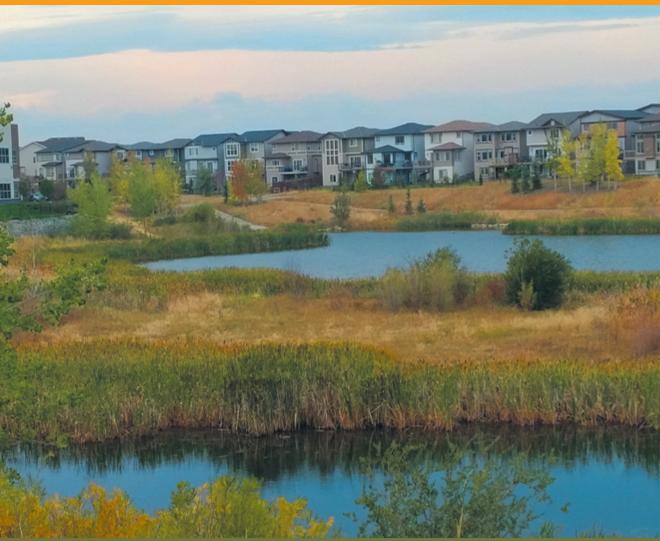
WALDEN LIFE

THE OFFICIAL WALDEN COMMUNITY NEWSLETTER





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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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WALDEN COMMUNITY ASSOCIATION

Board Listing

President	Charmaine Martin	
Vice President	Monica Ansahsam	
Secretary	In progress	
Treasurer	Chris Wiencki	
Director, Memberships	Julia Wiencki	
Director	Dwayne Robinson	
Director, Social Media	In progress	

FOLLOW US ON

(f) FACEBOOK: http://www.facebook.com/ Main Page: groups/waldenyyc

TWITTER: http://twitter.com/walden

yyc; @Walden_yyc

INSTAGRAM: http://instagram.com/walden_yyc

VISIT OUR WEBSITE: http://waldenyyc.ca **EMAIL US:** info@waldenyyc.ca

VOLUNTEERS NEEDED!

If you would like to volunteer on committees or other community related activities, please contact us at info@ waldenyyc.ca, we would love to have you!

VISIT OUR WEBSITE: http://waldenyyc.ca

Join Us:

- FACEBOOK: http://www.facebook.com/groups/waldenyyc
- FACEBOOK: Walden Block Watch Page: https://www. facebook.com/groups/waldenblockwatch/
- ** Proof of residency required to join the block watch page**

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 Wiencki. 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)

YOUR CITY OF CALGARY

Never miss a collection day -**Get a reminder every week**

This fall, enjoy the convenience of using your green cart as you get your yard and garden ready for winter. Leaves, pine cones, branches (up to 6 inches in diameter and 4 feet in length), old annuals and pumpkins can all go in the green cart for weekly collection and will be turned into nutrient rich compost.

Three step checklist for fall yard waste:

- 1. Fill your green cart first. Yard waste can go directly inside the cart; there's no need to bag it first.
- 2. If your cart is full, simply use paper yard waste bags and roll down the top. Home and garden or grocery stores sell paper yard waste bags. They're usually sold in packs of five.

Please don't use plastic garbage bags. These bags will not be collected since they contaminate the compost.

3. Place the bags approx. one foot away from the cart for collection, so you can walk between the cart and the bag. Bags should be easily lifted (max. 20 kg).

During busy fall periods, to ensure our crews stay on schedule we may not be able to collect all of your extra yard waste bags right away. Please leave them out and we'll pick them up as soon as possible.

Other options for disposing of yard waste are available at calgary.ca/yardwaste.

Slow Down and Be Aware

GENERAL REMINDERS

The kids are back in school, it is getting darker earlier, 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 kids and community safe.

KEEP YOU AND YOUR PROPERTY SAFE!

Who Do You Call!

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

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

Call 311: For guestions or concerns related to City of Calgary services, connect with 311 via the 311 Calgary mobile app, Calgary.ca/3110nline website or by calling 311. Check out the 311 Brochure here: http://www. calgary.ca/cfod/csc/Documents/311/311-Brochure.pdf





any suspicious vehicles, activity or aviour to police by calling 403-266-1234 or 9-1-1 for a crime in progress



Walden Block Party 2017!

