

MAY 2019

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# WALDEN LIFE

THE OFFICIAL WALDEN COMMUNITY NEWSLETTER



**walden**  
COMMUNITY ASSOCIATION





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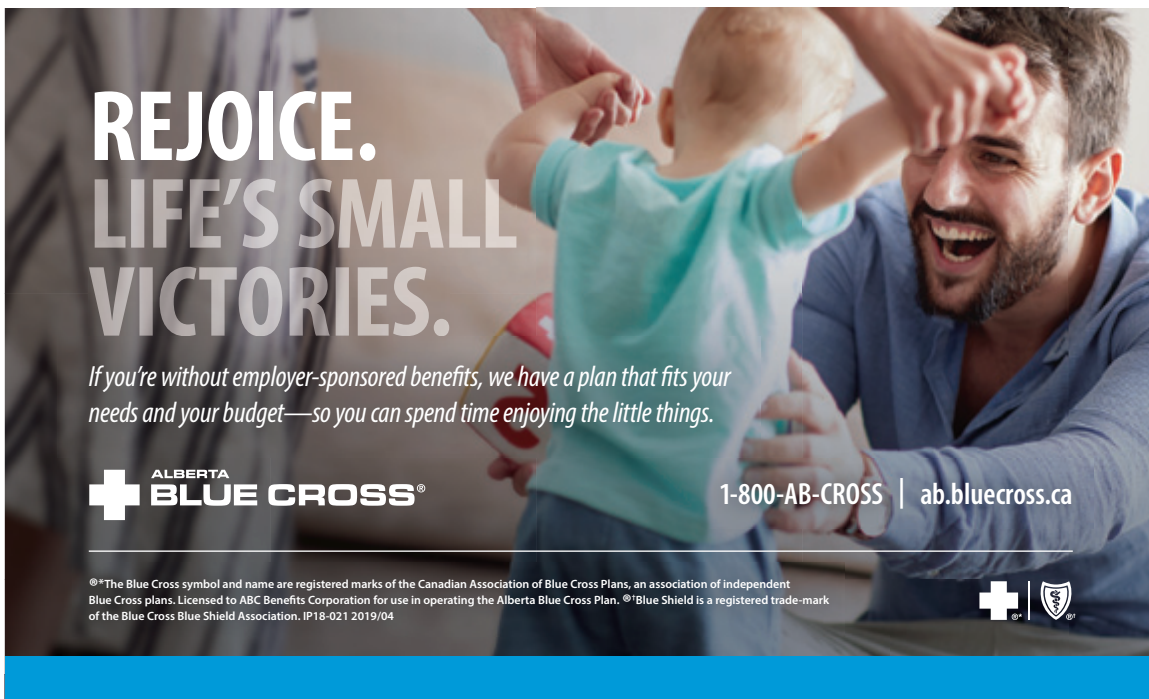
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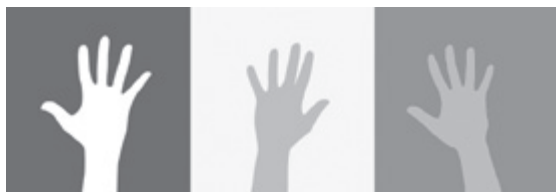
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## VOLUNTEERS NEEDED

If you would like to volunteer on committees or other community related activities, please contact us at [info@waldenyycc.ca](mailto:info@waldenyycc.ca), we would love to have you!

VISIT OUR WEBSITE: <http://waldenyycc.ca>

Join Us:

- FACEBOOK: <http://www.facebook.com/groups/waldenyycc>
- 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)

## WALDEN COMMUNITY ASSOCIATION

### Board Listing

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## FF THE MENU

Mayonnaise is one of the world's most popular condiments. Some of the countries where it is the most popular are Russia, Chile, and Japan!

### NEWSLETTER INFORMATION

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

**Articles:** you try to keep the word count to 300 words 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.



# South Health Campus (SHC) Wellness Centre

**The South Health Campus Wellness Centre** offers quality health & wellness programs (mostly free!). See our Spring/Summer Program Guide for a full list of programs, descriptions and registration information at <http://www.ahs.ca/shcwellness> or call 403-956-3939.

