# WALDEN LIFE

THE OFFICIAL WALDEN COMMUNITY NEWSLETTER



invis is

more affordable than you think.

Your dental insurance may cover up to \$2,500 in orthodontic treatment.











587-393-6020 | 105-19612 Walden Blvd SE | Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) - Orthodontist



Live, Belong.

**Calgary's Most Welcoming** Southeast Community.

**HOTCHKISS** hotchkissliving.com





President	Vacant	
Secretary	Bim Adeniji	
Treasurer	Chris Wiencki	
Director at Large	Julia Wiencki	
Director at Large	Nonye Opara	
Director at Large	Ashis Ghosh	

To contact the board, please email board@waldenca.ca.

## **FOLLOW US ON**

**f** FACEBOOK: facebook.com/groups/waldenyyc

X (TWITTER): twitter.com/walden\_yyc

INSTAGRAM: instagram.com/walden\_yyc



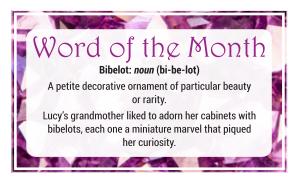
## **WALDEN REWARDS**

Walden has established its very first partnership!

Present your Walden Community membership card at Green Chili\* and receive 10% off your order!

\*Walden location only. Dine in or take out. Food items only.





### **SAFE AND SOUND**

## **Backyard Play Safety**

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

#### Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate (\*Alberta Building Code).

#### Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

### **Insect Bites and Stings**

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.



## **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:**

www.waldenyyc.ca

#### Join Us:

Facebook: www.facebook.com/groups/waldenyyc

### Walden Block Watch Page:

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)

## SCAN HERE TO VIEW ADDITIONAL WALDEN CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics







## WALDEN COMMUNITY REAL ESTATE ACTIVITY

# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our Innovative Consumer Programs

Virtual Tours
Guaranteed Sale Program\*
Trade Up Program\*
Blanket Home Warranty Program\*
Accepting Crypto Currency

Call us to help you navigate through the changing real estate world

Call or Text 403-606-8888 Email len@lentwong.com

\*Guarantee is being offered by Greater Property Group.
Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	24	25	30	\$517,400	\$523,000
March	24	34	24	\$462,500	\$492,500
February	24	22	13	\$419,900	\$460,000
January	24	19	25	\$514,888	\$514,888
December	23	11	8	\$507,400	\$493,500
November	23	11	13	\$390,000	\$390,000
October	23	11	14	\$427,500	\$422,500
September	23	18	16	\$497,450	\$490,000
August	23	27	20	\$512,500	\$509,500
July	23	18	22	\$423,950	\$441,500
June	23	30	29	\$514,900	\$530,000
May	23	28	25	\$539,900	\$545,000
<b>-</b> .					

To view more detailed information that comprise the above MLS averages please visit wald.mycalgary.com

## Anxious Attachment Style? Ten Ways to Show up More Secure in Your Romantic Relationships and Ten Ways You Can Help Your Partner to Feel More Secure

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Showing up as secure in romantic relationships involves fostering trust, communication, and self-awareness.

- **1. Work on Yourself** Build your self-esteem and confidence. Know your worth and understand that you are deserving of love and respect.
- **2. Communicate Openly** Express your thoughts, feelings, and needs openly and honestly with your partner. Encourage them to do the same.
- **3. Trust** Trust yourself and trust your partner. Trust is the foundation of a healthy relationship. Avoid unnecessary jealousy and possessiveness. Unless they truly show you otherwise, then trust your gut.
- **4. Set Boundaries** Establish clear boundaries and respect each other's boundaries. Boundaries help maintain a sense of safety and autonomy within the relationship.