The Annual Walden Block Party hosted by Southview Church in September was a great success. Well attended and lots of fun. Thanks Southview for another great event!









Councilman Demong BBQ for Ward 14

Thanks to all of you who attended the BBQ and got your membership for free! It was a great turnout and we made lots of connections with other community associations.

Genstar Farmer's Market Fall 2017

The association has partnered with Genstar to connect new home owners as them move into our community. And so we were happy to be a part of the Farmers Market held on Sept. 30th, and we look forward to doing more events like this in 2018.

HALLOWEEN IN WALDEN

Halloween is just around the corner. And there is lots to do!

- PUMPKIN CARVING: we know that pumpkin carving is a very popular activity for most kids. So we are asking you to create your best pumpkin carving and post them to our Facebook page.
- PUMPKIN PALOOZA at Southview Church: A Halloween pit stop with games and treats for the surrounding communities. October 31st from 6:00 pm to 7:30 pm. This event for all children is free -Costumes optional! https://southviewchurch.com/event/fall-family-festival/

SOCCER is coming to Walden!

As you all know the soccer goal posts have been put in place, at the soccer field off Walden Blvd. We can look forward to soccer in Walden in 2018. The community association has partnered with Foothills Grassroots Soccer program. Foothills Soccer Club is now accepting enrollment for their Indoor Program for 2017/2018, and by enrolling with Foothills you are contributing to the community!

WALDEN COMMUNITY CLUBS

Many people have been asking us about the clubs. We need volunteers to run them so if you are interested in leading any of the

clubs, please let us know, we will help you to organize yourselves. Here is some of the things that are starting

Senior Music Jam Session: Are you a senior who loves music, playing an instrument or singing? Tom Doran is looking for other likeminded seniors who are interested in playing music and singing along. This would be for our own enjoyment but if the talent is there, who knows....Walden could have their own Seniors band and entertaining others along the way. If interested please email Tom at tpdoran07@gmail.com.

Other Clubs we would like to promote and are looking for volunteers to lead them, include:

- Basketball Club (adults or kids)
- Running Club
- Walking Club
- Mom & Tot Club
- Yoga Club
- Photography Club
- ...the possibilities are endless!

Newsletter/Website Updates

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.

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 pub-

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



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HOURS

Mon-Thur: 11:30am - 9:30pm Friday: 11:30am - 10pm Saturday: 2pm-10pm Sunday: 2pm-9:30pm

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the Sundance C

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Re-elect Mary Martin

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- · Director, Alberta Catholic School Trustees' Association (2007-2010)
- · Director, Alberta School Boards Association (2010-2011)
- Member, Alberta School Boards Association Task Force on Student Health (2009-2013) Lead, Alberta School Boards Association Student Health Regional Teams (2010-2013)
- Alberta Representative, National Committee on Student Health (2012-2013)
- Member, Alberta School Boards Association Transformation of School Board Governance
- Chair, Metro School Boards Group

- Vice-Chair, Calgary Catholic School District Board of Trustees (2010-2011)
- Chair, Calgary Catholic School District Board
- Vice President, Alberta School Boards Association (2015-2017)
- · President, Alberta School Boards Association (2017 -present)

- Effective, authentic engagement
- The creation and strengthening of strategic
- Shared responsibility and transparency

I am asking for your vote on October 16th

Please feel free to contact me at: maryltmartin@gmail.com Tel: 403-238-3298 Cell: 403-827-2196 Twitter.com/maryltmartin www.maryltmartin.ca

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	r)	
ADDRESS:		P	POSTAL CODE:		
	Can we contact you at eithe	er your home phone or ema	ail address?		
☐ Email:		Phone:			_
# FAMILY MEN	MBERS:	(Please fill out this impo	ortant informat	ion)	
	E INTERESTED IN VOLUNTEERIN				
Suppor	t Your Community A	ssociation Buy a N	Membersh	ip Today	/!
\$20.00	2 017 WCA	MEMBERSHIP	CARD		
Name	(Surname)			Card Card Family	e ate 126
Name	(Surname)	(Given Name)		ship	entauv from d
Address	(Surname)	(Given Name) Postal Code		mbers	wCA Membership Representative Ibership Expires expires one (1) year from data
Phone #	Email			Me / Me	ership Jires res one
Date	Can we contact you for	Volunteer Activities? Yes ()) No ()	amij.	wieini ip Ext
Cheque#	Cash Receipt #	E-order ref	126 S	aiden Community Association 017 Family Membership Card leFamily	W.C.A Membership Kepresentative embership 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

P.O. Box 32028 - Silverado Post Office - Calgary, AB T2X 0X4. Or visit the ATB Walden Branch to purchase a membership in person

- 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.waldenyyc.ca

BUSINESS CLASSIFIEDS

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.

