge numbers and then disappear for long periods of time (this behaviour can sometimes be called 'irruptive')
- These birds can often be heard but rarely do they make

themselves visible

- Red Crossbills will come to feeders to eat niger and small seeds but the best way to tempt this elusive bird is to allow them to take sunflower seeds directly from the sunflower heads.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions and advice, or visit our website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.



## STORMTROOPERS

Canadian soldiers in WWI earned the nickname 'Stormtroopers' due to their reputation for being precise, relentless, intelligent and highly organized.



**COUNCILLOR, WARD 14**  
**PETER DEMONG**  
[www.calgary.ca/ward14](http://www.calgary.ca/ward14)  
[eaward14@calgary.ca](mailto:eaward14@calgary.ca) or 403 268-1653

Hello Ward 14,  
 There is one theme to every November column: my Ward 14 Communities BBQ. It takes a lot of space to thank everyone, so I will just briefly touch on a timely topic. The website [calgary.ca/snow](http://calgary.ca/snow) is full of information on a subject that is self explanatory, and likely to be relevant over the next few months.

**Ward 14 Communities BBQ: wrap-up and many thanks!**

I want to thank everyone who attended for helping make my Ward 14 Communities BBQ a huge success this year. I estimate we had more than 2,000 people visit, and we will be giving thousands of dollars to Ward 14's Community Associations. I hope to see you there next year if you weren't able to attend.

Those who did attend can attest to the fact that my BBQ is beginning to become a victim of its own success. I want to apologize to anyone who made the trip, but was unable to get a burger, beverage, or free membership due to limited supply. Sponsorship funds have been hard to come by recently because of the economic conditions that we find ourselves in. That—along with the BBQ's sudden increase in popularity—necessitated that a limit be put on the number of free memberships given away.

Of course, there are many people to thank for this huge success. There were so many community groups, exhibitors, volunteers, and of course the community associations themselves who helped. I have to say this every year: there are not enough words to describe how grateful I am.

There is one group in particular that deserves a very special thank you. They gave their time and opened up their wallets.

**Thank you to the Ward 14 Communities BBQ's generous sponsors:**

- Calgary Co-op
- Canyon Creek Toyota
- Genstar

- Great News Publishing
- Jack Carter Chevrolet Cadillac Buick GMC
- Mattamy Homes
- No Bull Bookkeeping
- Progressive Waste Solutions
- Qualico
- Safeway
- South Trail Insurance
- Southcentre Mall
- Southgate Chevrolet Buick GMC
- United Communities

I hope to see you next fall at my 7th annual Ward 14 Communities BBQ too. You can be assured that I will be doing everything in my power to make my BBQ an even bigger and better experience for you in 2017.

I don't know the exact date yet, but it will be posted at [calgary.ca/ward14bbq](http://calgary.ca/ward14bbq) when it is scheduled, and you can visit [calgary.ca/ward14connect](http://calgary.ca/ward14connect) to sign up for email updates.

**Feel free** to contact me anytime, and don't forget to get yourself a poppy!

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 15



## Walden Real Estate Update

Last 12 Months Walden  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
October 2015	\$407,000.00	\$399,500.00

Last 12 Months Walden  
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
September 2016	14	9
August 2016	10	13
July 2016	17	9
June 2016	11	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
October 2015	9	4

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [walden.great-news.ca](http://walden.great-news.ca)



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	45	587-583-9748	Yes
Polina	15	403-437-1770	Yes
Sarena	17	403-422-0546	Yes
Shivani	15	403-668-0663	Yes
Ujiro	13	403-455-7576	Yes
Ujiro	13	403-455-7576	Yes

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).*



# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto: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](mailto:info@asapconcretecutting.com).

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

**LICENSED AND APPROVED DAY HOME:** Located in Chaparral. School drop-off and pick up at Chaparral Elementary only. Meal and program plan posted weekly, based on children's needs, wants, and abilities. Large open backyard, large playroom, crafts daily. Cat-friendly home. Contact Sarah at 403-690-8993.



