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		Listed	Sold	Listed	Sold
February	24	21	13	\$419,900	\$460,000
January	24	19	25	\$514,888	\$514,888
December	23	10	7	\$489,900	\$467,000
November	23	11	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

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

GAMES & PUZZLES

Guess the Invention!

1. This delicious, chocolatey treat was created by mistake by Ruth Graves Wakefield in 1930.
2. This Canadian-born technological invention gave the public a more immersive film experience in theatres.
3. James Naismith, a Canadian-born P.E. instructor invented this indoor team sport in 1891.
4. Hollywood actress Hedy Lamarr famously created a frequency-hopping technology, which would eventually lead to this modern wireless network technology.
5. Canadian artist Joe Shuster co-created this iconic comic book character in 1938.
6. In 1940, Norman Breakey of Toronto created this tool which would save time applying paint.



SCAN THE QR
CODE FOR THE
ANSWERS!



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)

SCAN HERE TO VIEW ADDITIONAL WALDEN CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Spring Cleaning Your Finances

by Danielle Robbertze

Do you have a bunch of documents, statements, receipts, and more lying around? Well, April is the perfect time to sort this all out. April is often the time for spring cleaning. Although this mostly involves general cleaning of your house or donating items you no longer need. This time can also be used to 'spring clean' your finances.

Here are a few tips on how you can spring clean your finances this year:

1. Sort, Sort, and Sort Some More

Sort your financial documents into categories, this way it becomes easier to manage. Categories can include bank statements, bills relating to your home, receipts, contracts, and miscellaneous. Throw away (or shred which is a more secure option) that which is old and no longer relevant. This could be bank statements for an old credit/debit card, bills from a previous residence, or pay slips older than three months.

Create a filing system with labelled folders in a secure area of your house. Once this filing system is set up it becomes easy to file new documents and throw out old ones.

2. Consider Digital

Some documents are best to keep as hard copies such as rental agreements, mortgage statements, and work contracts. However, documents such as bank statements and receipts are available online these days which can be easily filed digitally either through Google Drive or directly on your computer.

3. See Where You Can Start Saving

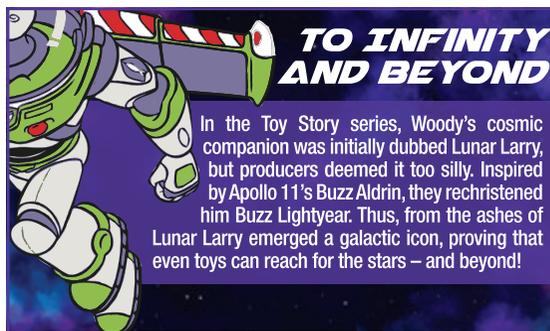
Once everything is organized it becomes easier to see where your money goes every month. Consider creating an Excel sheet where you can clearly see where you spend your money. Here you can also create categories such as income, savings, bills, subscription fees, groceries, bank accounts, loans, and miscellaneous (spending on clothes, recreational activities, and luxury items).

Indicate in green the money that comes in your account monthly and indicate in red the money that comes out. You can create an easy equation after doing this to see how much money you have left every month.



When all this is done you could possibly see that you no longer use a certain subscription and could save money by unsubscribing, or you have a bank account you no longer use which you can close.

All of this may seem like a bit of a hassle, but once it is done you will not regret spring cleaning your finances. It will only make your life easier moving forward.





South Health Campus Wellness Centre

Better Health for Free

Find information, resources, and classes to help make decisions about your health. Visit the 2024 Spring/Summer Program Guide for more information and registration details at www.ahs.ca/shcwellness. Questions? Call 403-956-3939.

Upcoming Free Programs

Tasty, Low Salt Cooking

Enjoy flavourful meal, dip, and sauce ideas that focus on less salt (sodium) in this two-part series and explore ways to reduce salt intake by using delicious, lower salt substitutes and label reading. These practical cooking demonstrations include recipes and helpful tips. Part 1 features meal ideas using less salt and Part 2 features tasty dips and sauces. Join us from the comfort of your home for this virtual cooking demonstration.

When: Meal Ideas - April 17 from noon to 1:00 pm.

Dips and Sauces - May 1 from noon to 1:00 pm.

Program Provider: AHS Nutrition Services and the Wellness Kitchen.

Registration: www.redcap.link/TastyLowSaltCooking.

Easy and Healthy Mediterranean Cooking

Discover great flavours and how to eat Mediterranean! The Mediterranean may be far away, but the delicious

and healthy 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. This practical cooking class includes recipes and helpful tips. Join us in-person in the Wellness Kitchen or from the comfort of your home virtually for this cooking demonstration.

When: April 23 and June 11 from noon to 1:30 pm.

Program Provider: AHS Nutrition Services and the Wellness Kitchen.

Registration:

www.redcap.link/EasyHealthyMediterraneanCooking.

Cooking When Fatigued

Learn to prepare and cook healthy meals when you live with chronic fatigue, or physical or cognitive symptoms related to neurological conditions like Parkinson's Disease or arthritis. This unique cooking demonstration gives you the opportunity to ask questions and learn strategies to be more successful in the kitchen.

When: In-person - April 11 from noon to 1:30 pm (space is limited).

Online - May 15 from noon to 1:30 pm.

Program Provider: AHS Nutrition Services, Allied Health, and the Wellness Kitchen.

Registration: www.redcap.link/CookingWhenFatigued.



Greetings Ward 14!

Today, I am going to take a detour from the normal monthly list of topics and get right to the point. On April 22, City Council will undergo a public hearing and decide on whether or not to make some major changes to what type of building is allowed on properties in Calgary. I voted against moving forward with this, but here we are.

