

SEPTEMBER 2025

DELIVERED MONTHLY TO 4,125 HOUSEHOLDS

# WALDEN LIFE

THE OFFICIAL WALDEN COMMUNITY NEWSLETTER



walden



*Juniper and Honey, Walden*



**WALDEN ORTHODONTICS**

**FREE Orthodontic Consult**



Scan To  
Book Today!



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

Great News Media | Call 403-720-0762 for advertising opportunities | [www.greatnewsmedia.ca](http://www.greatnewsmedia.ca)

**VOTE**

**RYAN**  
**STUTT**  
**WARD 14**



[www.ryanstutt.ca](http://www.ryanstutt.ca)

**IT'S TIME FOR A FRESH  
START AT CITY HALL.**

**MY PRIORITIES:**



**RESPECT FOR TAXPAYERS**

Value for your tax dollars and complete financial transparency.



**CREATING A SAFER CALGARY**

Where you feel safe in your neighbourhood.



**BUILD AN EFFECTIVE CALGARY**

Smart decisions on infrastructure, and timely maintenance.



**END THE DYSFUNCTION ON COUNCIL**

Bring collaboration back to City Hall, to get results for Calgarians.



**GETTING A BETTER DEAL FOR CALGARY**

Ensuring projects are done right the first time.



**Contact Ryan**

403.957.4414

[ryan@ryanstutt.ca](mailto:ryan@ryanstutt.ca)

**THE  
CALGARY  
PARTY**

Follow Ryan

[@ryanstuttward14](https://www.instagram.com/ryanstuttward14)

[www.thecalgaryparty.ca](http://www.thecalgaryparty.ca)



LEN T WONG + ASSOCIATES

**RE/MAX**  
COMPLETE REALTY



## 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](mailto:len@lentwong.com)**

\*Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	25	41	26	\$624,500	\$617,500
June	25	35	22	\$609,400	\$590,250
May	25	32	33	\$559,000	\$570,000
April	25	31	20	\$699,900	\$701,950
March	25	30	22	\$547,395	\$536,000
February	25	25	19	\$599,000	\$595,000
January	25	26	11	\$499,000	\$495,000
December	24	8	13	\$470,000	\$460,000
November	24	13	20	\$509,900	\$502,500
October	24	21	17	\$614,900	\$607,000
September	24	24	15	\$619,000	\$615,000
August	24	24	22	\$556,950	\$552,500

To view more detailed information that comprise the above  
MLS averages please visit [wald.mycalgary.com](http://wald.mycalgary.com)



# PUMPKIN PIE PERFECTION!

*Real pumpkin, cozy spices, and our signature flaky, all butter crust.  
Pure flavour — no additives, no preservatives.*

**ORDER EARLY!**

877.573.0319 | [piejunkie.ca](http://piejunkie.ca)

LEGACY: 105, 180 LEGACY MAIN STREET SE

CITYWIDE DELIVERY | OPEN 10AM TO 7PM EVERY DAY



**Need Mortgage  
Solutions?  
We've Got You  
Covered!**

Prime, Alternative,  
Reverse – We Do It  
All! Let Us Find Your  
Perfect Fit Today!



**ANITA** 403-771-8771  
[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

*Licensed by Avenue Financial*

# OFFICIAL

**PLUMBING & HEATING**

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

**Service Call Fee**



# CONTENTS

---

- 6 CCSD BOARD OF TRUSTEES: WELCOME BACK!
- 8 RESIDENT PERSPECTIVES: BRINGING WILDFLOWERS TO THE ALLEY
- 10 HERITAGE STORIES: CELEBRATING CALGARY 150 - OIL CAPITAL
- 13 TAKE ON WELLNESS: PROMOTING MENTAL HEALTH IN CHILDREN
- 15 BUSINESS CLASSIFIEDS



**SCAN HERE TO VIEW ADDITIONAL  
WALDEN CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



**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.

Learn more about your Calgary Catholic School District Board of Trustees!

## Welcome Back!

*by Shannon Cook, Chair, CCSD Board of Trustees*

My name is Shannon Cook, and I am the chair of the Board of Trustees for the Calgary Catholic School District (CCSD), as well as trustee for Wards 9, 10, Chestermere, and online learning. Welcome back, students and staff! I hope everyone had a wonderful and memorable summer filled with peace and laughter. To our many high school students who diligently continued their learning in July, I'm impressed with your commitment and dedication to your education. The CCSD had more than 6,000 summer school registrations, the highest enrollment to date.

