

NOVEMBER 2023

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	Listed	Sold	Listed	Sold
September 23	18	16	\$497,450	\$490,000
August 23	29	20	\$512,500	\$509,500
July 23	18	22	\$423,950	\$441,500
June 23	31	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
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

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



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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.



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:

www.waldenyc.ca

Join Us:

Facebook: www.facebook.com/groups/waldenyc

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)

BRAIN GAMES SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



WAR CATS



Ancient Egyptians worshipped cats and believed them to be magical symbols of good luck. The Persian army used this knowledge to their benefit by putting cats on their frontlines in the battle of Pelusium. The Egyptian army would not attack in any way so as not to hurt the cats, and the Persian army ended up winning!



Board Listing

President	Vacant
Secretary	Bim Adeniji
Treasurer	Chris Wiencki
Director at Large	Julia Wiencki
Director at Large	Nonye Opara
Director at Large	Ashis Ghosh

To contact the board, please email board@waldenca.ca.

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- WEBSITE: <http://waldenyyc.ca>
- EMAIL US: info@waldenyyc.ca

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.



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News, Events, & More



Crime Statistics



Real Estate Statistics



Cats, Canines, & Critters of Calgary



Bisous, *Deer Run*



Fergus, *Willow Park*



Nacho, *Panorama Hills*



Marley, *Brentwood*

To have your pet featured, email news@mycalgary.com



South Health Campus Wellness Centre

Better Health for Free

Find information, resources, and classes to help make decisions about your health.

Visit the 2023 Fall Program Guide for more information and registration details at www.ahs.ca/shcwellness.

Questions? Call 403-956-3939.

Upcoming FREE Programs in November & December 2023

Tasty Low Salt Cooking

Are you struggling with how to implement a lower salt (sodium) diet? Learn practical ways to lower salt in your diet with a cooking demonstration by AHS Nutrition Services Registered Dietitians. This 2-part series will feature label reading, lower sodium substitutions and preparing healthy, lower sodium foods that taste great. Register for one or both classes.

When: Meal Ideas: November 21 Noon – 1:00 pm.
Dips & Sauces: December 12 Noon – 1:00 pm.

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

Registration: www.redcap.link/TastyLowSaltCooking.

Easy & Healthy Mediterranean Cooking

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 brain health, heart health, or general well-being.

When: November 16 Noon – 1:30 pm.

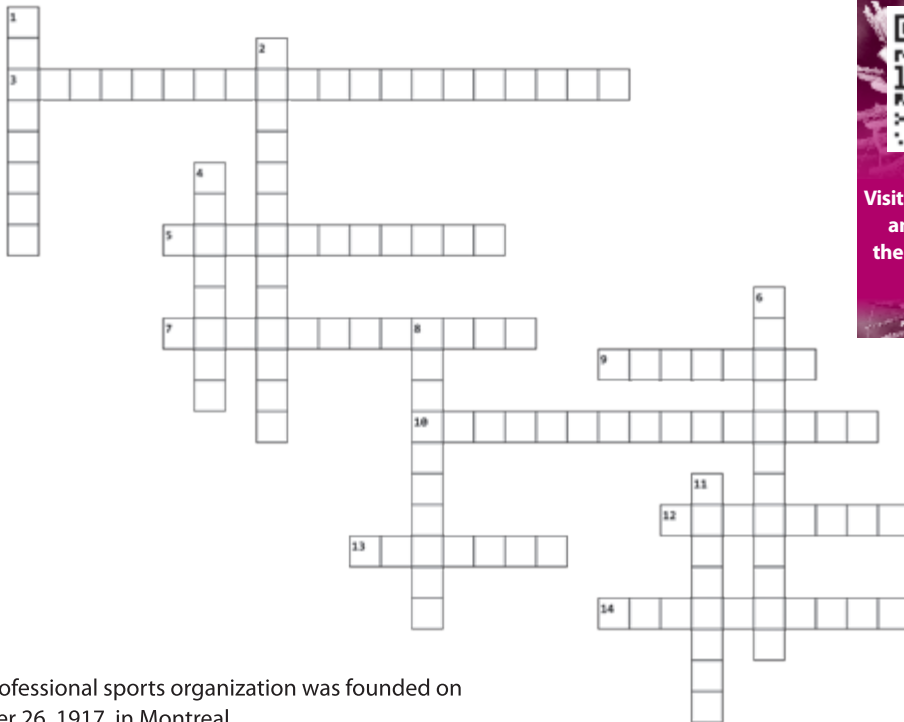
Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen.

Registration: www.redcap.link/EasyHealthyMediterraneanCooking.

THE FIRST CREW

On November 2, 2000, the first crew reached the International Space Station. The residing team was made up of NASA Astronaut Bill Shepherd and cosmonauts Yuri Gidzenko and Sergei Krikalev.

November Crossword



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

Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.

5. Born on November 12, 1980, but he's just Ken.

7. November is National _____ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.

9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto _____.

10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.

12. This month is the only month used in the 26-letter NATO phonetic alphabet.

13. Pink Floyd's iconic 11th album, _____, was released on November 30, 1979.

14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male _____ onboard; thankfully, he survived the three hour and 20-minute space flight.

Down

1. On World _____ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.

2. November's official flower, which originates from East Asia.

4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.

