

MARCH 2017

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WALDEN LIFE

THE OFFICIAL WALDEN COMMUNITY NEWSLETTER



SOUTHVIEW CHURCH

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All editorial content must be submitted by the 1st of the month for the following month's publication.

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T2C 2K2

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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 any advertisements should not be considered an endorsement of any goods or services.

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	
Weather Information	511
Gamblers Anonymous	403-237-0654

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The new Walden Community Block Watch Facebook page

Following the other communities around us, we have created a block watch facebook page.

<https://www.facebook.com/groups/waldenblock-watch/>

The main objective of the Walden Community Block Watch Facebook page is to help build a safer neighborhood by encouraging residents to take a proactive approach to crime prevention and safety.

Historically, Block Watch programs have shown to help fight the isolation and separation that crime creates and feeds upon, forges bonds amongst area residents and businesses, helps reduce burglaries and other crime, and improves relations between the police and the community they serve.

****Proof of residency will be required to join****

New members asking to join must either live in or run a local business in the Calgary community of Walden. Along with your request to join, please PM proof of residency to Julia Ws. Proof of residency will be permanently deleted upon verification. Please allow up to a week for processing.

Acceptable forms of proof of residency:

- low-res photograph of a utility bill confirming address

- photograph of valid Walden Community Association membership

- low-res photograph of photo ID (please black out any identification numbers)

Community engagement is often described as getting to know your neighbours, building relationships, and fostering a sense of belonging. This is key, as communities where neighbours look after each other often experience less crime.

This group is for members of our communities to pass on information to neighbours about criminal activities that are happening in and around our neighbourhood. This group is not to be used for arguments or disagreements, and admin reserves the right to remove offensive or inappropriate posts and/or members without notice.

Always remember that any suspicious persons, activities, or criminal acts should always be reported to the Calgary Police without delay. If there is a crime in progress or if you see suspicious behaviour, please call 911. This page is not to be used as an alternative to calling the Calgary Police. If you encounter a crime that has already occurred or a non-emergency situation, please call the non-emergency number at (403) 266-1234.



A shamrock is a young sprig of clover, used as a symbol of Ireland. Saint Patrick, Ireland's patron saint, is said to have used it as a metaphor for the Christian Holy Trinity.

<https://en.wikipedia.org/wiki/Shamrock>



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March in Fish Creek

25th Anniversary Brick Pathway

2017 see us celebrate the 25th anniversary of the founding of the Friends of Fish Creek. As part of our celebration we are offering the opportunity to be part of our 25th Anniversary Legacy Brick Pathway program. We will be replacing the pathway to the front door of the Cookhouse with a special brick pathway consisting of bricks bearing dedications or messages from donors. This is a great opportunity to leave a legacy in the park for a loved one or to show support for the work the Friends do toward the sustainability and enjoyment of Fish Creek Provincial Park. Engrave a brick with your personal message. For more information contact the Friends of Fish Creek or visit www.friendsoffishcreek.org/brick

Leave a Legacy for Cherished Green Spaces and Healthy Families

Free Public Information Session

Saturday, March 4, 2:00 pm – 4:00 pm at the Fish Creek Environmental Learning Centre

Considering the Friends of Fish Creek in your legal will or through other philanthropic means is one of the best ways to ensure that future generations will enjoy this breathtaking natural area as much as you and your family do. Remembering family in your will is most likely an important part of your final wishes, but do you have questions about planning your estate? Would you

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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.

like to ensure the proper management and distribution of the funds you leave behind? Join Emma Hamilton, lawyer in the Wills & Estates group of McLeod Law LLP; Stuart Reid, Chief Development Officer Kids Cancer Care Foundation of Alberta; and Bob Morrin, Friends of Fish Creek Board Member to learn about the benefits of estate planning and leaving a legacy. For more information or to register visit www.friendsoffishcreek.org/estate-2

Uncharted: A Photographic Wildflower and Book Evening with Graeme Connell

Thursday, March 23. 7:00 – 8:00 pm at the Fish Creek Environmental Learning Centre
Presented by Graeme and Lois Connell