### Municipal Election

The next municipal election takes place on Monday, October 20, 2025. Calgarians will be asked to vote for a new CCSD Board of Trustees that will serve for the next four years. Elected trustees are accountable to the community and to the constituents of the wards they serve. Trustees must be prepared to put the needs of students first. Their duties include setting priorities for the district based on available resources, approving an annual budget, developing policies to guide administration, and advocating to ensure publicly funded Catholic education remains a priority. Our trustees, guided by the Board's priorities – Student Success, Faith Formation, Well-Being, and Indigenous Education – play an integral role in ensuring students

receive an education permeated by our Catholic faith that will allow them to be successful.

### Trustee Candidate Information Session

Interested in becoming a trustee? Candidates must be eligible to vote and have been a resident of their local jurisdiction for six consecutive months immediately preceding the election. Those seeking trusteeship for our district must also be Catholic. Trustee nominations for CCSD are open until September 22, 2025, at noon. For more information, please visit Elections Calgary.

CCSD is hosting an upcoming information session for interested individuals. It is scheduled for Tuesday, September 16 at the St. John's Centre – Arts and Culture (15 12 St NW) starting at 6:00 pm. Topics will include:

- Understanding the role of a CCSD trustee
- A day in the life of a trustee
- Campaigning guidelines
- Q&A session with retiring trustees Mary Martin and Linda Wellman

RSVP at <https://docs.google.com/forms/d/e/1FAIpQLSdIxZcrlpJpdIPDoXQaicG4CjHHFUIEx79VtWlZBZ0zKwPs1w/viewform> if you would like to attend. All are welcome! Come discover how you can make a difference in publicly funded Catholic education. On behalf of the Board, we wish students and staff a productive, fulfilling, and engaging 2025-2026 school year, as we continue to follow our mission and vision – “Living and Learning in our Catholic Faith, so that students, centred in Christ, realize their full potential.”



**Samaritan Club of Calgary**  
**Semi-Annual Super Thrift Sale**  
Celebrating 115 years of helping Calgarians in need  
**Saturday, September 27**  
9:00am-1:00pm  
Hillhurst-Sunnyside Community Centre  
1320 - 5th Avenue NW  
All proceeds will benefit Calgarians in need (Cash Only)  
For More Information: [samaritanclub.ca](http://samaritanclub.ca)



**FOLLOW US ON**  
f FACEBOOK: [facebook.com/groups/waldennycc](https://facebook.com/groups/waldennycc)



# **VOLUNTEERS NEEDED**

**If you would like to revive the Walden  
Community Association, please  
contact the City of Calgary by calling  
3-1-1.**





### Bringing Wildflowers to the Alley

by Paula McGarrigle

There are few things we can control in life, and these days the news cycle can feel overwhelming. But sometimes small things, like planting flowers, can make a difference.

I was inspired by Wildflower Alley in Belfast, a neighbourhood space once known for garbage dumping and vandalism. In 2015, about 40 neighbours came together to repaint fences, and add planters filled with flowers and herbs. Today, the alley has become a vibrant green hub that's sparked over 50 similar projects across Belfast.

After watching a feature on Wildflower Alley on *Gardeners' World*, I thought: Why not try something similar here?

One brisk April morning, I made a simple poster encouraging neighbours to put out some flowers for the summer. I printed 40 copies and walked around the block, dropping them into mailboxes. I also offered extra empty pots and a few seedlings I had grown from seed.

I felt a bit awkward ringing doorbells and interrupting people's day, but the idea sparked curiosity for some. People asked more about what had been done in Belfast and said they were interested.

After the May long weekend, flowers slowly started to appear. One neighbour, who always maintains a lovely plot behind their fence, led the way. Others followed, placing pots and planters around the alley.

Ironically, I was the last to get mine out. I picked up some discounted flowers with bright yellow and purple blooms and arranged them in a few favourite pots. I spent the morning tidying the alley and backyard. But just ten minutes after I placed them out... they were gone.

I was frustrated, but I didn't want to give up. I went back to the drawing board with a new plan. I brought out older, heavier pots that were hard to carry off. I filled them with compost, added some Bachelor Buttons from the front garden, threw in a few wildflower seeds, and reused an abandoned insect hotel. I also reinforced a couple of hanging baskets to make them harder to remove.

