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Are You Struggling with Gambling?

from Alberta Health Services



Gambling is risking money or something else of value on an activity that has an uncertain outcome. That can mean a lot of things. Playing cards or videogames for money, buying raffle tickets, betting on who's going to win a pool match, or betting your in-game video purchases or digital currency on a hockey game—it's all gambling.

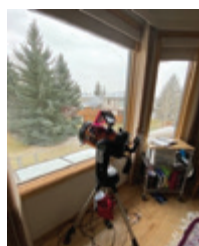
People with gambling problems may also have trouble in other areas of their lives where they need support. These could include health concerns, financial problems, feeling lonely, mood swings, school issues, using digital technology too much, or, in the case of young people, school issues or conflicts with parents or guardians.

Where to get help

If you are worried that you or someone you know may be having problems with gambling, there is help available. Addiction treatment services are voluntary and confidential. For more information and to find an addiction services office near you, call the Addiction Help Line at 1-866-332-2322. Help is available 24 hours a day, seven days a week.

Stargazing with Pat J: Indoor Astronomy

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



Orion nebula: through two panes of glass



Sun spots



If you ever find yourself stuck inside due to illness or injury, freezing temperatures, or have simply reached the age where a night at home is more appealing than a night on the town, did you know you can still enjoy the majesty of the heavens without venturing beyond the comfort of your own home?

Yes, I am well aware that hardcore astronomers would not recommend this approach as the multiple panes of glass will distort the image somewhat. But if the alternative is no stargazing at all, I think you'll be pleasantly surprised by what you can see while sitting next to a window. While the images won't be Hubble quality, they can still be pretty darn impressive.

Benefits of indoor astronomy

- Every clear night is a stargazing night
- Every clear day is a solar gazing day (Caution: you'll need a special filter for your telescope to safely observe the sun)
- No danger of frostbite (winter) or mosquito bites (summer)
- Jupiter's four largest moons are easily visible with a pair of binoculars
- Use binoculars to examine the moon at first quarter and third quarter, then use pencil and paper to sketch its surface
- Gain familiarity with the night sky with a smart phone astronomy app. Many good ones are free
- On nights when you're too stressed to sleep, instead of staring at the ceiling, try losing yourself in the serenity of the night sky
- When warmer weather returns, or recovery from your physical ailment occurs, you'll be primed and ready to pack up your astronomy gear and head outside
- Or you may discover you enjoy indoor astronomy so much that you've become a year-round convert.



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@waldenyycc.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.

GAMES & PUZZLES



Guess That Song!

1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE
QR CODE
FOR THE
ANSWERS!



Joke of the Month

What happened when the strawberry tried to cross the road?

A traffic jam!



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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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board@waldenca.ca.**

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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!

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



VOLUNTEERS NEEDED

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

Visit Our Website:

www.waldenyycc.ca

Join Us:

Facebook: www.facebook.com/groups/waldenyycc

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)

Cats, Canines, & Critters of Calgary



Big Earl, Capitol Hill



Blue and Jere, Mount Pleasant



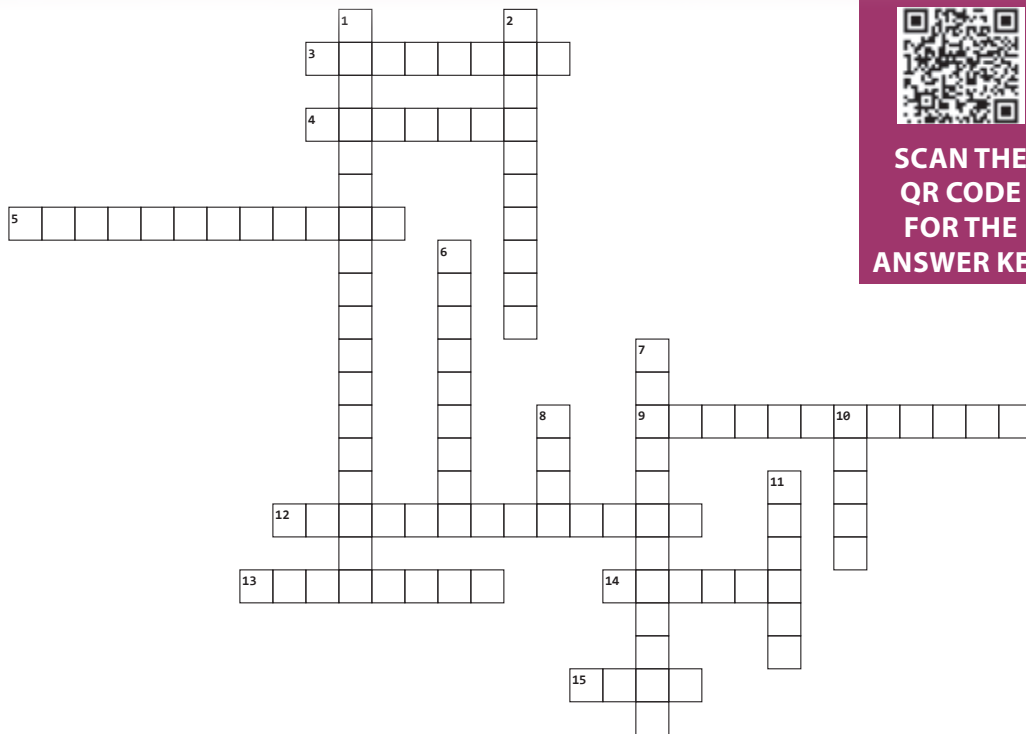
Max, Temple



Tali, Temple

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July Crossword Puzzle



SCAN THE
QR CODE
FOR THE
ANSWER KEY

Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrell.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National _____ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World _____ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.