Calgary author Graeme Connell's novel "Uncharted," centres on Fish Creek Provincial Park and the Rocky Mountains. In this novel, the main character, Brewster, has lost his wife and his reason to live – then, with help from a profoundly deaf woman and a family facing difficult times, his life finds new meaning through wildflowers and a botanical project in Fish Creek. It is a truly uplifting story for anyone who has experienced deep loss and found solace in nature. To register visit www.friendsoffishcreek.org/event/uncharted

Wayne's Wonderful Winter Walk

Saturday, March 11 1:00 pm - 2:30 pm

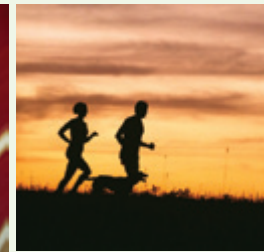
Join dedicated volunteer, retired park planner, and founding member of the Friends of Fish Creek, Wayne Meikle for a wintery walk along the banks of Fish Creek. Wayne's Wonderful Winter Walk provides an amazing opportunity for families to visit the park in the winter and learn about the history of this area! To register or for more information visit www.friendsoffishcreek.org/programs/other-tours

Spring Birding Course Starts Monday, April 3

Whether you are a beginner, intermediate or expert, this course will help you to identify the newly arriving migrant birds, and allow you to become familiar with the valuable bird habitat near you. The course will take place outdoors in Fish Creek Provincial Park and other natural areas within Calgary. As a fundraiser for the Friends of Fish Creek, volunteer instructor and lifelong naturalist Gus Yaki and other knowledgeable and experienced instructors will once again conduct these courses.

Registration Required and fees apply. To Register and for course times visit: www.friendsoffishcreek.org/programs/birding-course

COMMUNITY ASSOCIATION NEWS



PARKING ISSUES

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

WALDEN COMMUNITY CLUBS

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

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

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

Newsletter/Website Updates:

Regular articles continue to work on:

Why we Love Walden? Why did you move to Walden? What do you like about Walden? Drop a few words, and share your thoughts. Tell us why you love Walden,

it is a great way to get to know your neighbors and neighborhood. Email newsletter@waldenyyc.ca with your comments.

Who are the People in Your Neighborhood: Walden is a very multicultural rich community, with people from all walks of life, different parts of the world and different reasons for living in Canada, in Calgary and in Walden. We are looking forward to meeting the members of our community and have them share their story. If you and your family would like to be featured, please contact us at newsletter@waldenyyc.ca.

Where's Walden? We are still looking for someone to create a character, named "Walden" for our Where's Walden picture, if you are interested, please email us.

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

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

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

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

GENERAL REMINDERS

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

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

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FP

Footloose Photography
BY SHERI

MATERNITY, NEWBORN AND FAMILY PHOTOGRAPHY

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sherimacdonald.zenfolio.com

IN & AROUND CALGARY

EMS – Burns and Scalds

Alberta Health Services, EMS continue to respond to emergencies each year where a young child has sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stoves), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1

CALGARY WILDLIFE

The Gray Partridge

Article by J.G. Turner

Photo by Daniel Arndt (no changes made from <https://www.flickr.com/photos/ubermoogole/18050433104/>)

The Gray Partridge, also known as the Hungarian Partridge, was introduced into Alberta when 70 pairs were imported from Hungary and released in 1908 near Midnapore. The smallest of Alberta's game birds, the Hungarian Partridge has an average length of 12 in./32 cm, a wingspan of 21 in./54.5 cm wingspan, and a weight of 15.6 oz./435 grams. Its neck and tail are short, its body is stout and its wings are short and rounded. This bird lives up to its name with grey legs and a grey bill as well a dark u-shaped patch on its belly, a rusty face and chestnut bards on its flanks. This game bird is the only partridge whose breast is decorated with fine wavy lines (vermiculated) of black, white and brown. A reddish brown tail and unmarked, chestnut outer wing feathers can be seen in flight.

