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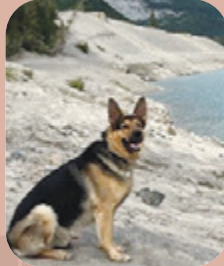
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## VOLUNTEERS NEEDED

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

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\*\* 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)

## International Left-Handers Day



August 13 is a special day for those who have the unique distinction of being left-handed. Approximately 10% of the global population are left-handed. But don't fret, left-handers! Some influential people who share your uniqueness include Prince William, Barack Obama, Justin Bieber, Oprah Winfrey, and Jennifer Lawrence, just to name a few.

# Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

### Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

### Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child.
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

### Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested.

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



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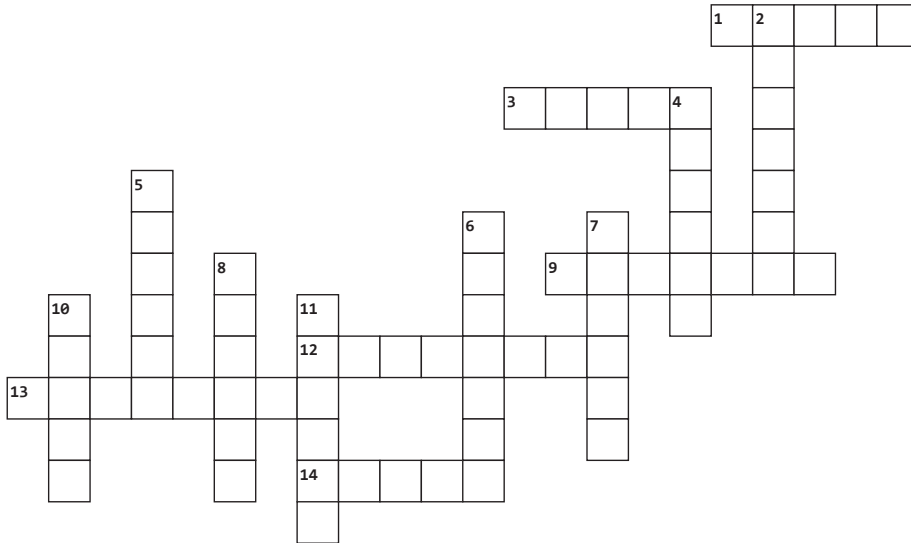
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# August Crossword



## Across

- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a \_\_\_\_\_" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate \_\_\_\_\_ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the \_\_\_\_\_ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

## Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, \_\_\_\_\_.
- The fantasy novel *A Game of Thrones*, written by George R.R. \_\_\_\_\_, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The \_\_\_\_\_, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid \_\_\_\_\_ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called \_\_\_\_\_, also known as the Dog Star.
- Canadian actress, Evangeline \_\_\_\_\_, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael \_\_\_\_\_ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or scan the QR code for the answers



# Sleep and Headaches

by Alberta Health Services

Headaches and sleep issues often go hand in hand, with one condition leading to the other or vice versa. Individuals with headaches are two to eight times more likely to have sleep disorders compared to those without headaches. This connection is especially common in people with chronic headaches, occurring 15 or more days per month, compared to those with episodic headaches, which occur 14 days or less per month.

Research indicates that similar brain regions control both sleep and pain, and that inadequate or excessive sleep can trigger headaches, particularly migraines. Sleep can potentially alleviate a headache attack, while poor sleep may exacerbate an episodic headache into a chronic pattern.

Migraines and cluster headaches often occur during rapid eye movement (REM) sleep and can lead to lower levels of melatonin. Conditions such as sleep apnea and depression are common in individuals who wake up with headaches or migraines and suffer from sleep problems.

### Common Sleep Problems for People with Headaches

There are several common sleep problems among people with headaches. Those include:

**Insomnia** – The most common sleep issue for people with headaches is insomnia. Insomnia occurs when an individual has a difficult time falling asleep and/or staying asleep, waking up too early and not being able to get back to sleep, or not feeling refreshed when waking up.

**Obstructive Sleep Apnea (OSA)** – The second most common sleep issue for people with headaches is OSA which is when a person stops breathing for short periods while they sleep. This happens because their airway doesn't stay open like it is supposed to. OSA is more common in men than women.

### You may have OSA if:

- you snore
- you feel very tired during the day
- someone has noticed that you seem to stop breathing during the night



### Some risk factors for OSA are:

- obesity
- long-term use of alcohol, sedatives, muscle relaxants, or medicine with codeine or morphine

When OSA is diagnosed and treated, both OSA and headaches can get better. OSA is usually diagnosed with an overnight sleep study. Many people with sleep apnea must use a continuous positive airway pressure (CPAP) machine at night. The CPAP machine helps keep the airway open. If you think you may have sleep apnea, talk to your doctor, who may refer you to a sleep specialist.