- **5. Be Supportive** Offer support and encouragement to your partner. Show empathy and understanding towards their experiences and emotions.
- **6. Maintain Independence** While it's important to be close to your partner, maintain your independence and individual interests. This helps prevent co-dependency and maintains a healthy balance in the relationship. This also helps you show up as a whole person.
- **7. Address Insecurities** Recognize and address your own insecurities. They can self-sabotage good relationships. Seek therapy or counselling if necessary to work through deeper issues. Do the personal work, you won't regret it.
- **8. Practice Self-Care** Take care of yourself physically, emotionally, and mentally. Prioritize activities and habits that promote your wellbeing. Your partner will support you in this if they too are healthy.
- **9. Focus on the Present** Avoid dwelling on past relationship traumas or projecting future fears onto your current relationship. Stay present and focus on building a positive connection with your partner. Take the time to get to know the new person in your life before making big changes and decisions with them.
- **10. Seek Growth Together** Continuously work on personal growth and relationship skills together. Attend couples therapy or workshops to strengthen your bond and deepen your understanding of each other. A partner who is open to their own growth and self-awareness is a green flag.

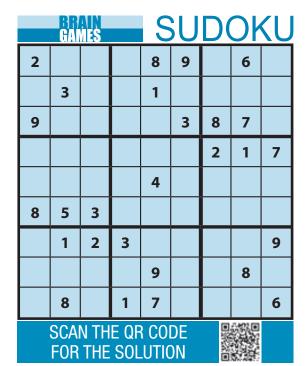
## The following are tips to help your anxious partner to feel more secure:

- **1. Communication** Keep open and honest communication about your feelings, plans, and concerns.
- **2. Reassurance** Offer regular affirmations of your love, commitment, and support.
- **3. Trust** Build and maintain trust by being reliable, dependable, and transparent. This allows space for both of you to share and explore your vulnerabilities.
- **4. Empathy** Listen actively (listen to understand, not defend) and empathize with your partner's emotions and experiences.

- **5. Boundaries** Respect your partner's boundaries and communicate your own clearly.
- **6. Quality Time** Spend meaningful time together, creating positive experiences and memories.
- **7. Appreciation** Show appreciation for your partner's efforts, qualities, and contributions.
- **8. Consistency** Be consistent in your actions and behaviours to foster a sense of security and stability.
- **9. Problem Solving** Work together to address any concerns or challenges that arise in the relationship. A relationship is not one sided.
- **10. Self-Care** Take care of yourself mentally, emotionally, and physically. Your own well-being contributes to the overall health of the relationship.

### **Book Suggestions:**

- The Power of Attachment Diane Poole Heller
- You are the One You've Been Waiting For Richard C. Schwartz
- Attached A. Levine & S. Heller



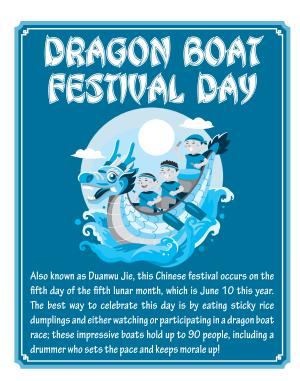


**Content Deadline:** Content for the newsletter is due by the first of the month, this includes pictures and content. See guidelines below.

Email: newsletter@waldenyyc.ca

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



# Did you know many of your PET'S SYMPTOMS can be managed or alleviated with a species-appropriate diet and supplement regime?\*

### SYMPTOMS LIKE:

- Anxiety
- Digestive Upset



- Dry Skin & Coat
- Itching & Scratching
- Joint Pain & more...

\*if your pet is experiencing a health concern, always speak to your veterinarian first.

Our knowledgeable team are experts in pet nutrition. We can help you find the right diet for your pet, your lifestyle, & your pocketbook.



## Tail Blazers Copperfield (located by Starbucks) #107, 15566 McIvor Blvd SE

Ph: (403) 726-0558 tailblazerscopperfield.com

## Tail Blazers Legacy (located by Domino's Pizza) #1110, 47 Legacy View SE Ph: (403) 873-8884

Ph: (403) 873-8884 tailblazerslegacy.com



combined with other offers. Valid only at the Copperfield & Legacy locations.