[okotoksskatingclub.com](http://okotoksskatingclub.com)  
[registrar.osc@gmail.com](mailto:registrar.osc@gmail.com)

PRECANPOWER: Wed. Nights at Scott Seaman Arena 6:30-7:00 pm  
CANSKATE: Tue 5:30-6:15 pm, Fri 12:45-1:30 pm, Saturday 10-10:45 am and 11:15-12pm and Weds. at Scott Seaman Arena 7:00-7:45pm  
PRECANSKATE: Wed. Night at Scott Seaman Arena 6:30-7:00 pm  
**\*NEW - Teen & Adult Skate Wednesday evening at Scott Seaman Arena**

**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.

## BRAIN GAMES SUDOKU

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





## DECEMBER 10 SLUMBER PARTY AT THE GLENBOW MUSEUM

Celebrating their 50th anniversary, The Glenbow is inviting kids aged 7 – 12 for a rare sleepover and behind the scenes tour of the museum's artefacts. More info [www.glenbow.org/programs](http://www.glenbow.org/programs)



## NOVEMBER 25 – DECEMBER 24 THE POLAR EXPRESS TRAIN RIDE

Aspen Crossing: Journey to the North Pole on the Polar Express, complete with hot chocolate and cookies served onboard the train. More info [www.aspencrossing.showare.com/eventperformances](http://www.aspencrossing.showare.com/eventperformances)



## DECEMBER 23 CHRISTMAS SKATE, NOON – 5 PM. OLYMPIC OVAL

A fun-filled afternoon at the Olympic oval is sure to cheer any Grinch. Complete with holiday music, you and yours can enjoy a skate together for \$2 and a food donation to The Calgary Food Bank.



DECEMBER

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

**Nov. 28 – Dec. 21 It's A Wonderful Life: A Radio Play – Lunch-box Theatre:** It's A Wonderful Life is the classic tale of George Bailey, conceived as a live 1940's radio broadcast, a cast of 5 actors will bring this classic holiday story of love and redemption to life on stage! Everyday but Sundays, noon – 1 pm at Lunch-box Theatre. More info [www.lunchboxtheatre.com](http://www.lunchboxtheatre.com)

**Dec. 2 – 4 The International Christmas Market at Spruce Meadows:** Enjoy the warm atmosphere of this much-celebrated market which boasts 250 vendors with world-imported items, hand-crafted gifts and much more. Fire pits and lively entertainment are sure to keep you in the spirit – just in time for the holidays. For info [www.sprucemeadows.com/christmas\\_market](http://www.sprucemeadows.com/christmas_market)

**Nov. 19 – Dec. 18 Once Upon A Christmas – Heritage Park:** Take a step back into true holiday enchantment this Christmas with wagon rides, singing carols and even jolly old St. Nick himself. Experience the magic of Christmas past and activities like: gingerbread decorating, Santa's petting zoo, children's crafts and a vintage photo parlour. More info [www.heritagepark.ca](http://www.heritagepark.ca)

**Dec. 15, 8 pm A Rockin' Little Christmas – Jack Singer Concert Hall:** This upbeat concert will include a range of cheery, seasonal hits including Santa Baby, Jingle Bell Rock, White Christmas and many other favourites. Joining the Calgary Philharmonic Orchestra for this concert is the Jeans 'N' Classics band and four vocalists. More info [www.calgaryphil.com](http://www.calgaryphil.com)

**Nov. 26 – Jan. 8 Lion's Festival of Lights:** The Festival of Lights is the largest free drive-by Christmas Lights showcase in Calgary. It's comprised of over 300,000 lights along 14th St NW. Designed by James Alafriz, Creative Intelligence Agency. More info [www.lionsfestivaloflights.ca](http://www.lionsfestivaloflights.ca)

**Dec. 2 - 4, 9 -11, 16 – 18 Market Collective Cheer:** Enjoy a market that's perhaps a bit more eclectic this year at Market Collective's Cheer event. With fare like, clothing, chocolate and jewellery on offer, and more unusual vendors with woodworking, paper products and leather work for sale, there is surely something for everyone at this event. Located at The Chinese Cultural Centre. More info [www.marketcollective.ca](http://www.marketcollective.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

## 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.

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

**FLC SENIORS CLUB – TAI CHI 55+:** Study of Cai's Tai Chi, based on the Traditional Yang Style. Our Winter Session starts January 5<sup>th</sup>, with Thursday classes at the Trico Centre and the Lake Bonavista Community Association. Please call Juliette at 403-225-1593 or Christel at 403-271-1289. [www.flcseniors.ca](http://www.flcseniors.ca).

