

MAY 2024

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# WALDEN LIFE

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walden



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**SCAN THE QR CODE  
FOR THE SOLUTION**



## 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@waldenyyc.ca](mailto: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.



## 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!

**Visit Our Website:**

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

**Join Us:**

Facebook: [www.facebook.com/groups/waldenyyc](https://www.facebook.com/groups/waldenyyc)

**Walden Block Watch Page:**

[www.facebook.com/groups/waldenblockwatch](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)

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**News, Events,  
& More**



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Statistics**



**Real Estate  
Statistics**



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To contact the board, please email  
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### WALDEN REWARDS

Walden has established its very first partnership!

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

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### Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

Learn more: [www.suicideinfo.ca/workshops](http://www.suicideinfo.ca/workshops)

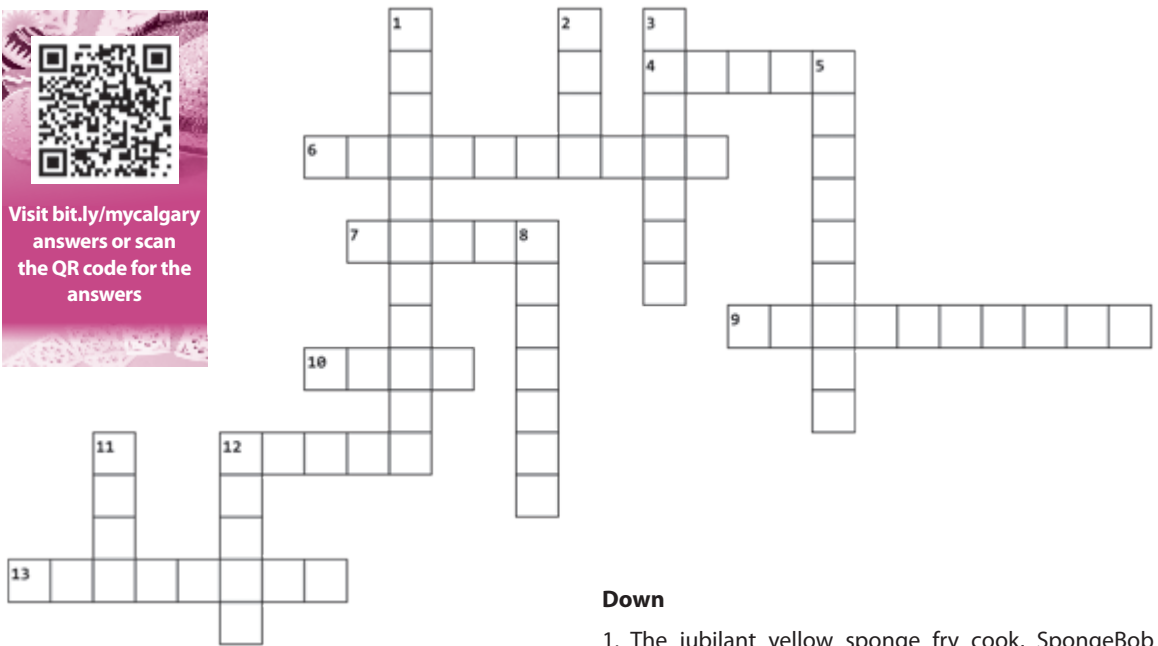


centre for  
suicide prevention

# May Crossword



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



## Across

4. On May 25, 1963, the legendary comedian Mike \_\_\_\_\_ was born in Scarborough, Toronto. He is well-known for characters such as Austin Powers, Shrek, and Wayne Campbell.
6. This movie, which tells the story of Sir William Wallace leading a rebellion against the English to free Scotland from King Edward I's rule premiered on May 18, 1995.
7. In May 1873, Levi Strauss and Jacob Davis created this fashion forward denim pants.
9. This annual international song competition starts on May 7 this year and has seen winners in the past such as Celine Dion and ABBA.
10. Born in Fort Macleod, Alberta, \_\_\_\_\_ Mitchell was inducted into the Rock and Roll Hall of Fame in 1997.
12. In May 1997, Garry Kasparov started a game of \_\_\_\_\_ with IBM supercomputer Deep Blue.
13. In May of 1992, M.C Hammer's horse, Dance Floor, came third in the \_\_\_\_\_ Derby.

## Down

1. The jubilant yellow sponge fry cook, SpongeBob \_\_\_\_\_ first graced our screens in May 1999, on Nickelodeon.
2. On May 25, 1997, one of George Lucas' greatest creations *Star Wars: Episode IV – A New \_\_\_\_\_* was released.
3. The official birthstone of May most famously symbolizes rebirth and growth; however, others suggest that the birthstone actually symbolizes love and success.
5. On May 19, 2020, Suzanne Collins released *The Ballad of \_\_\_\_\_ and Snakes*, a prequel to her *Hunger Games* trilogy.
8. The famous phrase "*April \_\_\_\_\_ bring May Flowers*" first appeared in a poem written by English Poet Thomas Tusser in the 1500s.
11. The first film of the Marvel Cinematic Universe, \_\_\_\_\_ *Man*, starring Robert Downey Jr. is released on May 2, 2008.
12. \_\_\_\_\_ de Mayo is celebrated on May 5 every year and honours the Mexican army's victory over the French in 1862.