Expires June 30, 2024

## Specializing in raw diets with a MASSIVE RAW FOOD SELECTION!

(no special-ordering required!)



**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association 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.



### 403-714-0711 gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

## **BUSINESS CLASSIFIEDS**

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating. ca; www.official-plumbing-heating.ca.

**WALDEN MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit https://calgarymatandlinen.com/ to learn more and get a quote. We are located in SE Calgary.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**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.

**WALDEN CONTRACTOR FOR HIRE:** Over 20 years' experience completing renovations in and around Walden. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. www. lefroyconstruction.com.

### AFFORDABLE DENTAL CARE MINUTES FROM WALDEN!

Dental doesn't need to break the bank! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

HERITAGE WEST PLUMBING AND HEATING: Boiler and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

**DISCOVER BEAUTY BLISS AT NATALIE ESTHETIC SALON!** Proudly in business for over 30 years, now located in Legacy community. We offer expert services such as manicures, pedicures, facials, waxing and tinting. Trust us for the utmost quality at unbeatable prices. Elevate your beauty experience with us! Book by calling 403-281-8255.

## YOUR CITY OF CALGARY

## PIP-PIP-HOORAY! Join the Partners in Planning (PIP) Program

by the City of Calgary

The Partners in Planning program offers an in-person opportunity to meet planners and learn how policies converge to guide The City's decisions and prepare for growth. Learn what planning and development policies and plans drive change in Calgary. Register for your spot at calgarycommunities.com/events.











July 22 to July 26, 9:00 am - Noon

nto thendshin with 60

Cost is \$30 per child Ages: Kindergarten to Grade 7

Please visit our website, www.peacelc.ca and follow the link to register, or visit the VBS website vbspro.events/p/063ded for the online registration and payment forms.

Please contact Shirley at 403-650-1236 with any questions.

Church office telephone: (403) 256-1439 Email: peacelutheran@telus.net 14640-6th St. S.W. Calgary (1 block west of Fish Creek LRT)



# Tanya is a friend.

- 25 Years in Real Estate
- Expert Advice & Results Without The Extra Costs
- Gain The Highest Net Proceeds
- Skilled Master Negotiator

### WHO YOU WORK WITH MATTERS™









Tanya Maksymic® 403-803-5213

tanyamakrealty@gmail.com www.tanyamak.com

## CHAPARRAL COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Median Listed Price	Median Sold Price
April 24	33	27	\$675,000	\$668,500
March 24	18	15	\$675,000	\$680,000
February 24	15	11	\$590,000	\$615,500
January 24	11	13	\$675,000	\$645,000
December 23	5	9	\$599,900	\$608,000
November 23	16	16	\$694,400	\$685,000
October 23	13	12	\$587,450	\$587,500
September 23	14	17	\$700,000	\$699,000
August 23	22	17	\$579,900	\$589,500
July 23	13	12	\$599,900	\$640,750
June 23	27	30	\$612,450	\$636,250
May 23	24	32	\$499,900	\$494,750

To view more detailed information that comprises the above MLS averages, please visit chap.mycalgary.com



## WE FOLLOW THE ALBERTA FEE GUIDE

## FREE ELECTRIC TOOTHBRUSH OR TEETH WHITENING

\*With complete exam, x-rays, and cleaning



**SCAN TO BOOK AN APPOINTMENT TODAY!** 

403-460-2200

www.WaldenFamilyDental.com

105, 19612 Walden Blvd SE, Calgary T2X 4C3

All services provided by our General Dentists and Orthodontist

Dr. N. Headley, Dr. R. Palmer, Dr. N. Speidel, Dr. A. Vilaysane, & Dr. O. Jeha – General Dentists | Dr. A. Sharma BSc, DMD, DHSc, FRCD(c) – Orthodontist