## FEATURED PROGRAMS

**Living Well on Prednisone** May 14 10:00am-12:00pm  
Do you take corticosteroids (Prednisone) and find it challenging to manage side effects such as increased appetite and weight gain? Do you want to take extra steps to help protect your bones? Learn about how corticosteroids affect your body and how your diet can help manage some of the side effects.

**Talking with Your Family About Cancer** May 29 6:00-7:30pm

1 in 2 Albertans will have cancer in their lifetime. Knowing how to have meaningful conversations with your family members about cancer and your treatments may be challenging. This presentation will provide tips for talking with children, teens and adults while exploring the 5 – W's to help you begin.

**Mind Fit!** May 31 10:00-11:30am

Just like the body, the brain can show signs of aging over time. While this is a natural result of growing older, there are positive lifestyle changes you can make to keep your mind sharper for longer. Join us for a fun and informative presentation called Mind Fit where you will learn about proactive ways to enhance cognitive functioning. This presentation includes engaging group activities used in the Cognitive Therapeutics Method, a science-based cognitive stimulation program, as well as trivia, Name that Tune and logo identification!

**Parkinson's Speech and Swallowing Disorders** June 3 10:00am-12:00pm

For people diagnosed with Parkinson's and their families to learn about: How speech and swallowing can be impacted by Parkinson's Disease, what normal speech and swallowing look like and how things change, and when to see a speech –language pathologist to help diagnose and treat problems when they arise.

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### May Programs for Kids

#### **Young Artists in Residence at the 32nd Annual Exhibition of Children's Art**

Join us for our 32nd Annual Exhibition of Children's Art from May 2-16, 2019 at the Municipal Building Atrium (800 Macleod Trail S.E.). Come celebrate sculpture, painting, drawing and mixed media artwork, all created by young artists aged 3-17 from North Mount Pleasant and Wildflower Arts Centres. On May 2 our artists will be in residence, talking about their work. Everyone welcome! Details at [calgary.ca/calendar](http://calgary.ca/calendar).

#### **Register Now for City of Calgary Spring & Summer Recreation Programs**

Try something different. The City's Spring & Summer Recreation Program Guide has 1,012 affordable ways to have fun. Choose from day camps, swimming, arts, dance, fitness, sports, sailing, golf and more! There is something for everyone in your family. Registration is now open. Find your fit at [Calgary.ca/register](http://Calgary.ca/register).

#### **Summer Day Camp & Playschool Registration Now Open**

Registration is now open for City of Calgary day camps and year-long Playschool. Budget-friendly quality children's programs are available at City recreation and parks facilities across Calgary. Choose from over 35 camp types to keep your child active and having fun this summer such as Nature's Superheroes, Extreme Adventures or Swim, Sports and more to name a few. Visit [calgary.ca/register](http://calgary.ca/register).

#### **Mobile Adventure Playgrounds: A Different Way to Play!**

The City of Calgary hosts free outdoor Mobile Adventure Playgrounds in various locations for children to explore, create, imagine and learn in their own way. They contain a variety of materials and loose parts such as boards, tires, tape and cardboard that children are free

to use to build, demolish, assemble and change their environments as they desire. Onsite play ambassadors are there to inspire play and keep the playground safe, but not directly supervise the children. Parents are encouraged to stay and watch their children play and see how their imaginations soar in this ever-changing adventure space. Locations and dates available at [calgary.ca/play](http://calgary.ca/play).

#### **Skip the Work and Plan Your Kids' Birthday with The City of Calgary**

Birthday wishes....no dishes! Skip the work and plan your next birthday party with The City of Calgary. The City's many facilities offer an easy and affordable way to gather with friends and family in a fun setting. From waterparks to nature adventures, you'll find party planning simple and stress-free. Parties are tailored to the age group and available at City leisure centres, nature centres, aquatic and fitness centres, and art centres. Visit us online to see our list of themed adventure parties.