Today, we have ten homes participating and more than 20 flowerpots out in the alley. Every time I walk through and see the blooms, some big, some just beginning—I smile.

It's not changing the world, but it is a start. For me, it's a reminder that small acts, done together, can transform shared spaces.



# Devin Elkin

— WARD 14 —

*Rooted in Community*



Hello Ward 14!

Here we are, a month away from going to the polls. Crazy. With that, in this month's newsletter, I wanted to highlight my top 10 priorities.

1. **Blanket Rezoning** — I will bring forward a Notice of Motion to change the base zoning back to R-C1 or one that repeals the original Notice of Motion that led to the base zoning change to R-CG. The direction I take will depend on the other faces that shape our new council but this is my number one priority.
2. **Public Hearing Items at Council** — I will be bringing forward a Notice of Motion that implements the following. If a particular public hearing item garners more than two full consecutive days of public submissions, this will automatically trigger a review of the item being presented before it is voted on by Council. This will ensure citizens who share an overwhelming passion on a certain topic will know their concerns will get the attention they deserve.
3. **Get back to simplifying service deliveries** — Civic politics isn't complicated, collect the taxes and make sure services are delivered in a manner that reflects and respects the efforts made by those individuals making that money in the first place.
4. **Continue to represent our communities the way we have for the past 10 years** — This isn't one of those "if it's not broke, don't fix it" attitudes. Over the past decade, the connection I have made with the community through events, attending community association monthly meetings, and open houses, has given me insight and clarity into what each community needs. Ward 14 is not a singular community, its very fabric is made up of communities developed in 1967 to some still in development. So continuing to ask the questions, listening with both ears and assisting in getting it done, has served us well and will continue to do so.
5. **Keeping up with aging infrastructure** — As mentioned, some of our communities have aging infrastructure, from stuff above the surface to stuff below the surface. Making sure there are monthly touch points with all departments in administration is critical to ensuring proper delivery. This also goes for our new communities, making sure we inspect the new assets that are going in will allow us to deliver services for decades to come which is crucial to future budgets. We don't need to be replacing infrastructure only a few years after it's installed.

6. **Never forget who I work for** — Your support for our Ward 14 team over the past decade has allowed us to make our communities better. Your engagement and passion is clear and this allows us to translate concerns into action. I will never forget that we are here to serve the residents who call Ward 14 home.
7. **Communication** — As I have shown in my time serving Ward 14, there are many ways to engage with residents. Through various social media posts to open houses and bringing back our original "Ward 14 Council Talks", these will continue to be methods I will use to reach out to constituents. You will continue to receive our monthly newsletter but the new communication piece will be weekly recaps. Recorded videos will be made available for you to find out what happened that week at Council. Obviously, some of these videos will be extensive, and some might be a quick hello, but you will always know you have a voice.
8. **Community Association Development Permit Stream** — I will be working with our planning director to implement a separate stream for community associations. This will enable them to act on time sensitive grants with confidence and be able to deliver community improvements in a timely manner.
9. **Community Safety** — Over my decade here we have made deep connections with both Calgary Police Districts that serve Ward 14, districts 6 & 8. These relationships will continue to allow us to collaborate with our Community Resource Officers, our School Resource officers and Traffic Safety Group in relaying concerns we hear from the community. We will continue to collaborate on high school traffic blitz days, work on highlighting areas in need of enforcement and collaborating on educational forums such as protecting your homes, senior fraud prevention tips, and the 9 P.M. check your vehicle routine.
10. **Spending Smarter** — We simply must be better at where our tax dollars go beyond essential services. We need to eliminate these surprise expenditures, and this will be accomplished by focusing on meaningful conversation through committee reports, budgetary asks and accountability.

Please take the time to visit [www.devinelkin.com](http://www.devinelkin.com) where I have outlined why I believe I am ready to be your next city councillor and what 10 years of public service has taught me.

Thank you,  
*Devin Elkin*  
Rooted in Community

## Celebrating Calgary 150 - Oil Capital

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

The Leduc oil well discovery launched Calgary onto the world's stage.

Calgary's first skyscraper was the 11-storey Barron Building (ca.1951). The Guinness family built Elveden Centre (ca.1958), Calgary's first to 20 storeys.

Calgary's most iconic building is Husky Tower, built for Canada's centennial. CPR's station was demolished for an office complex with tourist attraction, a freestanding observation tower, the tallest building in Canada outside Toronto.

