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		Listed	Sold	Listed	Sold
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April	26	41	17	\$539,900	\$531,000
March	26	21	21	\$549,900	\$540,000
February	26	25	13	\$570,000	\$558,000
January	26	12	10	\$612,450	\$597,250
December	25	9	11	\$549,990	\$542,900
November	25	15	18	\$544,950	\$539,525
October	25	27	24	\$569,900	\$564,750
September	25	31	18	\$442,400	\$434,000
August	25	24	28	\$424,500	\$411,250
July	25	30	27	\$619,000	\$605,000
June	25	27	23	\$618,900	\$600,500

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

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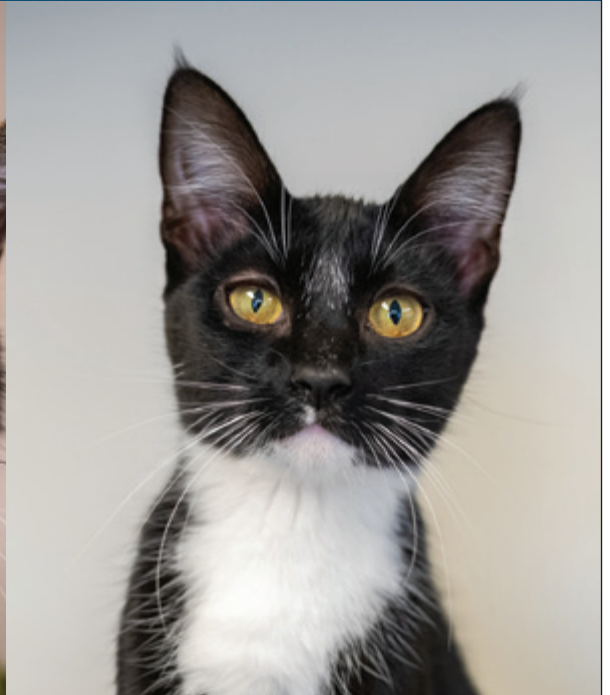


MEOW Foundation is dedicated to rescuing stray and abandoned cats, providing them with critical medical care and the hope of a loving home.

Your donation helps fund our essential community programs, supporting both cats and the people who love them.

Together, we can give cats the second chance they deserve.

Donate



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**SCAN HERE TO VIEW ADDITIONAL
WALDEN CONTENT**

**News, Events,
& More**



**Crime
Statistics**

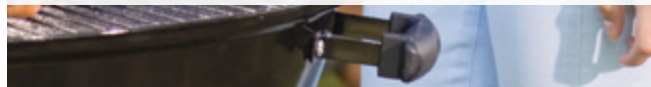


**Real Estate
Statistics**



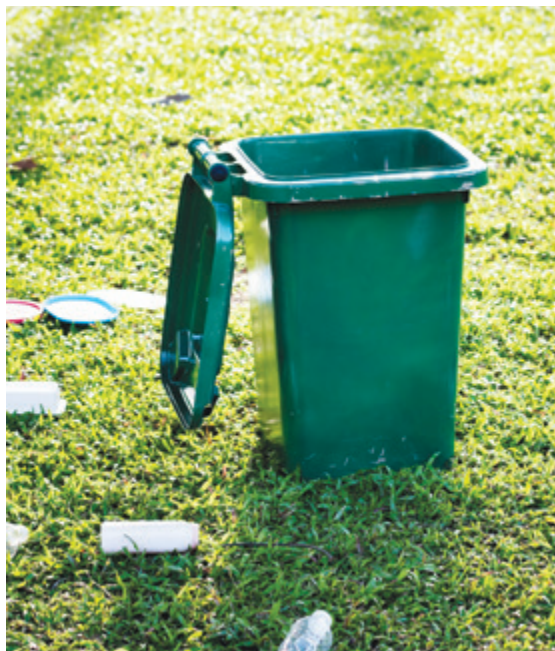
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Green Bins Are for Food Scraps and Yard Waste

by The City of Calgary, Waste and Recycling Services



Food scraps belong in the green cart, but packaging does not. Plastic does not compost and can break into small pieces during processing, which can contaminate the finished compost. All food scraps must be separated from packaging before composting, even if the packaging says it is biodegradable or compostable.

