

SEPTEMBER 2016

DELIVERED MONTHLY TO 1,600 HOUSEHOLDS

WALDEN LIFE

THE OFFICIAL WALDEN COMMUNITY NEWSLETTER





SOUTHVIEW CHURCH

WALDEN CAMPUS SERVICES | 20200 WALDEN BLVD SE
SATURDAYS | 6:30 PM SUNDAYS | 9:00 AM 11:00 AM 5:35 PM

IMAGO DEI CAMPUS SERVICE | 16520 24 ST SW
SUNDAYS | 10:30 AM

www.southviewchurch.com

JOIN US
SOUTHVIEW BLOCK PARTY
FRIDAY, SEPTEMBER 2, 6:00-8:30 PM
LAUNCH WEEKEND
SEPTEMBER 10 & 11




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#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!

The summer has flown by so fast. And school is back in. I hope you all have survived the rain, thunderstorms, and hail. I know that some of you out there had damage to your homes, I did too. But the gardens and lawns looked really great.

The Walden Gate Stampede Breakfast was a great success! The WCA Board met and talked to many of you who shared some of your concerns. All in all, a great event. Thanks to the Walden Gate Businesses for another successful event. See you in 2017.

And as the leaves begin to turn we welcome the Southview Church to Walden. The construction is finished, and in celebration they are hosting a block party on Friday September 2, 2016 from 6:00 pm - 8:30 pm, at the Church (20200 Walden Blvd SE). Come out for a night of fun and food!

And we will be having the Annual General Meeting has been booked for September 15th, 2016 at the Southview Church. Look for more information on the website for the Agenda and times.

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

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

Again, a reminder for everyone: To lock it up!!! This summer we have had break-ins and car 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.

And last but not least, the kids are back at school!!! So there will be school buses in the area to contend with. So please take your time, slow down, and pay attention.

So that's it for now, I would like to wish all the Walden kids...and parents, a great school year!

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 Board of Directors

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

Volunteers needed!!!

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

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



Speed of Thunder and Lightning

We have had a lot of thunderstorms in Calgary this summer. One thing I have loved doing since I was a child, is try to figure out how far away each lightning strike was. Do you know how? It's easy! There are two things you need to know, the speed of sound, and how to count, that's it!

But, "What about the speed of light?" you say? Well, the speed of light is 300,000,000 m/s (meters per second). That is 300,000 km/s (kilometers per second). You could make almost 500 trips to Edmonton and back in the same amount of time. It's safe to treat the speed of light as instantaneous for this experiment. The speed of sound is much slower than light, at about 343 m/s. At that rate, it would take about 30 minutes to go to Edmonton and back.

Now to figure out the distance of the flash of lightning using sound of thunder, you count the seconds between when you see the lightning, to when you hear the thunder. A neat trick is that every 3 seconds is about 1 kilometer of travel for sound. As an example, let's say that it took 6 seconds between the lightning and the thunder; that means that the lightning was 2 kilometers away from you. That's it. Just divide the number you counted by 3 and that is how far away the lightning strike was.

This would keep me busy during many thunderstorms when I was a child, and was a great game with friends and siblings to see who could calculate the distance first. So during our next thunderstorm give it a try, how far away is the next lightning strike you see?

COMMUNITY ASSOCIATION NEWS

Walden Community Association: What are we talking about?

The WCA Board meets the 1st Tuesday of every month. If you have an item you would like to bring to the board's attention, please email board@waldenyyc.ca.

HERE'S WHAT WE ARE TALKING ABOUT:

Annual General Meeting: To be held on September 15th, 2016, at the Southview Alliance Church. Doors 7pm, Meeting at 7:30 to 8:30pm. Documents to come: Meeting Agenda.

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

Parking Issues: We continue to work with the City of Calgary on this issue in our community. More to come.

WHAT WE ARE WORKING ON Events & Happenings

With vacations and so on, the WCA has not planned any events. But we will be working to add in an event for the fall. More to come.