Visit [calgary.ca/birthdays](http://calgary.ca/birthdays) for options.

#### **The Fun Starts After the Bell with Calgary After-school**

The fun starts after the bell. After school programs are offered by The City of Calgary for FREE or low cost. Youth are provided positive, fun and supervised after school programs in schools, recreation buildings and community facilities across Calgary. Children and youth grades 1-12 can drop into a weekday program in their community and take part in a variety of activities from 3-6 p.m. Activities may include basketball, swimming, arts, leadership, skating, sports and much more. At Calgary AfterSchool, it's more than just getting children and youth active. These programs are designed to keep kids productive, increase self-esteem and teach them skills that will follow them throughout their life. Learn more at [calgary.ca/afterschool](http://calgary.ca/afterschool).



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## Want a Safer Community? Get to Know Your Neighbours!

A great crime prevention tool is simply saying “hi” to your neighbours. The more interactions neighbours have with each other forms community relationships that will help increase neighbourhood safety. Here are three reasons that being neighbourly builds a safer community:

### Belonging

Knowing your neighbours can increase a sense of belonging and respect. When neighbours have a relationship, neighbourly tension and community disputes can be reduced.

### Be Alert!

If an emergency does arise, when you know your neighbours you can readily identify those who may have special needs, mobility issues, or those who need additional assistance.

### Attitude Shift

Many neighbours watch each other but what if we change our attitude to watching out for our neighbours instead?! Watching out for your neighbours could make the difference in reducing criminal activity. When you can rely on the people who live closest to you it increases your sense of safety and prevents crime.

A great way to start to build a relationship is by using a *My Neighbour Card*

If you would like to grab some *My Neighbour Cards* for your street stop by our office at #110, 720 – 28 Street NE.

## TAKE ON WELLNESS



## The Power of Positive Self-Talk for Young Athletes and Dancers

by Brianna Thorogood, office manager at a dance studio in SW Calgary

There is one rule of thumb that we like to follow when we are encouraging young dancers—treat yourself as you would your best friend. Sometimes we need to take a step away from ourselves, not just kids but adults too, and realize that we’ve got a negative radio show happening in our heads!

So, we say, “treat yourself as you would your best friend”. We treat our best friends with kindness, support, and love. We try to teach our young dancers and athletes to treat themselves this way too. Be gentle and encouraging with yourself and with others. It’s amazing how thinking with a positive mindset can change everything! Instead of “I can’t do four pirouettes” or “I won’t be able to run that far” try “I’m going to try my best to do four pirouettes” or “I can definitely run that far”.

We encourage kids to train their minds as well as their bodies. You can train so hard, for hours and hours and still have something holding you back. Having a positive mindset and positive radio station playing in your head can be the difference between achieving your goals and staying where you are.

Not only can this positive self-talk help with a healthier mindset, but it can also relieve stress!

So, encourage your athlete to try something new today...encourage them to treat themselves like a best friend; try speaking kindly to themselves!

“I will try my best and lean on my teachers and teammates for support.” You’ll be surprised what a simple mindset shift can change.



# Coexisting with Bobcats

by Lisa Dahlseide B.Sc.

With a bobbed tail, Bobcats are small compared to other wild cats. They weigh in around 20lbs. Their front striped legs meet large webbed paws. Whiskers cross a black barred snout with signature black ear tufts. They are strict carnivores hunting small mammals, insects and birds. Little evidence suggests they eat substantial amounts of domestic pets.

If you do not want Bobcats around your property, eliminate shelter options. Areas under your deck or shed provide a good hiding place for Bobcats and prey, remove access to the attractive accommodation. Brush or piles of rubbish encourage small mammal presence inviting predators in for a meal. Feed your pets indoors and remove bird feeders. However, some welcome the guests.

Bobcats are crepuscular, meaning active at twilight. This behaviour changes seasonally with prey activity increasing in colder months to the day. In urban environments Bobcats often lean towards a nocturnal lifestyle to avoid human interaction.