A few simple habits can make a big difference:

- Remove all plastic before putting food scraps in the green bin.
- Empty and clean plastic, glass, and metal containers go in the blue cart.
- Plastic wraps, foam, and other non-compostable packaging belong in the black cart.

Putting food scraps in the green cart and packaging in the right bin helps keep compost clean. If you are not sure where an item goes, visit <https://www.calgary.ca/waste/what-goes-where/default.html>.

Summer Gardening Made Easy

by The City of Calgary



The City of Calgary's YardSmart program offers tips to keep your yard thriving, rain or shine.

- Make the most out of rainy days. Plants prefer rainwater over water from the hose. Collect water with a rain barrel and use it to water your yard. Point downspouts towards your lawn or garden, so they soak up every drop.
- Mow less often. Keep your grass two to three inches high to shade the soil and leave clippings on your lawn.
- Add mulch to garden beds. Mulch helps prevent water evaporation and reduces weeds. Use two to four inches of mulch on top of garden beds, leaving an inch around the base of plants.
- Water plants at the roots—low and slow, allowing the soil to fully absorb the water. Hand watering with a watering can, using drip irrigation, or using soaker hoses are all effective ways to water plants at the roots. If you're watering with a sprinkler or irrigation system, remember to water on your scheduled days. Visit calgary.ca/whentowater for more information on Calgary's lawn and landscape watering schedule.

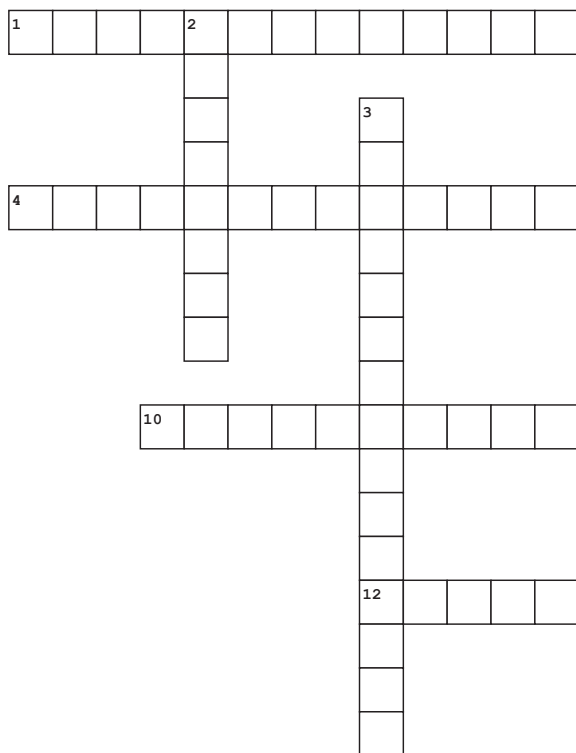
Now that your yard is summer-ready, it's ready for its close-up.

Share your YardSmart yard with us for a chance to be featured on calgary.ca. A YardSmart yard can include:

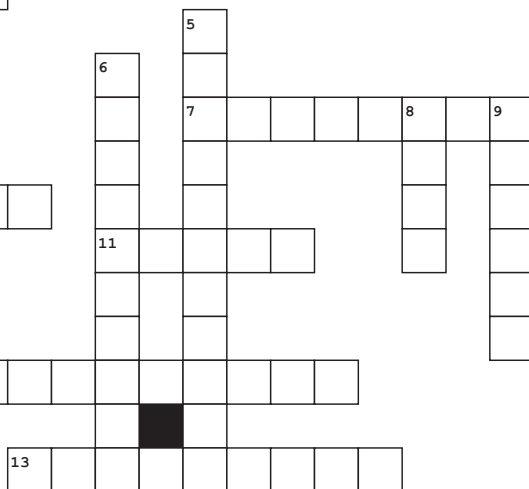
- Drought tolerant, water-wise plants
- Lawn alternatives
- Rain barrels or other rain harvesting set-ups
- Efficient irrigation systems
- Native plants
- Rain gardens

Simply snap a photo of your Yard Smart yard and complete the 'Show us your yard' form at calgary.ca/yardsmart.

July Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.





From Hesitant to Confident: A Growing Year for 4-H Intro Clubs



What happens when you give kids a welcoming place to try new things, make friends, and build confidence all in just six weeks?

This year, 4-H Alberta's Intro Clubs continued to grow across urban communities, with nine clubs hosted in Calgary and two in Edmonton. Two additional summer clubs, one in north Calgary and one in south Calgary, will wrap up the season at the end of July.



Although many people still associate 4-H with rural communities and livestock

projects, today's 4H programs offer a wide variety of opportunities for urban youth as well. From baking and science to leadership, communication, community service, and creative projects, 4-H helps young people build life skills through hands-on learning experiences.

Designed as a short-term introduction to 4-H, the Intro Clubs give youth the opportunity to experience friendship, leadership, responsibility, and community involvement in a welcoming environment for busy families.

For many participants, the experience became much more than just an after-school activity.

One parent shared that their son arrived nervous and unsure on the first day, but by the end of the program he was excited, enthusiastic, and sad to see it end. Another family described the program as "extraordinary" and praised both the hands-on learning and the welcoming atmosphere created by the leadership team.

A special part of this year's success was the involvement of 4-H Ambassador and member, Devyn, who worked



alongside club leaders to mentor younger members and help create a positive and encouraging environment.

Whether youth were presenting speeches, participating in community service, trying new activities, or simply making new friends, Intro Clubs helped families discover what 4-H is truly about: belonging, confidence, leadership, and learning by doing. Contact introclubs@4hab.com to find out more!

July 30 is National Cheesecake Day!



Try baking one of your own to celebrate!

Ingredients

- 2 cups of graham crumbs
- 1/2 cup of butter or margarine, melted
- 1/4 cup of white granulated sugar
- 2 tsp of nutmeg (optional, make it whatever flavour you would like)
- 2 blocks of cream cheese (6oz)
- 1/2 cup sour cream
- 3/4 cups of white granulated sugar
- 2 eggs
- 1 tbsp vanilla extract, or vanilla bean paste

Instructions

1. Preheat oven to 325° F. The lower temperature will help the centre cook without burning the exterior.
2. In your 9' spring pan or baking dish, pour in your graham crumb, 1/4 cup of sugar and melted butter. Using your hands gently combine everything until it becomes equally incorporated. It should feel like wet sand. If mix seems too dry you can add a little more butter to help it stick.
3. Spread the mixture evenly across the base of the pan and firmly press down into an even layer. Feel free to use a heavy glass or another pan to help pack it down.
4. Set aside while preparing the filling.
5. In a large bowl add your cream cheese blocks, sour cream, nutmeg, and sugar.
6. Beat the two ingredients together either with a hand mixer on speed 2, or by hand if you prefer. We are looking for the mixture to be smooth and fluffy.
7. Add the eggs and vanilla and continue mixing. At the end you should have a smooth, thick batter that coats the blades of your mixer.
8. You've made it! This is the easy part. Simply pour your batter overtop of the prepared base, smooth out the top to make it as even as possible, and place it in the oven. Let it bake for 45 minutes to an hour. If you're feeling fancy, you can spray some water into the oven around the halfway point. This steams the oven and can give the cheesecake a more even tone. You know it is done when you gently shake the pan and there is little to no movement in the centre
9. Remove from the oven, rest at room temperature until completely cooled, and enjoy your delicious cheesecake.