The Ukrainian Catholic Church (ca.1955) stands out for its Byzantine style. In Inglewood, the Standard Church of America served the Black community. The Shaarey Tzedec Synagogue arrived in Mission in 1959.

Alberta's 50th anniversary, the post-war boom, and the centennial brought several institutions to Calgary.

Eric Harvie preserved Western Canadian heritage through the Glenbow Museum. The Southern Alberta Jubilee Auditorium was built, and a Brutalist-style planetarium opened. Confederation Park preserved a creek and coulee.

Stampede Corral (ca.1950) replaced Victoria Arena and McMahon Stadium was ready in 1960. Calgary's first mall was North Hill Centre (ca.1958).

Britannia became Calgary's first complete neighbourhood, with plaza, residences, and parks. Queen Elizabeth II toured it in 1959.

In 1953, an updated Calgary General Hospital opened. Foothills Hospital opened in 1966, Calgary's lead trauma centre and research/training hospital. It's associated with the University of Calgary, also founded in 1966.

Heritage Park (ca.1963) became a living museum of early modern prairie life and preserves heritage buildings.

Bearspaw Dam was built (ca.1953), named after a Treaty 7 signatory. The airport received a new passenger terminal (ca.1956) and began international flights.

Mewata Bridge was built to handle automobiles. McKnight Boulevard was named after a WWII flying ace, which connects John Laurie Boulevard, named for an Indigenous advocate.

Macleod Trail was moved from Ramsay to 2 Street SE. Bow Trail replaced Old Banff Coach Road, with Sarcee and Blackfoot Trails flanking the city's west and east sides. But the Sien Lok Society opposed razing Chinatown for a highway.

In 1961, the Trans-Canada Highway replaced Morley Trail and Banff-Windermere Parkway.

In 1973, Crowchild Trail was named after Tsuu T'ina chief David Crowchild. He said, "May this be a symbol of cutting all barriers between all peoples."

\*All copyright images cannot be shared without prior permission.



"View of the Barron Building showing Uptown marquee, Calgary, Alberta," 1952-08, (CU1111123) by *Calgary Herald*, unknown photographer. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF10EEZZ6?WS=SearchResults>.



"Expanding downtown skyline, Calgary, Alberta," 1961-01, (CU1111336) by *Calgary Herald*, unknown photographer. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Published in the *Calgary Herald*, January 31, 1961. Tall building is Elveden House. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF10EKM7?WS=SearchResults>.



Husky Tower over 200 feet in height - 27 feet of concrete poured a day, City of Calgary Archives, item CaIA 2006-042sVII-0054.



Needle Installation on the Husky Tower, 10 November 1967, City of Calgary Archives, item CaIA 94-004-003.



"Opening day, Leduc #1 discovery well, Leduc, Alberta.", 1947-02-13, (CU1137357) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F7K3LP?WS=SearchResults>.



"General Hospital, Calgary, Alberta.", 1955-07-28, (CU1131227) by Rosettis Studio. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FH47LJ?WS=SearchResults>.



"House of Israel, Calgary, Alberta.", [ca. 1940-1945], (CU1216464) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1X4X4X4>.



"Bearsaw dam, Calgary, Alberta.", 1954-12, (CU1141494) by De Lorme, Jack. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FMZG3A?WS=SearchResults>.



"Airport, Calgary, Alberta.", [ca. 1940], (CU2230158) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R340823X7MF>.



Trans Canada Highway - Canmore, September 2006, Jack Borno, via Creative Commons Attribution-Share Alike 3.0 Unported license. [https://commons.wikimedia.org/wiki/File:Trans\\_Canada\\_Highway\\_-\\_Canmore\\_-\\_panoramio\\_\(1\).jpg](https://commons.wikimedia.org/wiki/File:Trans_Canada_Highway_-_Canmore_-_panoramio_(1).jpg).