**Other breathing problems** – Other breathing problems at night such as snoring and upper airway resistance syndrome (UARS) have also been linked to headaches. With UARS, the airway narrows, and the lungs and diaphragm have to work harder. If UARS isn't treated, it may turn into sleep apnea. Treatments for UARS include mouth splints, surgery, weight loss, and sleeping on the side instead of the back.

## Managing Your Headache Could Affect Your Sleep

Headache researchers Ong and Park say other factors affect sleep according to the popular Biobehavioural Model. The model says that a person may already have issues (predisposing factors) like anxiety which, when combined with stress or daily hassles (precipitating factors), may cause short-term sleep problems. The person may then try to find short-term ways to cope (e.g., take naps, take sleep medicine at night, or use caffeine during the day). These ways of coping may become factors themselves (perpetuating factors), which can make sleep problems continue. This model may have special meaning for people with headaches. This is because some perpetuating factors are common ways to manage headaches, like:

- using caffeine to stop a headache
- napping during the day to sleep off a headache

If people aren't careful, regular use of these strategies might lead to chronic sleep and chronic headache problems. A better solution is to learn ways to manage stress and to use sleep hygiene strategies.

## Ways to Improve Sleep and Headaches

There are many ways to improve your sleep patterns and, potentially, alleviate headaches caused by sleep issues.

Some examples include:

- Using a headache diary to find your triggers. Notice any patterns that occur in correlation to your sleep or how rested you feel.
- Keep regular sleep patterns. Sleeping too much or too little can trigger headaches. If you do get a headache when your sleep pattern has changed, this may be a trigger that you can control.
- Manage stress. Exercise and eat nourishing food on a regular schedule.
- Seek treatment if you have depression or anxiety, which can both contribute to poor quality of sleep and headaches.
- Practice good posture to reduce neck strain. Reduce eye strain from computers at work and at home. Be mindful of jaw clenching, which can cause muscle tension in your face.

Visit 'Headache Management: Sleep Strategies' or talk to your healthcare provider for more information on the correlation between headaches and sleep.



## NEWSLETTER INFORMATION

**Content Deadline:** Content for the newsletter is due by the first of the month, this includes pictures and content. See guidelines below.

Email: [newsletter@waldenyc.ca](mailto:newsletter@waldenyc.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.

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## Word of the Month

**Mellifluous: adjective**  
(muh-lif-loo-uhs)

Sweet or smooth sounding, as in a voice or string of words.

She believed Spanish to be the most mellifluous language in the world.





## Saving Grandma's Garden

Article and Photos by Monika Smith

As my mom descended into dementia last year and could no longer live in her home, I had to sell her property. As with so many older residential properties on the market, many of my mom's and baby boomer generation had gorgeous gardens.

I needed to save a few token plants that she had tended over the years. They had brought her joy and a funny and often acrimonious relationship with Joe. Joe was born into a farming family, and although he became cityfied, he was a proud vegetable grower. But flowers? Heck no. He'd occasionally get into a mood and just rip out my mom's hard work, because they were not food.

Just before the new owner took over, I had a moment of, "I have to bring some of mom's plants to my place!" She had been growing them for decades. I broke a number one rule: if you get a plant, there's a hole in the ground ready for it! I basically dug out a big bunch of plant shoots and roots and dumped them into a bucket of soil.

What did I take home, dig in, and promptly forgot about? Primroses (*Primula auricula*), bergenia (*Bergenia crassifolia*), and leopard's bane (*Arnica cucanlis*).

There's another very good rule about plants, 'right plant in the right space'. However, plants want to survive and will make an effort. Just don't expect anything lush or healthy looking.

I was surprised in late May by a few leaves emerging in strange places, like near my Colorado spruce. What is that? Primroses! Ok, so that's where I put them. They were shorter than normal and looking a bit stunned. That's what a spruce tree and lean soil will do. We did have a wet-ish May that helped, and June has coaxed more plant out of the ground.

Mom had a big row of bergenia that I chopped apart and shovelled into a bucket. A gorgeous umbel of pink flowers emerged in the spring where I didn't remember putting them. Those famous big leaves were small! Another super hardy and evergreen perennial, if conditions are right.

Last but not least is leopard's bane. Such a cheerful yellow and the earliest blooming daisy. None of these

plants are 'native', but that got me to thinking of maybe leaving those plants in a 'cultivated' zone? Not large — as I prefer native plants — but these are from my mom's garden, and I needed something that is more than a piece of jewelry, art, or her favourite baking pan.

