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January	23	13	9	\$445,000	\$461,088
December	22	9	5	\$529,900	\$520,000
November	22	11	11	\$395,000	\$390,000
October	22	14	24	\$419,950	\$416,500
September	22	23	20	\$387,400	\$387,000
August	22	21	19	\$359,900	\$355,000
July	22	26	22	\$406,444	\$402,500
June	22	37	33	\$484,000	\$475,000
May	22	42	33	\$477,000	\$497,500
April	22	41	32	\$439,500	\$444,000
March	22	59	50	\$486,450	\$504,600

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Bored? Think Twice Before Taking That Facebook Quiz

from the Better Business Bureau

Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

How the scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match you with a character from a favourite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?", "What is your mother's maiden name?", or "What is the name of the street you grew up on?" These are common security questions for insurance, banking, and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity or enable a scammer to impersonate you to your friends and family.

Tips to avoid social media scams

- **Be skeptical:** Before answering a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent, doesn't mean there isn't an inherent risk.
- **Adjust privacy settings:** Review the social media account's privacy settings and be strict about any information that is shared - and be mindful of who you are sharing it with.
- **Remove personal details from your profile:** Don't share information like your phone number or home address on social media accounts.
- **Don't give answers to common security questions:** Be cautious if the questions in a quiz ask for things like your mother's maiden name, street you grew up on, previously owned vehicles, favourite foods, or the name of your high school.
- **Monitor friend requests:** Don't accept friend requests from people you don't know. Also be wary of a second friend request from someone you are already connected with; the second profile may be an imposter trying to access your data and your friends list.

Read more at [BBB.org](https://www.bbb.org).

Safe Driving for Teens

from Alberta Health Services



Road crashes are the third-leading cause of death among young people in Canada. In 2020, transportation-related injuries were the third-leading cause for emergency departments and urgent care centre visits among Albertan youth aged 15 to 19.

The risk of accidents increases even after just one second of taking your eyes off the road.

Distracted driving can be:

- **Visual distraction:** When a driver's eyes leave the roadway.
- **Manual distraction:** When a driver's hands leave the steering wheel.
- **Cognitive distraction:** When a driver's mind is no longer on the task at hand.
- **Actions** – such as texting or calling while driving, talking to friends in the car, switching songs, or eating and drinking – that take a driver away from the task at hand and increase the risk of accidents and injuries on the road.

Avoid distracted driving by:

- Turning your phone off or using the "do not disturb" feature while driving.
- Giving your phone to a friend.
- Parking safely before checking your phone or making a call.

Parents can also set good examples for their children and teens by keeping their phones out of reach when driving.

Speeding, sleep deprivation, as well as drug and alcohol impairment and aggressive driving also increase the risk of crashes and injuries on the road.



VOLUNTEERS NEEDED

If you would like to volunteer on committees or other community related activities, please contact us at info@waldenyc.ca, we would love to have you!

Visit Our Website:

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Walden Block Watch Page:

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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)

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Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



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FOR THE ANSWERS!



BRAIN
GAMES

SUDOKU

8			5		1			9
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6				8		3		
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7			3		5			2

SCAN THE QR CODE
FOR THE SOLUTION



Canada's Newest Guidance on Alcohol and Health

from Alberta Health Services

Alcohol is one of the most common substances used among Canadians, including youth. Recently, the Canadian Centre on Substance Use and Addiction (CCSA) released an updated report on guidance around alcohol and health. This was in response to the growing evidence that alcohol is the leading preventable cause of many major health issues. The recommendations are a better approach to addressing alcohol related injuries and maintaining general wellness.

So, what are the facts?

- The main message is that drinking less is better. This presents differently for everyone.
- All levels of alcohol consumption are associated with some risk, but this risk increases with more alcohol.
- There are times in which no alcohol is the safest. This can include driving, using heavy machinery, trying to be or being pregnant, breastfeeding, using medications, and being responsible for the safety of others.
- A standard drink depends on the type of alcohol, the amount, and the percentage involved. For example, one standard drink can be either one 341 ml (12 oz) beer with 5% alcohol or one 142 ml (5 oz) glass of 12% wine.
- Cancer is the leading cause of death in Canada and alcohol is known to cause seven types of cancer.

So, what do we do with this information?

Take the time to look at your alcohol use to make healthier and informed choices. Reading this article and increasing your knowledge about the impact alcohol may have on your life is a great first step! If you are hoping to decrease your alcohol use, here are a few tips offered by CCSA:

- Explore activities that are alcohol-free or offer non-alcoholic alternatives.
- Slowly set realistic limits that you can implement during your day-to-day life.
- If you choose to drink, drink slowly and make sure to nourish yourself with food and water.
- Track your alcohol use with tracking tools on smartphones or in a journal. Perhaps make note of how you feel after you decide to drink or not.



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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

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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🌐 stephaniekusiemp.ca

Spring is in the air, Calgary Midnapore!

Throughout the winter months, I enjoyed hearing from constituents at various community events. Thank you to all the Community Associations for organizing these great events and for all the work you do to bring us together! I look forward to attending more in the upcoming months.

Last month, you should have received my 2022 Tax Guide which is aimed at saving you more. The deadline to file your tax return is Monday, May 1.