Southview Church is hosting a Block Party, on Friday September 2, 2016, from 6:00 pm - 8:30 pm at 20200 Walden Blvd SE. We hope to see you there!!!

Newsletter/Website Updates:

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

Why we Love Walden? Why did you move to Walden? What do you like about Walden? Drop a few words, and share your thoughts. Tell us why you love Walden, it is a great way to get to know your neighbors and neighborhood. Email newsletter@waldenyyc.ca with your comments. Here's a comment...

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.

The Southview Church –The grand opening is here! The Block Party is set! So we thought we would have a bit of a chat with Stan Wiens, Team Lead for the Southview Church, in Walden.

Pet Corner: We are still looking for someone to run with this feature in the newsletter. If you are interested, please contact the newsletter. This would be an article featuring the pets in our community.

JOIN US FOR A
BAR-B-Q

Walden Community Association

LET'S HAVE A COOKOUT!!

Sunday, Sept. 11th
Noon-3pm

courtesy
Save-On-Foods
Gates of Walden

on the grill
Hotdog, chips, Pop or water - \$2

Greetingsisland.com

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 15

SEPTEMBER MOON CALENDAR

New Moon Sept 1 | First Quarter Sept 9 | Full Moon Sept 16 | Last Quarter Sept 23 | New Moon Sept 30

Writings about Reading

Parents as Partners

It's 'back to school' and the perfect time to revisit how you can be the best partner in your child's education. You, as parent, grandparent or caregiver have been helping your child to learn since they were a tiny baby . . . and your role continues. Here are ways to help your child build their language and reading skills:

Get to know your child's teacher

You'll build a connection and be able to ask questions. The teacher will suggest ways you can help your child at home.

Read aloud with your child every day

In order to read fluently, your child needs lots of practice with hearing how good reading sounds. Take turns reading aloud a story; the more familiar the words become the easier it will be for your child to read.

Incorporate literacy activities anywhere

Literacy skills are used in all kinds of situations. Encourage your child when reading food labels, talking with other children, discussing a movie with the family, or when writing lists to be posted on the refrigerator.

Teach phonemic awareness and phonics (letter names and their sounds)

Young children hear "dog," but not the "duh"- "aw"- "guh." To become readers, they have to learn to hear these sounds (or phonemes). And, a child can't sound out words or write them without knowing the letter sounds. There are lots of websites and ABC books to help.

Keep the fun and encouragement flowing!

Write notes to your child in their lunch kit so they feel supported during the first days of school. Ask specific questions at the end of their day: what games did you play today? Who is in your class? Did you teacher read a great book today, what was it about?

For resources to help your child develop critical literacy skills and the joy of reading, visit calgaryreads.com.

HEALTH & WELLNESS



Bench Press

This month I present "part 2" of my coaching tips for those readers who have been enjoying or are contemplating the fitness challenge that I presented in the July issue.

Body weight Squat: When conducting a body-weight squat be sure to first "pack" your shoulders by moving them down and then back. Push your rib cage forward and check that your hips are set back so as to ensure that your back is flat as you lower your thighs. The first 10 to 15 degrees of the downward phase of the squat movement is initiated by pushing the hips backward, creating a hip-hinge action. Optimally, this downward movement ends when the thighs are parallel with the floor. To return to the starting position of the squat, lift the body upwards with force and action from your glutes. Both the lowering and upward movement of the squat should transfer through the heels, not the balls of the feet. To help with stability and balance, your arms can be positioned at the sides or in front of your body.

Curl-up: During the curl-up, lie supine with your knees bent at 90 degrees and your arms crossed on the chest. To initiate the movement, activate your core and then lift the shoulders off the floor by flexing your torso upwards to 30 degrees. Make sure to exhale during the "up" component of this exercise. After flexing the torso to 30 degrees, pause momentarily and then lower the shoulders back down to the floor. Make sure to inhale during the "down" movement of the curl-up. Your head does not need to touch or rest on the floor, just the shoulders. There is sometimes a temptation to curl-up the neck with the torso during this exercise. Be mindful to keep both the head and neck in a neutral position as flexing the neck can put unneeded strain on the spine.