6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.

8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.

11. The reason people grow moustaches in November.

Vietnamese Chicken and Pork Balls

by Jennifer Puri



“Yerba Bueno” or the Good Herb refers to the dark green leaves of mint which are packed with nutrients, particularly Vitamin A which is essential for eye health and night vision.

Mint is big business and is used across the globe in everything from chutneys to mojitos. Commercial mint oils have become associated with toothpaste, candies, gum, chocolates, fragrances, and skin products.

We associate fresh mint flavour with oral hygiene, but for thousands of years we have also used it to clean our skin and as a “stomach soother”. Fresh mint leaves are edible cooked or raw. Cooking can help add flavour, but it can also be added to water, smoothies, herbal teas, salads, dips, sauces, and chocolate chip cookies. Peppermint tea is the perfect calorie and caffeine-free tea to drink any time of the day.

A generous portion of fresh mint and coriander leaves have been used in the preparation of this delicious version of Vietnamese Chicken and Pork Balls. Enjoy!

Prep Time: 35 minutes

Cook Time: 22 minutes

Servings: Four to six

Ingredients:

- ½ lb. ground chicken
- ½ lb. ground pork
- 2 eggs
- 1 cup finely ground bread crumbs
- 3 garlic cloves, minced
- 1 tbsp. fresh ginger, minced
- 3 green onions, finely sliced
- 1 pale yellow lemon grass stalk (located under the tough outer leaves), finely chopped (optional)
- ½ tsp red pepper flakes
- 4 tbsps. fish sauce
- 3 tbsps. fresh mint leaves, finely sliced
- 3 tbsps. of fresh coriander leaves, finely sliced

- ½ cup un-salted peanuts
- 8 oz. cooked vermicelli noodles
- 2 butterleaf lettuce heads
- Pickled vegetables
- Sweet chilli sauce
- Thai dipping sauce
- Coriander leaves for garnish

Directions:

- Preheat oven to 400 degrees Fahrenheit.
- In a medium mixing bowl, gently combine ground chicken, pork, eggs, fish sauce, garlic, ginger, green onions, lemon grass, bread crumbs, cilantro, and mint.
- Use wet hands to form golf ball size balls (approximately 18 to 22) and arrange on a foil-lined baking sheet, taking care to leave space between each ball. Bake for approximately 20 minutes, flipping once during cooking or until balls are cooked through.
- To serve, place a spoonful of vermicelli in each lettuce cup and sprinkle with Thai fish sauce. Top with chicken and pork balls, pickled veggies, sweet chilli sauce, peanuts, and coriander leaves to taste.
- Alternatively, serve chicken and pork balls on a platter attached to a toothpick and fresh or canned pineapple pieces. Garnish with pickled veggies and sweet chili sauce.

Bon Appétit!



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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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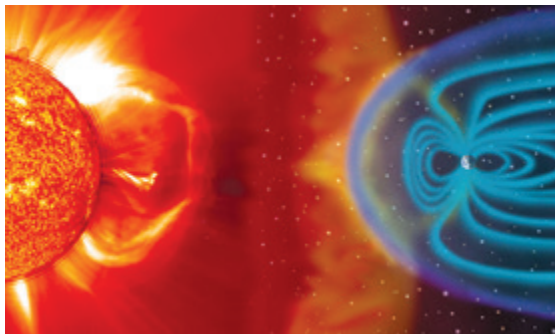


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The Sun: Our Friend and Sometimes Foe

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



Astronomers had been aware of dark spots on the Sun since the early 1600s, but it wasn't until 1755 they discovered the number of sunspots increased and decreased in cycles spanning 11 years.

On September 1, 1859, an English astronomer named Richard Carrington was keenly aware the number of sunspots was on the rise. While sketching a particularly large cluster, he witnessed an explosion of light lasting about five minutes. The flare was a coronal mass ejection (CME), a burst of magnetized plasma from the Sun's upper atmosphere. Normally, a CME takes several days to reach Earth. In this case, it took only 17.6 hours.

That night, the Earth experienced unprecedented electrical chaos. Telegraph poles and substations (precursor to the telephone) started catching fire and

northern and southern auroral displays, normally confined to the polar regions, were now visible as far south as Hawaii and as far north as Australia.

Carrington realized the flare he'd seen was almost certainly the cause of this massive geomagnetic disturbance. This connection had never previously been made. In his honour, the 1859 incident is now known as the Carrington Event.

It was the most powerful solar eruption in recorded history; causing wide-reaching communication failures as the telegraph system was simply unable to withstand the tremendous amount of electricity surging through the wires.

In 1989, a CME knocked out power to the province of Quebec, leaving 6 million people in the dark for nine hours. It also damaged transformers as far away as New Jersey and nearly took down the U.S. power grid from the Eastern Seaboard to the Pacific Northwest. On July 23, 2012, a CME equivalent to the Carrington Event narrowly missed Earth. Had it hit us, our technology dependent world would have suffered catastrophic damage.



A Ton of Tongue

Blue whales are the largest animals known to live on Earth. Not only are their bodies ginormous at a staggering 100 feet long, but their tongues are actually incredibly heavy, with the average tongue weighing over 8,000 lbs!



Calgary



The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



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