**Editorial Content 1<sup>st</sup> of each month for the next month's issue**  
**DEADLINE**  
[newsletter@waldenyyc.ca](mailto:newsletter@waldenyyc.ca)

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walden

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: \_\_\_\_\_ 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.waldenny.ca](http://www.waldenny.ca)

# CHRISTMAS CRAFT FAIRS

**4<sup>th</sup> Annual St. William Christmas Craft Market:** 11020 Fairmount Dr SE (across from Southcentre Mall and Trico). Saturday December 3<sup>rd</sup> 10am – 3pm.

**St Gerard's Bazaar: Annual Bazaar and Garage Sale.** Saturday, November 19, 2016. 9:00-3:00 pm. St. Gerard's Church. 8944 Elbow Dr. SW.

**Auburn Bay Christmas Craft and Marketplace**  
Nov. 19, 10am – 4pm. Auburn House, 200 Auburn Bay Blvd SE. For more info visit [www.auburnbay-connect.com](http://www.auburnbay-connect.com).

**Annual Bow Cliff Christmas Craft Fair and Bake Sale**  
Nov. 26, 10am – 3pm. 3375 Spruce Dr. SW

**Bonavista Christmas Craft Fair**  
Sat. Nov. 19 – sun. Nov. 20, 11am – 4pm. 1401 Acadia Dr SE. For more info [www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com).

**Arbour Lake Christmas Craft Fair**  
Nov. 5, 2016 at 11:00am-3:00pm  
Arbour Lake Residents Hall

**St. Andrew's Presbyterian Church Christmas Bazaar:**  
Saturday, November 5th, 10am-2pm.



## Daylight Saving Time

Ends Sunday, November 6.

Set your clocks back 1 hour and enjoy the extra sunshine.

Life's brighter under the sun

**Funke Oluwalola BA MBA**  
Tel: 403 266 2061 ext 2287  
Cell: 587-707-2775  
[www.sunlife.ca/funke.oluwalola](http://www.sunlife.ca/funke.oluwalola)

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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.

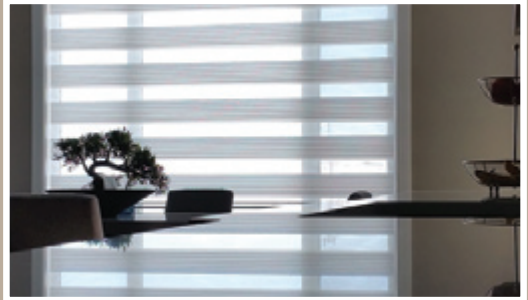
## Bella Blinds

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Sara Bella blinds can also be motorized to provide comfort and ease of use. There are options for "remote control", "sensor" or "automatic".

Whatever system or model you choose, Sara Bella Blinds add extreme style and color to your home.

**"DUST FREE, AFFORDABLE and High Tech Quality Blinds" come with a 5 Year Warranty.**



Receive **50% off\*** your purchase when you show us this ad.

\*Offer can not be combined with any other offer. Some conditions may apply. Offer valid until December 31st, 2016.

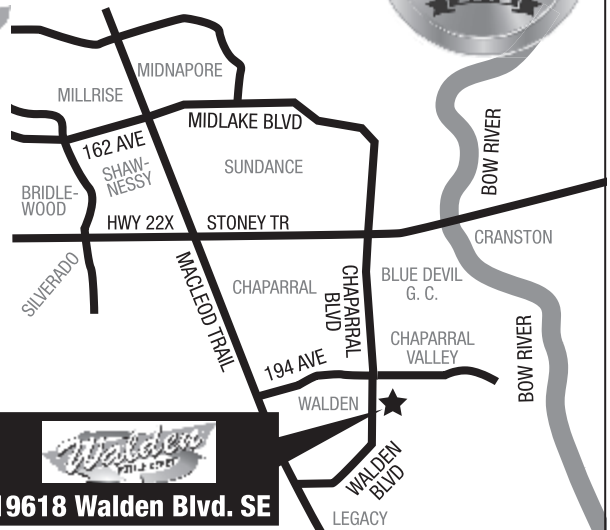
[www.sarabella.ca](http://www.sarabella.ca) 403-836-8484 [sarabella@shaw.ca](mailto:sarabella@shaw.ca)

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**Call (403) 930-6761**

**19618 Walden Blvd. SE**