Fun Facts:

- Originally found in Europe and Asia, this game bird was brought to live on flat agricultural land in southern British Columbia, south central Saskatchewan and Alberta.
- The Gray Partridge lives in grassland and parkland regions of Alberta but there is also a separated population in the Peace River area.
- Its habitat is open grassland, farmland and grain fields, which have an adjacent area of woody cover for hiding in. It prefers to live on the border between scrubland and areas of cultivation.
- Although this bird can fly, it prefers to spend most of its time on the ground foraging for seeds.
- The Hungarian Partridge is a ground nesting bird, creating a grass lined nest hollow in long grass or under a bush.
- The hen produces some of the largest clutches of any bird species, averaging 16-18 and can lay up to 22 eggs at one time!
- Prior to courting, males engage in prolonged battles to establish breeding territories.
- When it is flushed, it explodes from cover with a clatter of wings and rapid cackle, taking a low and fast flight path to new cover.

If you find an injured or orphaned Gray Partridge or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more info.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 15

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The Sundance Clinic

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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 2017 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
2017 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.waldennyyc.ca

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For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

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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.

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

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BRAIN GAMES SUDOKU

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



Is Our Investment in Daylight a Rip-off?

by Vanessa Gillard

Daylight saving time is a bit of a contentious topic in some circles. It is always a bit of a pain to reset the stove or coffee maker and if you have kids it's a new bedtime routine struggle all over again, twice a year. Likely no one has avoided a schedule mix-up or a tardy appearance due to this bi-annual occurrence, but the advent of the smart phone and other smart home technologies, which change the hour difference automatically, has perhaps alleviated many of those spring and autumn woes for the most part.

On its face the purpose of daylight saving time (DST) is to give us more light and time in the day to get things done; human beings tend to operate better during daylight hours and certainly many appreciate the opportunity to take in a little more vitamin D, particularly during our long Canadian winters. But the origins of DST are actually a little more pragmatic than simply avoiding seasonal affective disorder.

Benjamin Franklin first suggested the concept in 1748 and found it was met with little enthusiasm at the time, but a couple hundred years later, during WWI, the con-

cept was popularized among Germans to save precious coal during that age of austerity. The concept quickly caught on and made it to some Canadian cities as early as 1916, though there has never been a consensus on whether the practice is useful or not, and Saskatchewan has never been on board.

The ever-efficient Germans introduced DST to reduce fuel cost. The gain or loss, respectively, of that hour was intended to lower use of artificial lighting and heating in the evening, but it's debatable how much was saved, as more was often needed in the morning anyway. A little over a century later the reports of heart attacks, road related accidents, and even spikes in suicide rates following DST have not made much of an argument for the century-old tradition, and the amount of light many Canadians see the next day can be negligible.

It would seem there is little in the way of reason to explain this circadian rhythm disruptor to the average person in 2017, but most Canadians will dutifully set their clocks forward on March 12th this month, like it or not.



Councillor, Ward 14
Peter Demong
www.calgary.ca/ward14
eaward14@calgary.ca or
403-268-1653

Happy March Ward 14!

Spring is just around the corner, and I assume for most of us it is a welcome change. There is a lot going on this spring, so I am going to spend this month's edition of my column gearing up for the new season.

Ward 14 Traffic Safety Meeting

May 4 from 5:30 p.m. to 8 p.m. is a date you should save, especially if you are interested in traffic safety. City administration, the Calgary Police Service (CPS), and I will be at the Mid-Sun Community Centre to talk with you about what we can do to improve traffic safety in Ward 14. Both City Administration and CPS will be using this to inform their decision-making, so I encourage you to come. Stay tuned for more details next month.

Street sweeping primer

Okay, I admit this is pretty early to start talking about street sweeping. But this is Calgary, and you never know what weather you will get. In fact, last year we got a very early start on street sweeping. You can just never be too sure.

The main point I want to make is to keep an eye on the website calgary.ca/sweep over the next couple of months. That is where you will find details about the City's spring cleaning program. If we are all aware of what is going on, and take a few easy steps to make the process go smoothly, we can save everybody a lot of time and money.

Civic census & voter registration online starting April 1

Keep an eye on your mailbox during late March. You will be receiving your access code. It will allow you to complete the census and your voter registration online. They will both be accessible online on April 1.