My message is simple. Save those old garden plants! If they are your grandmother's, aunt's, family members', or an aging friend's that has to move, ask if you can dig up a few favourites. Or chat with the developer if the house is sold. They don't care as long as you are not in the way or trespassing.

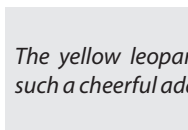
If you're new to gardening, these old plants are time tested to grow well. Find out how to remove a batch from a knowledgeable friend, or contact Calgary Horticulture, or even myself.

Keeping these hardy and old-fashioned plants lovingly tended to by my mom is a special legacy which I honour.

Thanks mom, your plants will remind me of you and wonderful memories of gardening and growing up.



*This lovely pink umbel is one of the early flowering bergenia. An old fashioned, but lovely addition to any yard.*



*The yellow leopard's bane daisy is such a cheerful addition in a garden.*



*You've all seen this kind of primula. It's super hardy and will brighten a spring day.*



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Councillor, Ward 14  
**Peter Demong**

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Hi, Ward 14!

It's August. It's a little slower in Calgary with people enjoying the summer weather. I won't keep you long, with just one, quick topic to bring up.

In 1999, The City and partners created a time-capsule and friendship quilt to celebrate the International Year of Older Persons. After 25 years, it is the perfect time to open the time capsule and reflect on the friendship quilt. On October 1, 2024, the International Day of Older Persons, we're preparing to commemorate this significant milestone.

As we prepare, one of the goals is to reconnect with those who played a vital role in 1999, particularly in the creation of the time capsule and the friendship quilt. The City is on a mission to ensure those who contributed their time and creativity to these important pieces 25 years ago have an opportunity to take part in the October 1 celebration.

If you were involved in any capacity with the time capsule or friendship quilt in 1999, we want to hear from you! Your stories, memories, and reflections are invaluable as we revisit and celebrate the legacy of that extraordinary year. If you know someone who was involved, please let them know we are looking for them.

Join this journey of remembrance, gratitude, and celebration by emailing [agefriendlycalgary@calgary.ca](mailto:agefriendlycalgary@calgary.ca).

Feel free to contact me any time, and don't forget to visit [calgary.ca/ward14](http://calgary.ca/ward14) for the full version of this column. The best way to contact me is by visiting [calgary.ca/contactward14](http://calgary.ca/contactward14) or calling 403-268-1653.

Sincerely,

*Councillor Peter Demong*



## YOUR CITY OF CALGARY

# Declutter and Discover! Join Us for the Citywide Treasure Hunt: A Fun Event for All Ages!

*by The City of Calgary, Waste and Recycling Services*

We are excited to announce the upcoming Curbside Treasure Hunt, taking place across Calgary on September 7 and 8. This is a fantastic community event where residents can set out items they no longer need, giving others a chance to find a hidden gem.

Event Details:

- Dates: September 7 and 8
- Look through your home and gather any reusable items that you no longer need.
- Mark them with a "Free" label and place them at the curb on the designated event days.
- Treasure hunters rejoice! Anyone can come and pick up these items for their own use – it's like a free garage sale right at your doorstep!
- If it's still on the curb, let's keep the community tidy and donate it!

The Treasure Hunt encourages Calgarians to explore their neighbourhoods, find unique items, and meet new people. It's a wonderful opportunity to strengthen our community ties and supports our goal of reducing environmental impacts by reducing waste. Participants can place items they no longer need at the curb for others to pick up, fostering a spirit of sharing and community engagement.

**JOKE OF THE MONTH**

**WHAT KIND OF KEY OPENS A BANANA?**

**A MONKEY**



# DID YOU KNOW?



calgaryfoothills  
soccerclub

We are the official youth soccer provider for: **Auburn Bay, Canyon Meadows, Cranston, Deer Ridge, Deer Run, Evergreen, Lake Chaparral, Langdon, Legacy, Mahogany, Marquis De Lorne, New Brighton, Queensland, and Walden.**

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- 8 Canadian National Youth Championships won.
- Foothills WFC is the highest level of women's soccer in Canada and 2022 UWS Western Conference Champions.
- One of two founding franchises for the Project 8 women's professional league launching in 2025.

**INDOOR 2024/2025 REGISTRATION:** Program details and online registration available **AUGUST 15<sup>TH</sup> TO SEPTEMBER 30<sup>TH</sup>** at [WWW.GOFOOTHILLS.CA](http://WWW.GOFOOTHILLS.CA)

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