## The Library Ship

by Garth Paul Ukrainetz

On the ocean of Calgary  
Sails the library ship  
Filled with books and good readers  
Packed from stern to bow's tip

She's a beautiful vessel  
Maiden voyager grand  
Inspirational learning  
All her crew lend a hand

Nearby Calgary Tower  
Glowing lighthouse of red  
Rolling waves, Rocky Mountains  
Grace horizon ahead

She's at one with her ocean  
Step on board you'll agree  
Yes, the world is her oyster  
Blue Sky City her sea



**the Gutter Doctor®**  
Home Exterior Services

GUTTER CLEAN, FIX & INSTALL  
FASCIA • SOFFIT • ROOFING  
GUTTER GUARDS • WINDOW CLEAN  
SIDING • CLADDING • HEAT CABLES

403-714-0711 • [gutterdoctor.ca](http://gutterdoctor.ca)





### Back to School Safety

by Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

#### Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

#### Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

#### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



Jackson  
& Jackson  
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF  
CONSTRUCTION & LANDSCAPE**  
INCLUDING SMALLER IN-HOME PROJECTS



### Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo  
Property Management

Snow and Ice Removal

### Contact Us

#### Address

20 Sunvale Place SE  
Calgary, AB T2X 2R8

#### Call us now

(403) 256-9282

#### Email us

info@jacksonjackson.ca  
contact@jacksonjackson.ca



**www.jacksonjackson.ca**

# Promoting Mental Health in Children

by Alberta Health Services

Supporting your child's mental health is as important as good nutrition, sleep, and physical activity. Having good mental health allows your child to think clearly, develop socially, and learn new skills.

These tips can help your child develop confidence, self-esteem, and compassion for others.

### Apologize When You're Wrong

When you make a mistake, apologize to your child. Saying you're sorry isn't enough. Sincere and simple apologies build trust and show respect for your child's feelings. Admit you were wrong, explain how it affected your child, and show that you're sorry. For example:

- "I shouldn't have said your idea was stupid. I know that hurt your feelings and embarrassed you. I'm ashamed I spoke to you that way. I'm sorry. I won't do it again."

Avoid explanations that sound like excuses or blame your child. For example:

- "I'm sorry I got mad, but you were really getting on my nerves."

### Give Your Child Choices and Respect Their Wishes

When you can, give your child the chance to make their own choices that are meaningful to them and acceptable for you. If your child has a chance to make choices it helps them:

- Feel a Sense of Control
- Develop Self-Esteem
- Learn How to Solve Problems
- Take Responsibility for Their Choices

### Ask Questions That Help Your Child Solve Problems on Their Own

It's tempting to take over and give a solution when you hear that your child has a problem. But this doesn't help your child find solutions on their own. Try asking questions that will help them solve problems. For example:

- "What do you think you can do about this?"
- "If you choose to do this, what do you think might happen?"

Encourage sharing and helping by giving your child tasks that are appropriate for their age, such as feeding



the family pet, getting the mail, helping with making their lunch, or making their bed. Together, you and your child can volunteer or help a neighbour. This builds self-confidence and compassion. It also teaches your child that what they do can make a difference in the lives of others.

### Read Books and Stories Together

Even if your child can already read, they'll still love reading with you. Take turns reading out loud with your child. Reading aloud is a way to share something enjoyable and learn about other people. For example, stories can show us how people deal with common issues like making or losing friends, handling conflicts, or dealing with difficult emotions. Talk to your child about what they like to read. Ask your child's teacher or a librarian to recommend stories on themes that interest you and your child.

### Be a Role Model

Your child will learn by watching and doing what you do. They learn how to look after themselves, build relationships, solve problems, handle emotions (feelings), and care for others by seeing how you respond.

Your emotions affect what you do and say. They affect your child too. For example, anger is a common human emotion. You may feel angry sometimes when your child whines, talks rudely, or doesn't do what you ask. If you react to anger by yelling, using harsh words, or calling them names, it affects your child. They'll also learn to do the same when they're angry.


What you do and say when you're angry is important to your relationship and to how your child learns to express their anger. When you practice managing your feelings in healthy ways, your child learns these skills too.

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

We make your phone ring.  
 We bring you more customers.  
 We grow your sales.

Call 403-720-0762 | [grow@greatnewsmedia.ca](mailto:grow@greatnewsmedia.ca)





SCAN ME



Need a Family Doctor?

The Family Care Clinic in Chaparral is now accepting new patients.  
 Call 403-668-8600 to book your appointment.



**For business classified ad rates contact Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)**



**FROG FASHION**

What kind of shoes  
do frogs wear?

Open toad.



# WALDEN FAMILY DENTAL

## FREE ORAL B ELECTRIC TOOTHBRUSH OR TEETH WHITENING

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



**CALGARY  
OWNED AND  
OPERATED**



**BOOK YOUR CHECK-UP AND CLEANING TODAY!**

# 403-460-2200

[www.WaldenFamilyDental.com](http://www.WaldenFamilyDental.com)

105, 19612 Walden Blvd SE, Calgary T2X 4C3