The data that the City receives from the census is indispensable for decision-making, and the benefits of pre-registering to vote are obvious. But there is another very

good reason to fill-out your census, and register to vote online: it saves taxpayers money! I hope you give online registration a try this year. Those types of advancements really help to cut costs and streamline processes. But whether you do them online or in person, the important part is to make sure you perform these two essential civic duties!

March Counciltalk

Counciltalk keeps rolling along! The discussions continue to be great. This month Counciltalk will be at the Southview United Church in Walden located at 202000 Walden Blvd S.E. I will be there on Saturday, March 18 from noon to 2 p.m. You can visit calgary.ca/counciltalk for details of the full Counciltalk schedule, and you can sign up to receive reminders for Counciltalk and other important Ward 14 news at calgary.ca/ward14connect.

Thanks for reading. Feel free to contact me anytime!

IN & AROUND SCHOOLS

Sundance Elementary School

We are starting March off with a Sundog Snack on Thursday March 2nd. This is for all grades K-6. To order please go to www.healthyhunger.ca

In March our K-2 students will be receiving skating lessons. The schedule will be sent to each class...the scheduled dates are from March 6th-16th. From March 13-22 students will be instructed in netball.

Student-led conferences will take place on Wednesday, March 22nd in the evening and during the day on Thursday March 23rd (no school). There will also be a book fair during these conferences. Students will have a chance to buy books and help support the school library in return. Conferences include parent face to face meetings with teachers and opportunities for students to explain their learning and next steps. There is a PD day on Friday March 24th with Spring Break beginning on Monday March 27th. Classes resume Monday April 3rd.

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

The Indoor Gardener

by Cindy DeJager

Fancy Ferns

I love, love, love ferns!

Ferns thrive in medium filtered light to low light and require humidity, but with a little bit of effort you can successfully nurture these beautiful plants. A few important tips to get you started: pot your fern in a plastic container rather than clay because the plastic will retain moisture. Choose a peat moss laden soil mixture with lots of organic matter in it. Choose north facing light for your fern.

Here are some ferns that can be found in most garden centres:

Crocodile Fern

Microsorium musifolium 'Crocodyllus'

Medium to bright light and high humidity
May grow 4 feet tall and wide.

Lemon Button Fern

Nephrolepis cordifolia 'Lemon Button'

Medium to bright light and high humidity
May grow 3 feet tall and 4 feet wide.

Maidenhair Fern

Adiantum raddianum 'Fritz Luth'

Medium to bright light and high humidity
May grow 2 feet tall and wide.

Rabbit's Foot

Humata tyermanii

Medium to bright light and high humidity
May grow 2 feet tall and wide.

Staghorn Fern

FYI: Staghorns don't need to be grown in soil so you often see them mounted and grown on walls or posts.

Platyserium bifurcatum

Medium to bright light and high humidity
May grow 6 feet tall and wide.

Bird's Nest Fern

Asplenium nidus

Medium to bright light and high humidity
May grow 5 feet tall and wide (but usually 1-2 feet indoors).

Silver Brake Fern

Pteris cretica 'Mayi'

Medium to bright light and high humidity
May grow 2 feet tall and wide.

Kangaroo Paw Fern

Microsorium diversifolium

Medium to bright light and high humidity
May grow 2 feet tall and wide.

Boston Fern

Most common indoor fern.

Nephrolepis exaltata 'Fluffy Ruffles'

Medium to bright light and high humidity
May grow 7 feet tall and wide (but usually 2-3 feet tall and wide indoors).

"If one cannot enjoy reading a book over and over again, there is no use in reading it at all."

- Oscar Wilde




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Saskatchewan

Who Am I?

Sitting by the water, quiet as can be,
Don't be fooled, that's not a rock, that lump is really me!
I've skin that's green and slippery, with spots upon my back.
A little like a leopard, I've lots of spots of black.

Waiting by the water, hungry as can be,
Suddenly my sticky tongue is longing to be free!
An insect buzzes by me, I leap without delay...
Zap! I trap him with my tongue, then munch the day away!



Garter Snake



Grasshopper



Northern Leopard Frog

Turn page upside-down for answer!

I'm a Northern Leopard Frog! © Rosemary Galt, 2017

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