Yahoo! Happy Stampede, Calgary Midnapore,

Parliament is now in recess, and I am happy to be back in Calgary to engage with members of our community and celebrate the summer!

I hope all constituents had a happy and safe Canada Day and that you'll be heading to the grounds to take in the Greatest Outdoor Show on Earth! Whether it's trying out new and exciting midway food and rides, filling up on pancakes at countless Stampede breakfasts, or enjoying a night at the rodeo, Stampede is a time of year that brings our community together and I hope this will be a memorable Stampede for you.

I kicked off June with a visit to the Acadia Recreation Centre for this year's Calgary Ukrainian Festival. It was great to celebrate the rich Ukrainian history that Alberta and Calgary Midnapore share and to see many members of the community.

My office held our annual Canada flag draw last month in preparation for Canada Day. Thank you to all who entered and congratulations to the lucky 50 winners! I hope you fly your flag high and proud! Entries were made by filling out the response card on my quarterly update to all households. Not only do these mailers provide an opportunity to update you on my work in Ottawa, they're also an avenue for you to directly inform my team and I of the issues that matter most to you. I encourage all constituents to participate in future Householder updates.

To stay up to date on my ongoing work and to hear about my summer plans in the riding, including my annual Ice Cream Social, please sign up for my monthly e-newsletter at StephanieKusieMP.ca.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

Howdy Ward 14!

I do not know about you, but I am excited that for the second time in a couple of years we will be celebrating the Stampede in a 'normal' way. It is almost starting to feel like those breaks in our regular routine are in the past. July is going to be fun.

In the full version of my column, I will share whatever information I can about how you can enjoy the Stampede, including how it will affect Green Line construction. We now have a new(ish) Provincial Government, so I will outline who your Provincial representatives are and how you can reach them. Finally, I will share some City of Calgary tips for how you can manage a hot, dry summer.

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.

Happy Trails!

Councillor Peter Demong



**9 PM
ROUTINE**

✓ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



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		Listed	Sold	Listed	Sold
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March	23	30	28	\$439,393	\$444,250
February	23	23	17	\$510,000	\$505,000
January	23	13	9	\$445,000	\$461,088
December	22	8	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

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

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

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FOR THE SOLUTION



'Bee' YardSmart

from the City of Calgary



Did you know? YardSmart yards keep our rivers healthy and help create a green and healthy city.

Visit calgary.ca/yardsmart to learn how to create a beautiful yard or green space that is easy to maintain, is suited for our city's unique climate, and needs little watering during hot and dry conditions. You can also visit calgary.ca/droughtinfo for more tips on caring for your yard during dryer times through the summer.

We Have Several Free Resources Available:

- Garden bed layouts for all areas of your yard – wet, dry, or a combination of sun and shade.
- Plant lists to help you choose beautiful and low-maintenance plants at your local garden centre.
- How-to video series, including gardening on a budget and planning a garden bed.
- Native wildflower plant lists and native meadow garden bed design.

Our YardSmart program was created in partnership with The Calgary Horticultural Society to help craft garden designs that thrive in Calgary and support our natural environment.

A Tip to Get Started:

Begin your YardSmart yard by replacing a bit of your grass with water-wise plants and greenery this summer!

CRIME STATISTICS



Walden Crime Activity was Down in May 2023

The Walden community experienced 3 crimes in May 2023, in comparison to 5 crimes the previous month, and 3 crimes in May one year ago. Walden experiences an average of 4.5 crimes per month. On an annual basis, Walden experienced a total of 54 crimes as of May 2023, which is up 29% in comparison to 42 crimes as of May 2022. To review the full Walden Crime report visit wald.mycalgary.com.

How To Report Crime In Walden | Legacy: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text ttTIPS to 274637.

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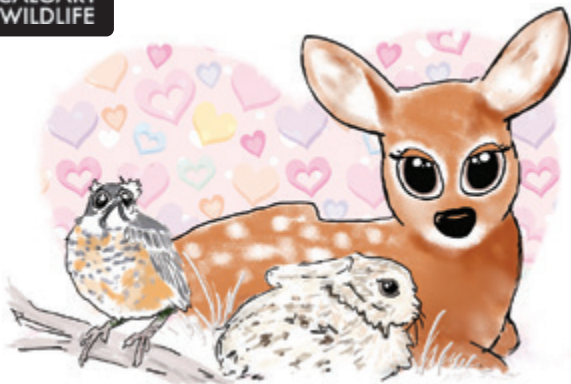
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**Don't be fooled by these cutelings!
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when wild young are around.**

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