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| December | 22 | 9 | 5 | \$529,900 | \$520,000 |
| November | 22 | 12 | 11 | \$395,000 | \$390,000 |
| October | 22 | 14 | 24 | \$419,950 | \$416,500 |
| September | 22 | 24 | 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 |
| February | 22 | 35 | 37 | \$459,900 | \$491,400 |

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Choosing a Meal Delivery Service

from the Better Business Bureau

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

The following tips will help select an ideal meal delivery service for your household:

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.



Board Listing

| | |
|-------------------|---------------|
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| Treasurer | Chris Wiencki |
| Director at Large | Julia Wiencki |
| Director at Large | Nonye Opara |
| Director at Large | Ashish Ghosh |

**To contact the board, please email
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!

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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

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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)

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News, Events,
& More



Crime
Statistics



Real Estate
Statistics





South Health Campus (SHC) Wellness Centre

South Health Campus Wellness Centre offers free, quality health and wellness programs. Visit our 2023 Online Winter Program Guide for program descriptions and registration information at www.ahs.ca/shcwellness.

Upcoming Free Programs in March 2023

Mediterranean Style Eating for Health (Demo)

When: Thursday, March 9, 12:00 to 1:30 pm

Learn 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 neurological health, cardiovascular health, or general well-being. Come discover the great flavors and many health benefits! Join us from the comfort of your home for this virtual cooking demonstration.

Registration Link: <https://redcap.link/MediterraneanStyleEatingForHealthWinter2023>

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen

Cooking Your Way to Wellness in Pregnancy (Cook Along)

When: Wednesday, March 22, 6:30 to 8:00 pm

Need help with meal planning and preparation?

Cooking Your Way to Wellness in Pregnancy is an interactive virtual class designed to provide you with the hands-on experience to create healthy eating habits

during your pregnancy to help ensure you and baby are as healthy as possible. Learn about nutrition for pregnancy while preparing dishes to stock your fridge for the week.

Please Note: You will be provided a grocery list, equipment list, and the recipes ahead of time. You will need to obtain the groceries and have your space set up and ready to go in time for the cook-along (some advanced prep is required).

Registration: www.birthandbabies.com

Program Provider: SHC Registered Dietitians and the Wellness Kitchen in partnership with Birth & Babies

Low Sodium: Tasty Tips and Tricks (Demo)

When: Part two (Dips and Sauces) Tuesday, March 21, 12:00 to 1:00 pm

Are you struggling with how to implement a lower salt (sodium) diet?

Come learn practical ways to lower sodium in your diet with a cooking demonstration by AHS Nutrition Services Registered Dietitians. This two-part series will feature label reading, lower sodium substitutions, and preparing healthy, lower sodium foods that taste great. Part one (February) will demo lower sodium meal ideas and Part two (March) will demo dips and sauces. Join us from the comfort of your home for this virtual cooking demonstration.

(You did not need to take Part one to register for Part two)

Registration: https://redcap.link/LowSodiumTastyTips_andTricksWinter2023

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen

Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.



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.

Pig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.



Three Expert Tips on How to Determine Your Used Car Budget

by Alexander Fernandise

Whether you're buying a used car for the first time or you're a seasoned veteran, it's never easy to determine how much money to spend on one. You may think you can afford \$20,000 but get sticker-shocked when you see what's out there. Or maybe you'll start looking at vehicles that cost less than your monthly rent and wish there was something more within your budget range.

Here are some expert tips to help you make the best decision for your wallet and lifestyle.

Calculate Your Monthly Expenses

Monthly expenses are costs you regularly pay, including housing, utilities, food, insurance, and transportation. If you have other recurring expenses like student loans or gym memberships, add those in. Next, calculate your monthly income by looking at your take-home pay after taxes (not including any bonuses) from all sources — salary or hourly wage, tips or commissions, investment gains/losses, etc.