In Parliament, my colleagues and I have been fighting for lower taxes and an end to inflationary spending. However, on April 1, Justin Trudeau raised taxes on you once again. This time his carbon tax went up an additional 30% which will not only cost you more at the pump, but will also make the food you buy, energy you use, and everything else more expensive.

While the current government continues to make life unaffordable, Conservatives have a plan to lower your bills, turn hurt into hope, and ensure Canadians prosper once again.

To stay up-to-date on my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter and participate in my monthly survey question at StephanieKusieMP.ca.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

**Correction from March edition: For Valentine's Day, my office partnered with Le Roi Daniels School in providing handcrafted Valentine's cards to residents of the AgeCare Midnapore facility. Thank you to the staff and students for bringing such joy to our cherished seniors.*



**Councillor, Ward 14
Peter Demong**
📞 403-268-1653
✉️ eaward14@calgary.ca
🌐 www.calgary.ca/ward14

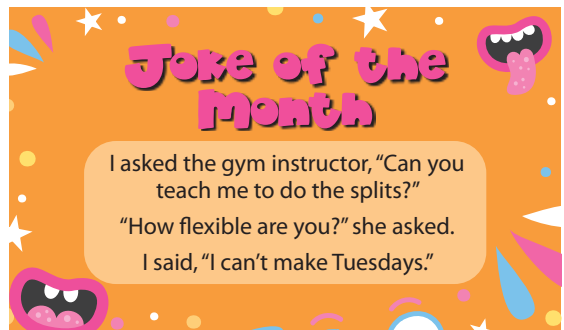
Hi Ward 14!

Spring is here, and nicer weather is in our future. Calgary is about to come alive.

To find the full version of this column you need to visit my website (where I can fit much more useful content). This month has a water theme, which is not surprising since that is what all the snow will become. I will give a refresher on how Calgarians can handle storm drains. Beyond that, you will find a spring water checklist for homeowners, and information about rain barrels. I will also talk about the new fire station/library that is in Walden's near future.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14newsletter for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Councillor Peter Demong



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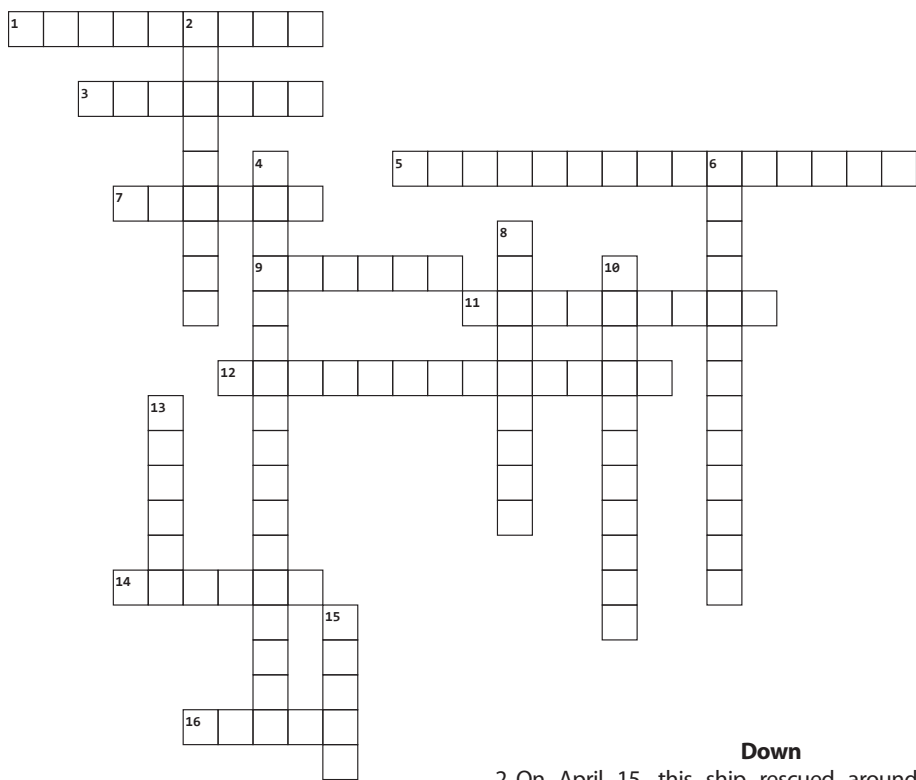
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April Crossword Puzzle



Across

- 1. The smell that is caused by the mixture of rainwater and various earthly compounds.
- 3. Kids will leave these out for the Easter bunny in case he gets hungry.
- 5. Born on April 15, 1452, this artist's painting was famously stolen.
- 7. On April 11, this national observance advocates against animal violence and cruelty.
- 9. The Latin root for the word 'April.'
- 11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
- 12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
- 14. Literature lovers will know that April is National _____ Month.
- 16. A colourful and popular marshmallow Easter treat.

Down

- 2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
- 4. What makes April 9, 1917, an important date to many Canadians?
- 6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
- 8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
- 10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
- 13. In the United States, spring is said to have arrived when this bird comes to town.
- 15. One of April's birth flowers that comes from the Old English phrase 'dæg-es-eage'.

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