The Pressure to Make Summer Count

by Rebecca Pink, Registered Provisional Psychologist



Summer is often associated with rest, joy, and freedom. Yet for many people, it can quietly become one of the busiest and most emotionally demanding seasons of the year. Between vacations, social events, family commitments, longer days, and the pressure to “make the most” of the season, summer can begin to feel surprisingly overwhelming.

As a mom of two teenage daughters, I can feel the pace of summer pick up quickly. Between schedules, activities, social plans, and the quiet pressure to make the most of the summer, it becomes very easy to confuse staying busy with actually being fulfilled. Even the things we genuinely look forward to can begin to feel overwhelming when there is little room left to simply slow down.

But a full calendar is not always the same thing as a fulfilling season.

When every weekend is booked and every sunny evening feels like something we should maximize, we

can lose the very thing many of us are craving most: genuine presence and restoration. Even seasons that are meant to feel light-hearted can be surprisingly demanding, and our nervous system still requires time to rest and recharge.

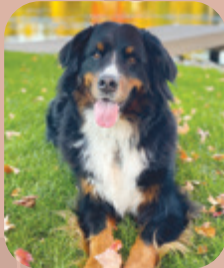
Sometimes, the healthiest thing we can do is leave room for slower moments; an unplanned evening, a quiet walk, time at home, or saying no to plans we do not truly have the capacity for.

In a culture that often equates busyness with success, choosing rest can feel uncomfortable. We may find ourselves trying to make the most of every moment, only to create the very stress we were hoping to escape. Building in time for rest, flexibility, and simply “being” supports emotional resilience and overall well-being. Rather than asking how much you can fit into your summer, consider asking what experiences will leave you feeling most restored, connected, and fulfilled. Here’s to a summer that feels less rushed, more intentional, and rich in the things that truly matter.

Cats, Canines, & Critters of Calgary



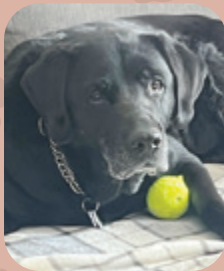
Casper, Huntington Hills



Chase, Wolf Willow



Echo, Acadia



Geo, Signal Hill



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**Councillor, Ward 14
Landon Johnston**

ward14@calgary.ca

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Hello Neighbours!

We're already halfway through 2026! Springtime means a lot is going on within our beautiful and thriving city. Warmer weather means increased pedestrians, cyclists, and motorcyclists. Construction will be predominant within our communities, as well as workers beginning to fix potholes, trim trees, cut grass, and clean our streets. A reminder to be aware of your surroundings and share the road. Together we can make sure everyone returns home safely!

Stampede and summer festivities have already started within our beautiful communities. We want to send out a special thank you to our Community Associations and volunteers for taking the time to host these amazing events. Without our volunteers, events such as these would not be possible!

We are looking forward to continuing to work with our fellow residents. Stay tuned for our upcoming Ward 14 webpage and be sure to check in on my social media pages for updates at this time.

Contact Our Office

General inquiries: Ward14@calgary.ca.

Community information and events: CLWard14@calgary.ca.

Following up on an issue?: CAWard14@calgary.ca.

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An advertisement for Mariana Trench. The top half has a light blue background with the text "Mariana Trench" in a large, stylized, dark blue font. Below this, a vertical line represents the CN Tower, extending from the bottom of the frame up to the top. A diver in a blue suit and mask is shown upside down, swimming towards the top of the frame. Bubbles are rising from the diver. The bottom half of the advertisement has a light blue background with the text "Did you know the Mariana Trench reaches a depth of over 35,000 ft? That's the height of 63 CN Towers!" in a white, sans-serif font.

Mariana Trench

Did you know the Mariana Trench reaches a depth of over 35,000 ft? That's the height of 63 CN Towers!

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, life-threatening, and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing. The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.



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