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	Listed	Sold	Listed	Sold
November 23	15	13	\$390,000	\$390,000
October 23	12	14	\$427,500	\$422,500
September 23	18	16	\$497,450	\$490,000
August 23	28	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
January 23	13	9	\$445,000	\$461,088
December 22	8	5	\$529,900	\$520,000

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

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- Verifiably Calgary's best soccer program with more resources and pathways to pro-am leagues for boys and girls.
- 8 Canadian National Youth Championships won.
- Foothills WFC is the highest level of women's soccer in Canada and 2022 UWS Western Conference Champions.
- One of two founding franchises for the Project 8 women's professional league launching in 2025.



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soccerclub**



OUTDOOR 2024 REGISTRATION: Program details and online registration available **JANUARY 15TH TO MARCH 15TH** at www.gofoothills.ca



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)



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

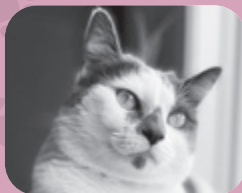
Calling All PARENTS

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Board Listing

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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!

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News, Events, & More



Crime Statistics



Real Estate Statistics



Understanding Mental Health

by Alberta Health Services

Mental Health is complicated. There are so many ways to talk about it and it can get confusing. To better understand, Mental Health Literacy developed a tool known as “the pyramid” that consists of four layers. The base of the pyramid is the largest, which is related to the number of individuals in this state. Therefore, as the pyramid gets smaller so does the amount of people who may experience this state. Let’s take a closer look at what the four levels of the pyramid are.

1. No Distress, Problem, or Disorder

This is the bottom level and the largest of the pyramid. This is when everything is okay, and you are not experiencing any mental distress, problems, or disorders.

2. Mental Distress

The next layer up is mental distress. Distress releases a signal from our brain indicating the need to adapt to our environment and that there is a problem to solve. Triggers of distress are unavoidable, but the process is necessary for life-skills promoting and building resilience. An example is having an argument with your boss. Once you figure out a solution the mental distress goes away.

3. Mental Health Problem

The second layer from the top is mental health problems, which can mean that we are having difficulties and may need external help such as counselling or community support. This can arise from a stressor of great amount, such as the death of a loved one.

4. Mental Disorder/Illness

Located at the top of the pyramid is mental illness. This occurs when there is disruption in usual brain functioning. This disruption is the result of our genes and our environment from the time of conception and throughout our life. Examples of this can be the diagnosis of ADHD, Clinical Depression, and Anxiety.

Now that we have a better understanding of these terms, here are everyday things you can do for your mental health, also known as the “Big Five to Thrive!”

- **Exercise:** This could be a walk in the community or a session at the gym.
- **Sleep:** The optimal amount needed varies for everyone. Put away your phone and snuggle up for a good night’s sleep.
- **Supportive Relationships:** Develop and maintain positive relationships with family, friends, and community. Surround yourself with those who lift you up.
- **Nutrition:** Incorporate healthy foods that are easy to make and taste great!
- **Helping Others:** Get involved in your community coalitions or volunteer with local charities.

It has been shown that improving even one of these areas translates to improvement in the other areas. Consider steps that are realistic for you to better your mental health!





Councillor, Ward 14
Peter Demong
 ☎ 403-268-1653
 ✉ eaward14@calgary.ca
 🌐 www.calgary.ca/ward14



MP Calgary Midnapore
Stephanie Kusie
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 Calgary, AB T2X 1M2
 ☎ 403-225-3480 📠 403-255-3504
 ✉ stephanie.kusie.c1@parl.gc.ca
 🌐 stephaniekusieimp.ca

Hello, Ward 14!

Happy New Year to all of you! We are now in the second half of this Council term, and I want to take a moment to thank all of you who take the time to read my online column. I try to fill it with information that you will find useful. I am also happy to hear any suggestions you may have to make it more interesting.

For January, there will naturally be a winter theme to my column—some talk about road conditions, winter in parks, etc. It is also the season for Property Assessments, so I will mention that. City webinars and the Calgary Awards will come up, and of course there will be a new installment on how to navigate the City website.

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.

Sincerely,
Councillor Peter Demong




BEST PICTURE
 Oscar season is an exhilarating time of year. With so many categories and nominees, it can be hard to keep track of what's going on! One thing of note is that only three animated films have ever been nominated for Best Picture. Up, Toy Story 3, and Beauty and the Beast in 1991 which was the first ever animated Best Picture nomination.



Happy New Year, Calgary Midnapore!

It's hard to believe that 2024 is already here! I hope you had a relaxing holiday season with your loved ones and welcomed in the new year with those closest to you!

As we enter 2024, I want to remind constituents of the federal services my office can help you with. Whether it be Service Canada supports (EI, CPP, OAS, CRA), Immigration, Refugees and Citizenship Canada (IRCC), or Passport Canada, we are here to help! For more information, please visit my website at www.StephanieKusieMP.ca.

I encourage you to follow me on social media to stay up to date on my work in Ottawa on your behalf - @StephanieKusie on X and Instagram, @StephanieKusiePolitician on Facebook, @StephanieKusieMP on YouTube.

My Conservative colleagues and I are heading into the new Parliamentary Session determined to get a better deal for Canadians. Our common-sense Conservative team is united behind our Leader Pierre Poilievre and his plans to bring home lower prices, safer streets, powerful paycheques, homes workers can afford, and freedom for Canadians. We will continue to fight every day in Parliament to ensure the common voice of the common people is heard in Ottawa's decision making.

May 2024 be a year of good health and prosperity for you and your family.

Sincerely,
Stephanie Kusie

MP Calgary Midnapore



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

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Photo Corner



RESIDENT PERSPECTIVES

Welcome January

by Carolyn, Calgary's Home Gardener Helper



The calendar has rolled around to January, often referred to as the month with nothing to look forward to but credit card bills. We'll it's time to revitalize yourself by shaking off the blahs and creating memories and solid daily routines. Did you know that January 6 is Epiphany Day? Celebrate by investigating what inspires you. A new job? A big idea? What about a fresh start to a broken relationship?

Connect with a single friend to see how they are doing after the Christmas and New Years festivities have died down. How are you doing? Don't be afraid to reach out when depression starts to set in. By helping others in need during the dark days of winter you may find you have a lot to be grateful for! Take up a weekly online yoga class with your local yogi. How about aqua fit (aka hydrotherapy) classes at your local pool? Can't get motivated? Find yourself an accountability friend to get you both to the pool. Reward yourself by chatting and relaxing with what I call 'hot tub therapy'. On cold nights how about reviving those board games and puzzles from those shut in days of 2020? Have you tried using FaceTime or WhatsApp to challenge someone far away to a game of chess? It's always better to play with familiar people for that human touch. Get yourself outside to loosen up your limbs and freshen up your brain. My husband Richard takes me out for a walk at least once a day with our kitten Mr. McGee in the 'catpack'. There's nothing quite like our blue Alberta sky, crisp air, and fresh snow crunching beneath winter boots to brighten your spirits. Let Fido run free and visit with his buddies at one of the many off-leash areas in the city. A natural and nurturing environment is important for both humans and animals alike!

Time your outside work for when the warm Chinook winds blow in. Take down the Christmas lights, 'snow farm' and prune off that dastardly obstructing branch or tame those unruly shrubs to lessen the load in the spring. January is the perfect time to order seeds for your veggie planters, bare root perennials for your gardens, and annuals for outdoor pots and containers.

As the veil of the darkest days of December begins to lift our spirits, we are met with thoughts of a new life. How will you change yours for the better?

JOKE OF THE MONTH

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