Bobcats have an average territory ranging up to 5 km<sup>2</sup>. Territorial size fluctuates among individuals depending on prey abundance, mates and denning habitat. Home ranges are also influenced by population densities with smaller territories where there are more Bobcats.

Given their wide range and localized healthy populations, they are not endangered, however they are extirpated, or locally extinct, in many areas across North America. Trapping has led to their disappearance. Here in Alberta, it is prohibited to rehabilitate orphaned or injured bobcats, Fish and Wildlife leave orphaned kittens to starve to death allowing "nature to take its course" with the mother-dependent milk-drinking mammals rarely orphaned from natural circumstances. Bobcats are successfully rehabilitated and released in other jurisdictions.

We are so fortunate to share our community with Bobcats. They have chosen to coexist with us. Bobcats benefit our urban environment bringing balance to our partially paved ecosystem.

*Lisa Dahlseide is a Conservation Biologist living in Bowness whose focus is on Wildlife Biology. She volunteers at the Cochrane Ecological Institute as the Director of Education teaching about the importance of Wildlife Rehabilitation and Release and she works for the Weaselhead/Glenmore Park Preservation Society teaching environmental education programs and monitoring the impacts of the SW Calgary Ring Road on wildlife and water.*

## South Calgary PAP Clinic

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Visit our website at [www.thesundanceclinic.com](http://www.thesundanceclinic.com)

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**\$8,000**

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# Ask Charles

**I've recently started hearing reports about radon in Alberta homes. If I'm buying a home in Alberta, is it something I should be concerned about?**

You're right to be asking this question. A lot of people aren't familiar with radon, but they should be.

Radon is an odourless, tasteless, colourless radioactive gas that is the by-product of uranium decay. Uranium occurs naturally in soil and rock formations, and places with higher than normal uranium deposits, such as Alberta and Saskatchewan, have higher radon levels.

Radon seeps through the earth and into basements, where it can become trapped because of the efficient way our homes are sealed from the outside elements.

Prolonged exposure to radon can lead to health problems, including lung cancer. In fact, after smoking, radon gas is the leading cause of lung cancer.

Unfortunately, there's not much that can be done during the offer and negotiation phase of a real estate transaction because reliable radon tests take 90 days to complete. That's much longer than a typical offer to purchase timeline including time for condition removal.

However, some Alberta homeowners are having their homes tested for radon knowing what a serious health issue it is. If you find a home you're interested in, ask the seller if they've had their home tested and ask for

the test results. If the radon test showed high levels of radon (higher than 200 Becquerel), that's considered a material latent defect that **MUST** be disclosed to prospective buyers unless a radon mitigation device is installed prior to listing.

The good news when it comes to radon is that it's a solvable problem. Even if you fall in love with a home that hasn't had a radon test or the results are high, a radon mitigation device can be installed to vent radon gas outside the home from the basement. Mitigation costs vary but are often not more than \$2,000-\$3,000. Hire a Certified Radon Technician to install the device to ensure it's done properly.

If you buy a home that hasn't had a radon test done, we encourage you to proceed with a radon test within 90 days of possession. This is health issue, and radon testing, and mitigation is money well-spent. For more information about radon, go to Health Canada's website and search "radon."

*"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [askcharles@reca.ca](mailto:askcharles@reca.ca).*



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## Green Carts Spring into Weekly Collection Schedule

Spring has sprung, and with it comes an increase in yard waste. Weekly green cart collection will resume the first week of April.

Calgarians can visit [calgary.ca/collection](http://calgary.ca/collection) to find out their new green cart schedule and to sign up for free reminders including phone, email and text alerts or download the free Garbage Day app to receive notifications on their smartphones.

There are no changes to blue or black cart collection.



strangers



neighbours

**Friday May 3 - Sunday May 5**

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[janeswalk.calgaryfoundation.org](http://janeswalk.calgaryfoundation.org)



Councillor, Ward 14

**Peter Demong**

[www.calgary.ca/ward14](http://www.calgary.ca/ward14)

[eaward14@calgary.ca](mailto:eaward14@calgary.ca) or

403-268-1653

Greetings Ward 14!