Enjoy!

Geoffrey

Geoffrey Milnes is an American Council on Exercise Certified Personal Fitness Trainer.



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

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

MEMBERSHIP APPLICATION FORM

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

ADDRESS: _____

HOME PHONE: _____

E-MAIL: _____

FAMILY MEMBERS: _____

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

Support Your Community Association Buy a Membership Today!

\$20.00 2016 WCA MEMBERSHIP CARD

Name _____
(Surname) (Given Name)

Name _____
(Surname) (Given Name)

Address _____ Postal Code _____

Phone # _____ Email _____

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

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

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

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

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

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

Calgary Humane Society Dental Care

Happy August! We hope you are enjoying a great summer with your two and four-legged family! At Calgary Humane Society we are enjoying a busy season of summer camps. Our annual August adoption event is also just around the corner and we hope you will all come out to celebrate with us!

For many families, summer includes a trip to the dentist to take care of everyone's pearly whites. Dental care is vital for humans, but did you know that pets need dental care too? Each and every year we see dozens of animals at the shelter suffering from dental problems, problems that can result in health issues for the pet and legal problems for the people! Failing to provide dental care to your pet is considered a form of neglect under the Alberta Animal Protection Act and bad teeth can cause unnecessary pain for Fido. Interested in learning more about dental care for your pet? Read on!

Do all pets need dental care?

If your pet has teeth then dental care is an important contributor to overall health! Dogs, cats, rabbits, guinea pigs and even small critters like hamsters and gerbils should have their pearly white inspected regularly as a part of an overall health check-up by their veterinarian.

What are some of the common pet dental procedures?

For dogs and cats the most common dental need is tartar removal and tooth cleaning, much like what you would have done at your own dentist. Extractions are another common dental procedure in pets. Just like humans, cats and dogs can suffer from cavities and gingivitis and if these problems continue unchecked the teeth will need to be removed.

Rabbits and rodents have more complex dental needs. These critters have teeth that grow continuously for their entire lives. Most of the time your rabbit or rodent will do a great job of wearing down their teeth by chewing and eating

rough foods, but sometimes they need a bit of help. An exotics veterinarian will regularly check your pets teeth and can trim or file the teeth if necessary.

What is the cost of dental care for pets?

Just as with humans, the cost for dental care for your pet will depend on the condition of your pet's teeth and the pricing your vet sets for each procedure. We recommend booking a consultation with your vet to discuss your pet's specific dental needs.

What can I do at home to keep my pet's teeth healthy?

Providing an appropriate diet and opportunities for chewing is an important part of maintaining dental health in all animals. Choose toys that are the right size for your pet and made specifically for chewing as some items (like tennis balls) can damage your pet's teeth if chewed.

For additional suggestions we recommend speaking with your pet's vet. Your vet is familiar with your pet's specific needs and will be able to help you develop an oral care plan.

Can I use human toothpaste for my pets?

Human toothpaste should never be used for pets as it contains some ingredients that can be harmful if swallowed by your pet. If your vet has recommended brushing your pet's teeth, you should invest in a good quality pet toothpaste.

What are the main benefits of dental care?

Providing good quality dental care is an important part of health and wellness for pets. Investing in routine dental care sets your pet up for a long and healthy life, and it will also keep Fido's breath smelling great on those long summer car trips!

From all of us at Calgary Humane Society, Happy Summer!



