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JOKE OF THE MONTH



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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 9-1-1.



VOLUNTEERS NEEDED

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

Visit Our Website:

www.waldenyyc.ca

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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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November	23	12	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
March	23	30	28	\$439,393	\$444,250
February	23	23	17	\$510,000	\$505,000

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

Celebrating Canadian Women

by Danielle Robbertze

International Women's Day, observed annually on March 8, provides a splendid opportunity to appreciate the accomplishments of women in history and all they have had to endure. From pioneers in science and politics to influential civil rights activist and thought-provoking writers, Canada has an impressive calibre of women who have not only made Canada a better place to live in but have also left an indelible mark on the global stage.

Viola Desmond

You might have seen this impressive woman in your pocket in the form of your ten-dollar bill. Fittingly, The Canadian Museum for Human Rights in Winnipeg is depicted on the reverse side. Desmond is Canada's own Rosa Parks. In 1946, Desmond courageously resisted leaving the white-only section of the Roseland Theatre in Nova Scotia, leading to her conviction with charges that persisted throughout her lifetime. Beyond her activism, Desmond played a pivotal role in empowering young black women in business, mentoring them as beauticians and inspiring them to forge independent careers. Through her beauty school and a line of products tailored for the black community, she stands tall as one of Canada's most influential women and civil rights activists.

Agnes Macphail

Agnes Macphail, born on March 24, 1890, in Ontario, was a trailblazer who became the first woman elected to the House of Commons in 1921, serving until 1940. Her impact extended beyond Parliament, as she was also a member of the Ontario legislature and the League of Nations' Canadian Delegation. Macphail's dedication to equality was evident in her championing of Ontario's first equal pay legislation in 1951, making her a pioneering force in Canadian politics. A true advocate for the marginalized, she fought for the rights of miners, immigrants, prisoners, and women, challenging antiquated expectations, and becoming a voice for feminist transformation.

Lucy Maud Montgomery

Easily one of Canada's finest authors, Montgomery put Canadian literature on the map paving the way for other Canadian writers such as Margaret Atwood. Best known for her novel *Anne of Green Gables*, Montgomery was the first Canadian member to be inaugurated as a member of the British Royal Society of Arts.

Prince Edward Island can forever be grateful to Lucy for creating a world for Anne Shirley which many little girls enjoy reading about.

Mary Ann Shad Cary

Now this woman has an impressive resume. A journalist, educator, publisher, lawyer, editor, women's rights activist, and abolitionist, Mary Ann Shad Cary was the first black woman in North America to publish and edit a newspaper, *The Provincial Freeman*.

She gave a voice to the voiceless at the time. She advocated for the end of slavery and the emigration of African Americans to Canada, finding it a welcoming home for everyone.

Dr Lillian Dyck

Dr. Lillian Dyck, Canada's first Indigenous woman to earn a PhD in Science, shattered stereotypes as the first Indigenous female senator and the first Chinese Canadian senator. Dyck was born to a Cree mother and Chinese father. Dyck's commitment to advocating for Indigenous rights extended to her work in science, where she delved into understanding neuropsychiatric diseases like Alzheimer's and Schizophrenia.

The Firth Sisters

Shirley and Sharon Firth are twin sisters who pioneered the way for Indigenous athletes. They competed at four Olympic Winter Games as cross-country skiers and were a part of the first Canadian Women's Olympic cross-country ski team. As members of the Gwich'in First Nation Indigenous group, these sisters have an impressive, combined total of 79 medals (National Championships) and 48 national titles under their belt.

The Countless Others

While the accomplishments of these remarkable women are highlighted, it is essential to acknowledge the countless others who have contributed to gender equality in Canada. Figures such as Margaret Atwood, Elsie MacGill, Kenojuak Ashevak, Nancy Greene Raine, and many more deserve recognition on this special day.

This International Women's Day, let us celebrate and honour the legacies of these incredible Canadian women who have shaped our history and continue to inspire generations to come.



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.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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by the City of Calgary

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From mental health counsellors to nurses who can help with things such as anxiety and diabetes, you can access a variety of health support through one of the Alberta Primary Care Networks. There are a number of Primary Care Networks across the province, offering services designed to best meet the needs of each community. Primary Care Networks are part of Alberta's public health care system and are funded by the provincial government – there is no cost to use any of their services.



Access Free Health Support

Studies show that people who regularly see their family doctor are healthier, live longer, and have fewer hospital visits. You can find various health support through Primary Care Networks, including:

- Virtual and in-person workshops to support mental health, nutrition, diabetes, exercise, and to help you quit smoking.
- Access to a team of health professionals that could include nurses, mental health therapists, dietitians, pharmacists, and social workers who can provide you with specialized care.
- After-hours care to support you if you can't get in to see your family doctor.

Real-Life Fairy Tale

Did you know that the magical world of Disney extended beyond the screen for the voices of Mickey and Minnie Mouse? Wayne Allwine (Mickey from 1977 to 2009) and Russi Taylor (Minnie from 1986 to 2019), added a real-life fairy tale twist to their story. In 1991, they tied the knot, bringing the iconic mouse couple's love to life off-screen.



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Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!



MARCH 26
Purple Day

Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.

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epilepsycalgary.com



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

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