As a part of this public hearing, I must remain open to persuasion. That is the law, but it is also important to me to be open to what Calgarians think. There have been some opportunities for input, but it has not been enough.

I will be holding two sessions in April. These will be opportunities to speak with some of the City’s experts on proposed rezoning changes, and a chance to give me your thoughts face-to-face. I encourage you to visit calgary.ca/ward14 for all the details.

Feel free to contact me any time, and don’t forget to visit calgary.ca/ward14 for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Sincerely,

Councillor Peter Demong



mybabysitterlist

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Dear constituents,

As I write this, the Auditor General’s report on the ArriveCAN app has been resting with the Canadian public for a little over two weeks. Her report outlined the ArriveCAN application – which previous analysis has shown could’ve been made for as little as \$80,000 – has ballooned to a jaw-dropping cost of at least \$60 million dollars! That’s 750 times over budget! In her report the Auditor General wrote, “overall the CBSA, Public Health Agency of Canada, and Public Services and Procurement Canada repeatedly failed to follow good management practices in the contracting, development, and implementation of the ArriveCAN application.”

GC Strategies a four-person company run out of a basement, received \$19.5 million dollars on ArriveCAN contracts despite doing no actual work on the app! We’ve also learned that GC Strategies has been the recipient of over a quarter of a billion dollars in other government contracts since Justin Trudeau took office in 2015.

As the Official Opposition Shadow Minister for Treasury Board, I have been digging for answers on ArriveCAN since the fall of 2022 – and I won’t be stopping until Canadian taxpayers get the answers they deserve.

I would also like to remind all constituents of the federal services my office can assist you with. If you need help with Service Canada (EI, CPP, OAS, CRA), Immigration Refugees and Citizenship Canada (IRCC), Passport Canada, Veterans Affairs, or more please complete the relevant form on my website at www.StephanieKusieMP.ca/services.

To stay up to date on the work I’m doing in Ottawa on your behalf, please sign up for my monthly e-newsletter. You can do so online at StephaneikusieMP.ca Another way to keep engaged is through my social media - @StephanieKusiePoitician (Facebook), @StephanieKusie (X and Instagram), and @StephanieKusieMP (YouTube).

Sincerely,

Stephanie Kusie

MP, Calgary Midnapore

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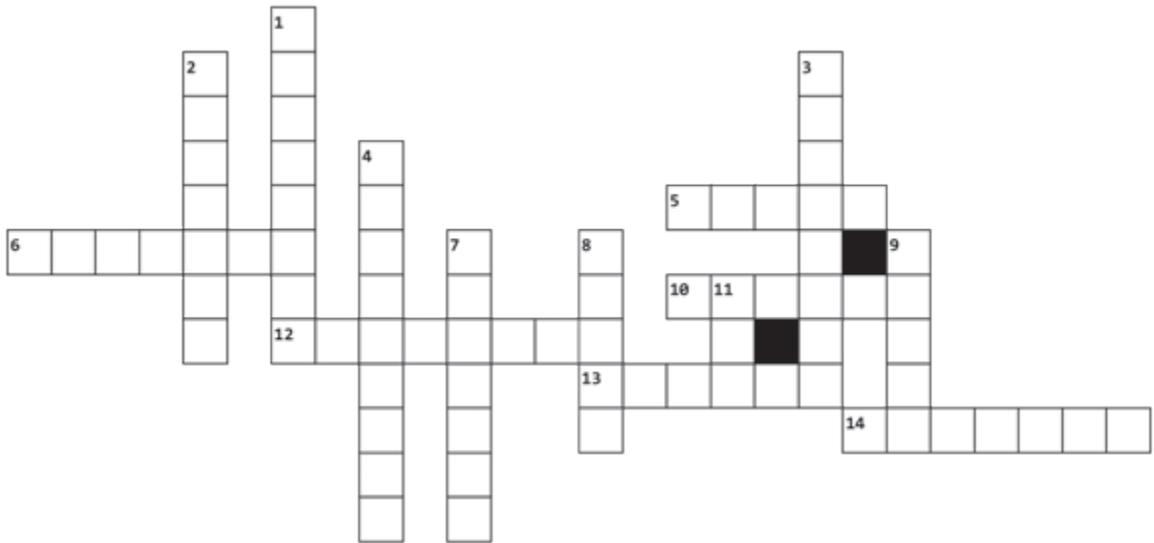
BRAIN GAMES SUDOKU

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					4			
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2		1			8		4	

SCAN THE QR CODE
FOR THE SOLUTION



April Crossword



Across

5. The _____ and the Sweet Pea are April's official birth flowers.
6. This famous Leonardo was born on April 15, 1452.
10. In April of 1970, _____ 13 launched and famously ran into difficulties 56 hours later.
12. *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, recently made into a feature film directed by Martin _____, was originally published on April 18, 2017, and written by David Grann.
13. This popular holiday, typically in April, is thought to be named after the goddess "Eastre".
14. Noah _____ copyrighted this eponymous, well-known dictionary used by many on April 14, 1828.

Down

1. After a 1,500-year break, this international multi-sport event was reintroduced in Athens on April 6, 1896.
2. Famously nicknamed "The Unsinkable", this ship went down on April 14, 1912, in the North Atlantic Ocean.
3. This year, the World Ski and Snowboard Festival will be held the second week of April in _____, BC.
4. This cultural hub of Canada was incorporated into the country as a city on April 6, 1886.
7. Ford released the first version of this beloved muscle car on April 17, 1964.
8. "I Want to Break Free" by _____ was released in April of 1984, with a controversial yet playful music video.
9. Vancouver-born _____ Smulders, who famously plays Robin Scherbatsky in *How I Met Your Mother*, celebrates her birthday on April 3.
11. On April 11, National _____ Day is celebrated and advocates against animal violence and cruelty.



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

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