I hope you had a great April. Here are your May newsletter topics.

### Extended Producer Responsibility

Some have likely noticed me mention Extended Producer Responsibility (EPR) over the last few months. Simply put, EPR shifts the responsibility and costs of managing recyclable materials from municipalities to producers. It is not new. It exists in some form in every province in Canada, other than Alberta.

I am a proponent of EPR for two main reasons:

1. In 2016, producers provided more than \$367 million to fund provincially-regulated paper and packaging recycling across Canada because of EPR. Because Alberta does not have EPR legislation we received NOTHING. Yet we pay for the cost of EPR in other provinces that producers pass on. We are paying twice for our recycling, and EPR could change that.
2. EPR provides an incentive for industry to innovate ways to waste less and recycle more.

Cities, and towns across the province have shown their support for a province-wide EPR program, but what we really need is for Albertans to tell the Province to stop making them pay twice. If you want to see EPR in Alberta, tell your MLA. You can visit [calgary.ca/ward14EPR](http://calgary.ca/ward14EPR) for more info about EPR.

### Counciltalk

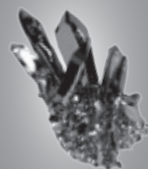
The next Counciltalk is on May 4 from 12 p.m. to 2 p.m. at the Parkland Community Hall (505 Parkvalley Rd SE). Visit [calgary.ca/counciltalk](http://calgary.ca/counciltalk) for future dates.

Please feel free to contact me any time. The best way to do so is by visiting [calgary.ca/contactward14](http://calgary.ca/contactward14).

## Osmium

Osmium is a blue-gray metal that is roughly twice as dense as lead, comparably hard as a diamond, and twice as reflective as gold. Osmium alloys (osmium mixed with other elements) can be found in fingerprint detection technology, fountain pen nibs, and was once used for lightbulb filaments (before tungsten).

Os



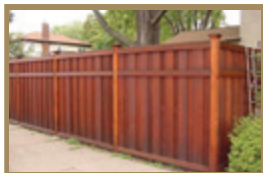


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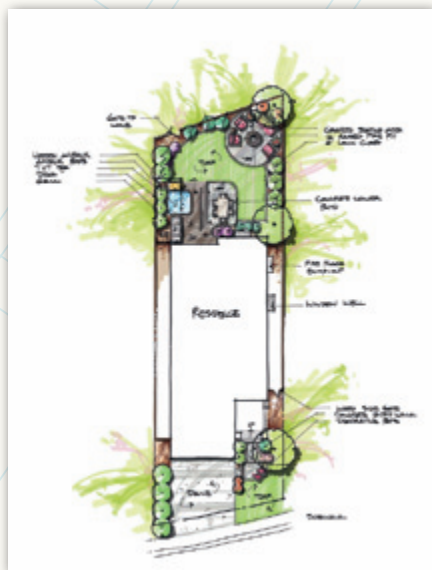
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## **C. BARNES, CHARTERED PROFESSIONAL ACCOUNTANT:**

Year-end financial statements, corporate and personal income tax returns, bookkeeping, payroll, GST. Contact Christine Barnes, CPA, CGA at 403-809-6521, or email c.barnes@cbarnescpa.ca.

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**TWO BLOOMIN GARDENERS:** We are certified horticulturists. Gardening services include spring and fall clean up; designing and planting of flower beds; container / pot design and planting; creative input and consultations; weekly or bi-weekly maintenance or as needed; pruning and fertilizing; and more. Call or text 403-710-0117.

**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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## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> 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

**ACOUSTIC MUSIC NEIGHBORHOOD JAM:** Come on out to a circle jam if you play guitar, mandolin, banjo, fiddle, or bass. Bring your favorite gospel, folk, bluegrass, country songs, or a song you've written yourself. Dates set by interested participants. More info: beabrightlight@yahoo.ca.



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