YARD BUSTERS LANDSCAPING: Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed Insured. Seniors discount. Phone: 403-265-4769. yardbusterslandscaping.com.

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PIANO TEACHER: Now taking registrations for Fall piano lessons. My home studio is in Walden. I have over 25 years' experience. I teach beginners up to RCM Grade 5. Private weekly 30-minute lessons. I seek to give positive feedback and encouragement at each lesson. Call or email to arrange a lesson time. 403-457-4126 or placusta@me.com.

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By Suzanne Smith-Demers – Consultant

Thousands of Canadians have opened a Registered Disability Savings Plan (RDSP) since the program was introduced in 2008. Thousands more who qualify have not. Here's what you need to know.

- An RDSP is a federal government savings program that encourages savings for the long-term financial security of an individual who is eligible for the Disability Tax Credit (DTC).
- · Contributions can be made by anyone authorized by the holder of the plan up to maximum lifetime contributions of \$200,000 per beneficiary. Any investment growth and income generated will accumulate on a tax-deferred basis.
- · The Canada Disability Savings Grants (CDSG) provide matching grants of up to 300% of contributions, based on the amount contributed and the family income of the beneficiary. The maximum lifetime grants available are \$70,000.
- · The Canada Disability Savings Bond (CDSB) is available to low and modest income Canadians irrespective of plan contributions. The maximum annual bond is \$1,000 per year, to a lifetime maximum of \$20,000.
- When money is paid from an RDSP to the beneficiary, it does not affect the eligibility for federal or provincial social assistance programs (in most provinces). Furthermore, savings within the RDSP will not affect Alberta asset tested benefit programs such as AISH (Assured Income for the Severely Handicapped).

RDSPs are intended for long term savings and certain penalties can occur if the funds are used early in the beneficiary's life. It is important to work with an adviser who is well versed in the program to ensure that you understand the implications to your unique situation.

SAFE & SOUND

Halloween Safety

Alberta Health Services EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31st approaches. Take some time to review these simple tips and reminders to help ensure your Halloween is a fun and safe night for everyone.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stav away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- · Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.
- · Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- · When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- · Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than vour child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

October at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

Adults

- Register now for adult fitness starting in November: Cardio Kickboxing, Fitness Sampler for Beginners, Myofascial Stretch & Release, Ballet Barre Blast, Buti Yoga, Cardio Dance and Yoga Sampler for Beginners.
- More than 70 drop-in fitness classes every week including aquafitness in our pool. Included with your monthly continuous pass, drop-in fee for non-passholders. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- October's Wellness Event is Video Spin Party.

Older Adults

- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multiweek registered programs start in November.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children & Youth

- All children's programs from tots to teens start in November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes.
- Li'l Spooks Halloween Party, Tuesday, October 31 from 2:30 to 4:00pm. Costume party! Complete with games, face painting and treats. Passholders \$15 per family, General Public \$20 per family.
- Get Certified: October certification classes include CPRC/AED original and recert, First Aid/CPR Full original and recert.



- Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.
- Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of fun activities including leisure skate, youth shinnv, and stick & puck.

Fall Wellness Challenge

• #TRICOTOUGH

Our Fall Wellness Challenge will get you in shape and help you find balance. Visit the fitness desk for more information.



We are a volunteer organization for youth aged 5-26 years. If you are interested in volunteering or registering your child, please visit our website at myscouts.ca for information and group locations. We are an inclusive organization and financial assistance is available.