IN & AROUND CALGARY Alberta Health Services EMS

Back to School safety

Alberta Health Services EMS would like to remind parents and children about a few road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on a cell phone, texting, or any other behaviour that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school, or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- When activating overhead crossing lights, pause and make eye contact with all drivers before stepping off the curb. This is to ensure that motorists in both directions have seen you and come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the "walk" sign and only when all vehicles have come to a complete stop;
- If you are with young children, or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



Introducing Engine 23 Tours

Your school or daycare can get to know the 20-tonne fire truck in Central Library—book your tours at calgarylibrary.ca/library-tours.

Don't forget the special Engine 23 storytimes that happen every week. Share stories and learn about fire safety from a firefighter! For details, visit calgarylibrary.ca.

Words & Wiggles

A brand new Library program for preschoolers that uses the six types of play to build confidence, vocabulary, creativity, problem-solving skills, coordination, socialization, and movement. You and your preschooler will love the stories, songs, and fun-filled activities! For details, visit calgarylibrary.ca.

Get Inspired with Micheline Maylor

Micheline Maylor starts as Calgary Public Library's 2016 Author in Residence on September 1.

She will deliver programs and act a mentor to writers in the community, reviewing manuscripts, and providing critiques and advice during individual consultations. Join us as we welcome Michele Maylor and launch the Author in Residence program at the Nicholls Family Library, September 16 at 6:30 pm. For details, visit calgarylibrary.ca/author-in-residence

Homework Help

Get FREE homework help online! Students can take advantage of free online tutoring with Brainfuse (Grades 1–12), online study guides through Solaro (Grades 3–12), and so much more. Find them at calgarylibrary.ca/online-resources





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 round-worm 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.



Name	Age	Contact	Course
Ujiro	13	403-455-7576	Yes
Kate	13	403-470-6172	Yes
Ujiro	13	403-455-7576	Yes
Hannah	14	587-215-4192	Yes
Elana	14	403-690-0320	Yes
Marge	15	403-200-2919	Yes
Shivani	15	403-668-0663	Yes
Sarena	16	403-422-0546	Yes
Lucy	17	403-796-8951	Yes
Derly	19	403-397-2344	Yes
Maria	45	587-583-9748	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.

Immortality
While we humans obsess about achieving immortality, other organisms seem to do it effortlessly. In 2014, scientists revived Pithovirus sibericum, a virus preserved for 30,000 years in Siberian permafrost, simply by letting it thaw.

-Discover magazine

CALGARY



WILDLIFE

The Tiny but Mighty Bufflehead

Article by J.G. Turner
Photo by Mdf

This very small, compact, buoyant diving duck can be identified by its large, dark, puffy looking head with short, wide, greyish bill. The Bufflehead has an average length of just 36 cm or 14.5 inches, wingspan of about 53 cm or 21 inches, and weight of approximately 411 g or 15 ounces. The best places to spot a Bufflehead are small lakes with marshy edges and open centres, and areas where there are lots of poplar trees and aspen woodlands in central Alberta from the Spring through to late Autumn.

Fun Facts:

- The Bufflehead migrates from Mexico or the Gulf Coast of the United States to breed in Canada, and even as far north as Alaska.
- Buffleheads are one of the last ducks to leave Alberta before winter arrives.
- Where open water remains over the winter, this little duck sometimes stays year round.
- When mature, a female Bufflehead will return each year to the area where she was born to search for a nest cavity in which to lay her eggs.
- She will often choose an abandoned woodpecker's nest and absolutely loves the nest holes carved out by the Northern Flicker.

- As a diving duck, its legs are near the back of its body, so they must 'run' across the surface of the water to gain the momentum needed to take off and fly.
 - The Bufflehead is Canada's smallest duck and they can squeeze through holes only eight centimeters wide!
 - Buffleheads are territorial: males will defend a female by diving under water and popping up underneath a rival male. Females will defend the water where they rear their young.
- The Bufflehead is one of the scarcest ducks in North America and its numbers continue to suffer from logging and agricultural clearing of poplar stands and aspen wood-

lands, decreased numbers of Northern Flickers in an area, and human hunting activities.

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 look at the website at www.calgarywildlife.org for more information.

