



**Federation
of Calgary Communities**
Improving neighbourhood life in Calgary

Terence Leung
for the Federation of
Calgary Communities

Brijbala Bakhshi says being the outdoorsy type doesn't have to mean pounding the pavement on lengthy runs.

An avid hiker, cyclist and a fan of enjoying what the outdoors can bring, Bakhshi realized running clubs were plentiful but walking clubs were something that were lacking.

Plus, walking clubs had potential to get shut-ins back outdoors.

Last fall, she hatched an idea to form the Whitehorn Walking Group starting five kilometre walks in various city parks.

As winter approached and cold weather neared, the group took their walks indoors at locations such as Sunridge Mall.

"I wanted to bring people out instead of shopping or going for coffee. I wanted them to connect with their health and be outdoors," says Bakhshi, who is also the event coordinator for the Whitehorn Community Association.

"I introduced my idea to the Whitehorn Community Association and they were receptive to it and I began finding people to walk with me."

With four people in her group now, Bakhshi believes the group can provide many benefits to her community.

"Running can be difficult and we are mostly an

“The bonus of making new friends and meeting people within my community is another reason I come every week.”

Brijbala Bakhshi,
Whitehorn Walking Group

over 55 group. This is something where people can come out to enjoy the outdoors at a slower pace. I find it hard sometimes for people over 55 to come out of their house for something other than shopping, coffee or something like that," she says. One of their outdoor adventures have included carpooling downtown to Eau Claire, then walking to the community of Inglewood and back.

"There is so much beauty outside. People in our group are grandmothers, mothers, single people... sometimes people need a companion to go out to do something like this and that's what I'm trying to do."

Bakhshi adds people recovering from injuries are also welcome to the group but, most importantly, it's feeling better that is the goal.

"After walking outdoors for an hour or two, we are more energized when we are finished. I like that feeling because I am not ready to be 65," she says.

Each member is provided with a name tag with a contact phone number in the event of emergencies.

Although numbers are still small, members are already feeling the benefits.

"Walking with the Whitehorn Walking Group is both fun, exhilarating and healthy. It's an opportunity I am so happy to be involved in," says walker Delma Wilson.

"It's something you can do rain or shine. The bonus of making new friends and meeting people within my community is another reason I come every week."

For more information on the Whitehorn Walkinc Club, email Brijbala Bakhshi at brijbala45@hotmail.com or call (403) 280-2880.

Walking towards good health and friendship



(Back left clockwise) Delma Wilson, Christa Huether, Brijbala Bakhshi and Carole Trimming, of the Whitehorn Walking Club stay healthy with weekly five kilometre walks.

Photo courtesy FCC



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Arbour Lake

Established in 1992, the community of Arbour Lake is currently in the early stages of development.

The community is located on the northwest edge of a built-up area of Calgary. It is bounded by Crowchild Trail to the south and Nose Hill Drive to the east, with the other two boundaries to be defined by the future Stoney Trail Expressway.

It is expected that the area will ultimately accommodate 10,000 to 11,000 people and 3,000 to 4,000 dwelling units. These future residents will be able to enjoy recreational activities at a freshwater lake, which is currently

under construction

Demographics

Located in Ward 2, Arbour Lake has a population of 10,581 (2008 Civic Census) with approximately 29.2 per cent comprising the immigrant population (Statistics Canada, 2006 Census of Canada).

A total of 1,945 families accounted for 3,590 children still living at home with 40 per cent of these being 6-14 years old according to Stats Canada, 2006 Census of Canada. The median household income for Arbour Lake in 2005 was \$82,267.

In addition, 55.1 per cent of the population over 20 completed college, attended university or graduated university with a degree - an additional 7.5% graduated from Trade Schools (Statistics Canada, 2006 Census of Canada).

There are a total of 3,840 occupied private dwellings in Arbour Lake with 75.4 per cent being single detached dwellings (Statistics Canada, 2006 Census of Canada).

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