Helpdesk toll free number: 1-888-855-3336



okotoksskatingclub.ca registrar.osc@gmail.com 403-969-5442

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Please see our NEW website for brochure and details







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MLA, Calgary-South East Rick Fraser

Suite 202, Building D, 5126 126 Av SE Calgary, AB T2Z 0H2 403-215-8930

In August, I organized a meeting with concerned Copperfield residents regarding a wetland that seemed to have dried up. Vesta Properties, Councillor Keating's office, and Alberta Environment were also in attendance. Notes from that meeting can be found on my Facebook page: RickFraserYYCSE. You can also request a copy of the notes by emailing Calgary.southeast@assembly. ab.ca

I had a concerned constituent visit my office about the Alberta Animal Protection Act. I put a call out to constituents for feedback and the message is clear, you'd like me to look at pursing changes to the act. I have created a group attached to my Facebook page where I will be posting frequent updates: Alberta Animal Protection Act. I welcome constituents to join and follow my prog-

I empathize with parents upset about the Calgary Board of Education's new bus routes and scheduling. I ask that concerned constituents contact their school Trustee with feedback. You can also contact my office, so I can provide comments to the Government's Minister of Education.

Events and congratulations

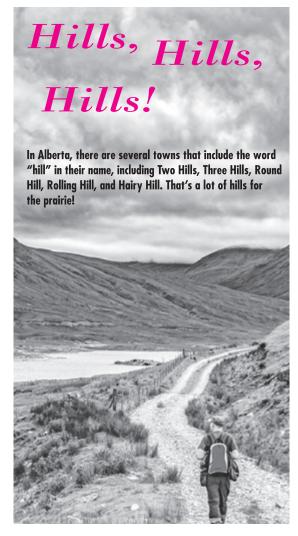
- · Silverado Block Party Fundraiser sponsored by Multiply Church to raise funds for the outdoor skating rink (http://silveradoca.ca/)
- Toured Wellspring Calgary's temporary south location. (http://wellspringcalgary.ca/)
- Toured Calgary Wildlife Rehabilitation Society's facility. (http://calgarywildlife.org/)
- Burgers to Beat MS at Glenmore and 130th Avenue locations (https://burgerstobeatms.ca/)

Did vou know?

- Our office presents congratulatory scrolls for anniversaries and birthdays. Birthday scrolls are available to constituents celebrating their 65+ birthday, in fiveyear intervals. Anniversary scrolls are available to constituents celebrating their 25+ anniversary, in five-year intervals.
- I will visit your child's school and speak about the role of an MLA, government, and answer students' questions.

- Our office provides free notary service to constituents. Please call to book an appointment.
- I am available to attend constituency events. Please contact my office to schedule.

If you have any questions, concerns or are in need of assistance, please contact my office at 403-215-8930 or calgary.southeast@assembly.ab.ca.



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☆★☆ PLATINUM* Savings Bonus Plan ☆★☆

If I list your home and you purchase another home with me - **NO LISTING FEE!!!**To encourage other Realtors to bring buyers, I recommend offering a 3.5% on the 1st \$100K + 1.5% on the balance of the purchase price.

If you pay a typical 7% on the MY PROGRAM YOU CAN SAVE 1st \$100K + 3% on the Balance On the sale of a \$8,000 Listing Realtor Fee \$0 100 % \$400,000 home \$8,000 Buying Realtor Fee \$8,000 \$16,000 \$8,000 \$9.500 Listing Realtor Fee On the sale of a \$0 100 % \$500,000 home \$9.500 Buying Realtor Fee \$9,500

Thinking of building? I can work with most builders on your behalf if I am included on your first contact with the builder.

\$9.500

\$19,000

^{*} Some conditions apply

☆★☆ GOLD Savings Plan ☆★☆ Listing your home only Flat Listing Fee of \$3,000 to list your home.							
If you pay a typical 7 1st \$100K + 3% on		MY PROGRAM		YOU CAN SAVE			
On the sale of a	\$8,000	Listing Realtor Fee	\$3,000	62.5 %			
\$400,000 home	\$8,000	Buying Realtor Fee	\$8,000				
	\$16,000		\$11,000				
On the sale of a	\$9,500	Listing Realtor Fee	\$3,000	68.4 %			
\$500,000 home	\$9,500	Buying Realtor Fee	\$9,500				
	\$19,000		\$12,500				

Comparisons based on 7% on the first \$100,000 and 3% on the balance. Not intended to solicit properties currently listed for sale.



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