IN & AROUND CALGARY

Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.

Your
Neighbourhood Church

knexi•ns church

260 Midpark Blvd, SE T2X 0A1

SUNDAY CELEBRATION STARTS AT 10AM

Fall Kickoff Sunday, Sept. 25



Walden Real Estate Update

Last 12 Months Walden
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$504,950.00	\$489,000.00
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
September 2015	\$419,900.00	\$415,500.00
August 2015	\$525,750.00	\$512,750.00

Last 12 Months Walden
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
July 2016	20	10
June 2016	11	8
May 2016	8	11
April 2016	17	9
March 2016	13	4
February 2016	2	9
January 2016	16	4
December 2015	11	2
November 2015	3	6
October 2015	9	4
September 2015	6	5
August 2015	8	2

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

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

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safetysync.com
403.668.6402

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

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

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NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Walden. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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

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

PLAYTOGRAPHY.COM: in Lake Chaparral. Preschool: 3, 4 year olds, 2 - 3 days a week, 2 - 2.5 hrs. Sept-June. Christina combines her love of photography and preschool children by "Capturing Play Along the Way". Each parent receives a professional photobook at the end of June of their child. Playtography@shaw.ca.

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



BRAIN GAMES SUDOKU

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



COUNCILLOR, WARD 14 PETER DEMONG

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

Hi Ward 14! I hope you had a great summer!

Ward 14 Communities BBQ

You are invited to my Ward 14 Communities BBQ. I hope to see you there.

The BBQ is on Saturday, September 24 in the Southcentre Mall Parking lot. It will run from 11 a.m. to 2 p.m. but you might want to get there during the first couple of hours in case supplies dwindle. I encourage you to visit calgary.ca/ward14bbq.

As I write this some of the fine details of what you will see at the BBQ are still yet to be determined. Fear not! I can assure you that you will not be disappointed!

Here is a description of how your trip to my Ward 14 Communities BBQ might go.

The first thing you might do is pick up your free community association membership. One of the main purposes of my BBQ is to raise money for the community associations of Ward 14. This is a win/win situation. The community association gets a new member, you get a free membership, and hopefully people learn more about what their community association does. Your community association will have their own table at the BBQ. Find them, say hello, and pick up your free membership.

Of course giving away memberships does not raise any money for the community associations. That is where the sponsors of the BBQ come in. Mattamy Homes, Great News Publishing, No Bull Bookkeeping, Qualico, United Communities, Jack Carter Chevrolet Cadillac Buick GMC, Genstar,

Southcentre Mall, Progressive Waste Solutions, Calgary Co-op, Safeway, and Southgate Chevrolet Buick GMC are the ones who are supporting Calgary communities by buying you a free membership.

When you're picking up your membership you will likely notice all sorts of exhibitors. The other main purpose of the BBQ is to give you an opportunity to visit with representatives from the City of Calgary's various departments, its partners, and other community groups. We have had everything from horses to helicopters at the BBQ in the past. While those things can't be planned in advance, I can promise that you will see something relevant to you. Apart from every customer facing department in the City of Calgary organization, there will also be representation from local scout groups, local MLA's, local school board trustees, and other community organizations like the Trico Centre, the South Calgary Primary Care Network, and the Friends of Fish Creek.

Finally, it wouldn't be much of a BBQ without food so you will want to get in line for a free burger and beverage at some point. You will pass the Ward 14 booth along the way where you can get some free swag and enter the prize draw.

Don't hesitate to approach me at the BBQ. I will be running around and making announcements, but always have time to chat.

Macleod Trail & 162 Avenue Interchange Update

Free-flow traffic on Macleod Trail is coming soon. The next major phase of detour for construction of the interchange—which includes free-flow traffic on Macleod Trail—is set to begin at the end of September. I do not have details on the exact date, but you will soon be able to find them at calgary.ca/macleod162ave.

Please don't hesitate to contact me about the interchange, or anything else.