Finally, calculate your net worth by subtracting any debt held against assets owned (bonds purchased with cash, for example). The result of these calculations will give you an idea of what kind of budget is realistic for buying a car based on current conditions.

Clear Your Existing Debts

If you have any debts, you should clear them before getting a car from used car dealers in Calgary and area. While some people like to have a certain amount of debt on their credit cards and student loans, a car loan is different because the risk is higher. If you default on your payments or get into an accident, it can be much more expensive.

To start paying off your debt, take stock of what you owe and prioritize your payments according to interest rates. If one of your debts has an exceptionally high rate (like 15%), focus on paying that off first so that you don't pay more in interest than what was originally borrowed.

If your boss allows for flexible hours or working remotely at home, try signing up for side gigs or freelance work so that every extra dollar goes straight toward paying off those bills.



Test-Drive Your Options

Start by test-driving a few options in your price range. You want to drive a variety of cars and brands, so don't just go for the first one you see. And if you can't find exactly what you want on the lot, ask the used car dealers in Calgary and area if they can get it for you.

Once you've narrowed down your options, take each car for a spin and pay attention. This is where things start getting personal. If a model doesn't feel right when it's zooming past 70 miles per hour, that's not the car for you. The same goes for automatic versus manual transmissions. Which car feels more comfortable is completely up to personal preference, but keep in mind that automatics are typically cheaper.

Now that you know how to determine your used car budget, you can feel confident that you'll be able to buy the right car. As soon as your budget is set, start researching cars and test-driving them until you find one that meets your criteria. This will take some time, but it's worth it when you find the perfect ride.

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The Full Worm Moon

The third full moon of 2023 occurs in March! It is aptly named the 'Full Worm Moon' as March signals the start of spring, thawed grounds, and the return of earthworms!



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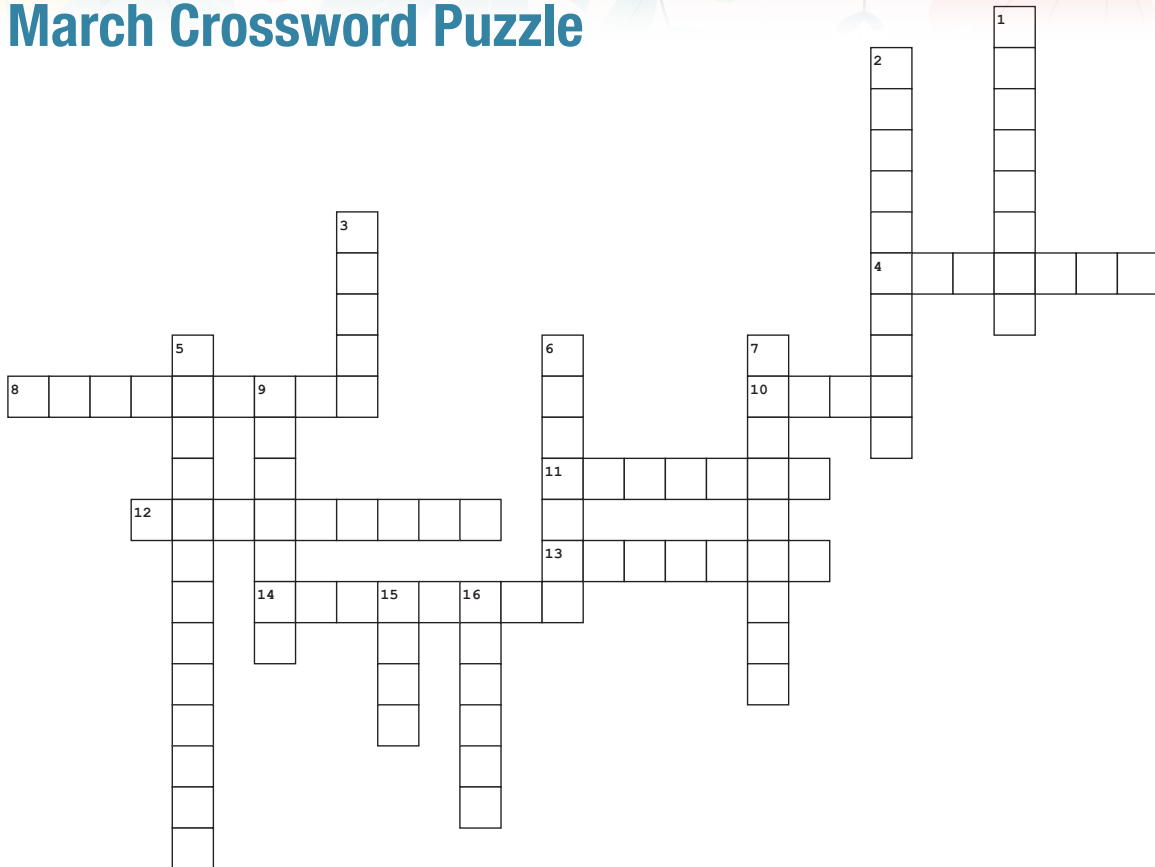
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March Crossword Puzzle



Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR
THE ANSWER KEY**





Councillor, Ward 14
Peter Demong

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Hey, Ward 14!


Do not feel bad about your thoughts drifting to warmer weather—mine are too. We all know that there is probably a brief regression to coldness coming, as it always does, but we are headed in the right direction. The days are getting longer...

In the full version of the March column, I will start with a quick reminder about your last few days to address potential changes to your property assessment. I will also talk about another one of the City's useful online maps, and new financing options available for those looking to make their homes more energy efficient. Finally, I will finish off by addressing safety on transit, both in terms of what you can do and what the City is doing.

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

The Boiling Lake

An oval-shaped inset image showing a lush, green mountain landscape with a body of water. White steam or smoke is rising from the water, indicating a volcanic fumarole. The surrounding area is covered in dense tropical vegetation.

The island of Dominica in the Caribbean Sea is home to a flooded fumarole (a vent for volcanic gases) full of hot, bubbling water and vapour. The hike to this World Heritage Site is treacherous and involves trekking through boiling, muddy forests and sulphuric gas. Although it's beautiful and otherworldly, visitors beware!



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Stephanie Kusie

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Dear Constituents,

The House of Commons returned from its winter break in late January and was immediately pushed into another government scandal. In my role as Shadow Minister for Treasury Board, I have been extremely focused on this government's fifty-fold increase in contracts with the consulting firm McKinsey & Company since 2015.

In his seven-years of government, Justin Trudeau has outsourced \$101.4 million in government contracts to McKinsey & Company instead of utilizing Canada's public service to deliver the services Canadians expect. A united opposition on OGGO committee passed a motion demanding the government hand over documents and provide witness testimony on this front. OGGO continues to investigate this concerning mismanagement of Canadian's tax dollars.

For Valentines Day, my office partnered with Midnapore School in providing handcrafted Valentines to residents of the AgeCare Midnapore facility. This annual tradition of partnering with a local school in Calgary Midnapore to deliver Valentines is an important reminder for our seniors that they are not alone and are always in our thoughts.

The budget for the 2023 fiscal year is also expected to be tabled at the end of March. My colleagues and I have been clear in our calls for the government to end any planned tax hikes, including the carbon tax, and ensure that every dollar spent is matched by a dollar in government revenue.

To stay up to date on my ongoing work in Ottawa on your behalf please sign up for my monthly e-newsletter. You can do so online at StephanieKusieMP.ca.

Sincerely,

Stephanie Kusie





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Medieval New Year

In the northern hemisphere, March signals the start of spring, and traditionally, planting season. As a result, in many European countries, March 25 was once the start of the new year. It wasn't until 1752 that Protestant countries like England adopted January 1 as New Year's Day. Can you imagine?!