## South Health Campus Wellness Centre

### Better Health for Free

Find information, resources, and classes to help make decisions about your health. Visit the 2024 Spring/Summer Program Guide for more information and registration details at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness).

Questions? Call 403-956-3939.

## Upcoming Free Programs

### Easy and Healthy Mediterranean Cooking

**When: May 8, Noon to 1:30 pm.**

In-person (Wellness Kitchen, South Health Campus, 4448 Front St SE, Calgary).

Note: Space is limited.

Program Provider: AHS Nutrition Services and the Wellness Kitchen.

Discover great flavours and how to eat Mediterranean! The Mediterranean may be far away, but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for brain health, heart health, or general well-being. This practical cooking class includes recipes and helpful tips. Led by registered dietitians, join us in-person for this cooking demonstration.

Registration:

[www.redcap.link/EasyHealthyMediterraneanCooking](http://www.redcap.link/EasyHealthyMediterraneanCooking).

### Cooking When Fatigued

**When: May 15, Noon to 1:30 pm.**

Online.

Program Provider: AHS Nutrition Services, Allied Health, and the Wellness Kitchen.

Learn to prepare and cook healthy meals when you live with chronic fatigue, or physical or cognitive symptoms related to neurological conditions like Parkinson's Disease or arthritis. Led by a registered dietitian and an occupational therapist, this unique cooking demonstration gives you the opportunity to ask questions and learn strategies to be more successful in the kitchen. Join us from the comfort of your home virtually for this cooking demonstration.

Registration: [www.redcap.link/CookingWhenFatigued](http://www.redcap.link/CookingWhenFatigued).

### Tasty, Low Salt Cooking (Meal Ideas)

**When: May 30, Noon to 1:00 pm.**

In-person (Wellness Kitchen, South Health Campus, 4448 Front St SE, Calgary).

Note: Space is limited.

Program Provider: AHS Nutrition Services and the Wellness Kitchen.

Enjoy flavourful meal ideas that focus on less salt (sodium) and explore ways to reduce salt intake by using delicious, lower salt substitutes and label reading. This practical cooking demonstration led by registered dietitians, includes recipes and helpful tips. This class is part one of a two-part series; register for part two focusing on tasty dips and sauces (take one or both classes).

Registration: [www.redcap.link/TastyLowSaltCooking](http://www.redcap.link/TastyLowSaltCooking).

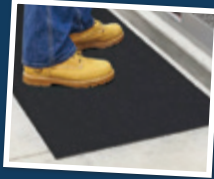
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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

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## Beauty and the Chimera

In the classic fairytale *Beauty and the Beast*, "Beauty" is a human but what exactly is the "beast"? This character is a chimera! A chimera is a single organism with more than one genotype... essentially, he is a mix of different animals! Chimeras can have different blood types and can come from more than one zygote. How cool!





Councillor, Ward 14  
**Peter Demong**

📞 403-268-1653

✉️ eaward14@calgary.ca

🌐 www.calgary.ca/ward14

Hello, Ward 14!

My team — Lois, Devin, Blair, and I — all hope you are doing well.

By the time May rolls around, you will need a debrief of the Public Hearing on citywide rezoning that we discussed in April. I will provide that in the online version of this column which you will find at [calgary.ca/ward14](http://calgary.ca/ward14).

In addition to that, we will talk about some water meter tips for your home, Neighbour Day, the Green Line, safety tips for your pup, Partners in Planning, and two topical weeks — Emergency Preparedness Week and Seniors Week.

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*



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MP Calgary Midnapore  
**Stephanie Kusie**

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Calgary, AB T2X 1M2

📞 403-225-3480 📠 403-255-3504

✉️ stephanie.kusie.c1@parl.gc.ca

🌐 stephaniekusiemp.ca

Dear Constituents,

As I write this in late March, Parliament is preparing for Budget 2024 which will have been tabled a little over two weeks ago by the government. Ahead of the budget, Conservatives under the leadership of Pierre Poilievre have been clear in our demands that the Liberal government must take serious action on Canada's finances and fix the budget. This includes lowering our record-level debt (which is sitting above \$1.2 trillion dollars), employing a plan to balance the budget, axing the carbon tax, and implementing other measures to make life more affordable for Canadians.

Earlier this spring, my team attended the Willow Ridge Community Association's Civic Affairs Night while I was in Ottawa. It was a great turnout with over 100 community members attending. Thank you to the Willow Ridge Board of Directors for their work on this event and for engaging with members of our community. Local community association boards often go unrecognized in the work they do upholding the fabric of our neighbourhoods. I want to thank all those who serve on community associations here in Calgary Midnapore for the excellent work they do.

Mother's Day is on May 12 this year and my office is doing something special to celebrate the moms in Calgary Midnapore. Head over to my website to see what we have in store for Mother's Day!

To stay up to date on the work I'm doing in Ottawa on your behalf, please sign up for my monthly e-newsletter. You can do so online at [StephanieKusieMP.ca](http://StephanieKusieMP.ca). Another way to keep engaged is through my social media - @StephanieKusiePoitician (Facebook), @StephanieKusie (X and Instagram), @StephanieKusieMP (YouTube).

Sincerely,

*Stephanie Kusie*

MP, Calgary Midnapore





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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
April	23	17	25	\$637,900	\$615,253

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