See you at the BBQ!



Trivia

EDIBLE SIX-PACK RING

The first fully edible beer can packaging has been made from by-products of the brewing process such as wheat and barley, their six-pack holders are fully biodegradable and completely digestible. Rather than ensnaring curious animals in a corset of litter, the company's six-pack rings could serve as a satisfying snack. And if nothing is biting, the rings quickly decompose.

-Discover magazine

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

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COMMUNITY ANNOUNCEMENTS

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

Contact news@great-news.ca

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

CALGARY PUBLIC LIBRARY: Need legal help? Free legal clinic. Wednesday October 19, 9:30 am to 3:30 pm. Calgary Public Library, 616 Macleod Trail SE. Book an appointment: call 587-774-5458 between 8 am and 5 pm, Oct 3 to Oct 13. Space is limited.

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalatitudes.org.

FLC SENIORS CLUB – TAI CHI 55+ Study of the 105 Movement Yang Style. Our Fall Session starts September 8, with Thursday morning classes held at the Trico Centre. For further information: please call Juliette at 403-225-1593 or Christel at 403-271-1289, or email taichi@flcseniors.ca. www.flcseniors.ca.

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IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

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

PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT

TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



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



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



DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

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

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

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

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

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MLA, CALGARY-SOUTH EAST RICK FRASER

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

Welcome to September and with that marks the start to a new school year. As a friendly reminder with all the back to school activities, it is important to be mindful of speeds in the school/playground zones.

It is an exceptionally exciting time for many families in the constituency, whose children will attend new schools in their neighbourhoods. I want to take this opportunity to send best wishes to the children, parents, educators and the respective school boards for a successful inaugural school year.

If you are interested in being involved there are already a few parent groups that are fundraising for the new schools;

Auburn Bay Public School – info@auburnbayschool.com

Copperfield School Fundraising Association – copperfield-schoolfundraising@gmail.com

New Brighton Elementary Parent's Association – info@newbrighton.com

212th Avenue interchange

I was disappointed to learn of the current government's decision to not support this important shovel-ready transportation infrastructure project. Halting a project of this economic value land locks 28,000 potential jobs and \$465 million in investment within the constituency.

It is perplexing as to why the government would reject an opportunity to share the cost of this project with the developer and the City of Calgary. Not only is it a great deal for Alberta taxpayers, but it would also make good on the current government's promise to use infrastructure investment to create jobs and grow the economy.

I will continue to advocate for this desperately needed project and would be satisfied to forward your thoughts to the Minister.

For constituents looking for further information on this decision please contact:

Honourable Brian Mason, Infrastructure Minister and Transportation Minister

Room 320 Legislature Building, 10800 – 97 Avenue
Edmonton, AB T5K 2B6

Phone: 780-427-5041 • Fax: 780-422-2002

Email: transportation.minister@gov.ab.ca

Meeting with and listening to constituents and community groups is one of the most important parts of my job as your MLA. If you are holding an event and would like me to attend, please contact my office at 403-215-8930 or calgary.southeast@assembly.ab.ca.

Councillor Peter Demong

WARD 14 COMMUNITIES

BBQ

SAT, SEPTEMBER 24
11 AM TO 2 PM



Get there early for a

FREE BURGER

and a **FREE COMMUNITY MEMBERSHIP**

At Southcentre Mall parking lot

Sponsored by:

Southcentre Mall • Genstar • Southgate Chevrolet Buick GMC

United Communities • Qualico • Great News Publishing

No Bull Bookkeeping • Jack Carter Chevrolet Cadillac Buick GMC

Progressive Waste Solutions • Calgary Co-op

Mattamy Homes • Safeway

OPA!

OF GREECE

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SEPTEMBER STUDENT SPECIALS



\$5.99 PITA WRAPS

choose chicken, gyro,
beef, veggie or falafel



\$4.75 OPA! FRIES

with tzatziki sauce and
21oz fountain drink