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Let's Share the Road Safely and Look Out for Each Other

by the City of Calgary

October's traffic safety focus is Pedestrian Safety.

Most pedestrian collisions happen when we're rushing to get to work, school, an activity, or home.



Weather conditions and daylight changes in the fall make it harder for people to see.

When driving or cycling, be ready in case pedestrians make unexpected moves.

- Never pass a stopped vehicle at a crosswalk.
- Pay attention to pedestrians when turning.
- Watch for children. Drive cautiously through areas where children could be walking or playing.
- Be patient – especially with seniors or pedestrians with disabilities who need time to cross the road.

Pedestrians

- Don't assume drivers see you. When waiting to cross a road, make sure cars have come to a stop before proceeding. Make eye contact and wave.
- Don't walk distracted. Keep your head up.
- Walk on sidewalks. If there's no sidewalk, walk facing traffic.
- When walking to train stations, look both ways when crossing the tracks and obey traffic signals.
- Use point, pause, proceed to let drivers know you're entering a crosswalk.
- It's important to teach children how to safely cross the street. Practice safe crossing skills to help them learn how to navigate our streets safely.
- Remind kids not to run into the street or cross between parked cars
- Help kids to identify and understand car turn signals and back up lights and to be alert for cars turning or backing up.
- Teach kids to put phones, headphones, and devices down when crossing the street.



VOLUNTEERS NEEDED

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

Join Us:

Facebook: www.facebook.com/groups/waldenyycc

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)



ICE GIANTS

Uranus and Neptune are two ice giants in our Solar System. Ice giants are planets that are made up of elements heavier than hydrogen and helium, they are also the name suggests, giant. From what we know, the surfaces of these planets are mostly made up of liquids and gases, and do not have solid surfaces.



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@waldenyyc.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.

WALDEN COMMUNITY ASSOCIATION

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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- X (TWITTER): twitter.com/walden_yyc
- INSTAGRAM: instagram.com/walden_yyc
- EMAIL US: info@waldenyyc.ca

Mmm, Coffee!

October 1 signifies not only the start of a new month, but an occasion that has sparked events all around the world in celebration of one of our favourite hot (or cold depending on how you like it!) beverages. It is International Coffee Day! So, especially on this day, make sure to enjoy your coffee, however you take it!

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.*



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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News, Events, & More



Crime Statistics



Real Estate Statistics





South Health Campus Wellness Centre

Better Health for Free

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

Visit the 2024 Fall 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

October 1 from 12:00 to 1:00 pm (Online)

Program Provider: AHS Nutrition Services and the Wellness Kitchen

Registration: <https://redcap.link/TastyLowSaltCooking>

Enjoy flavourful dip and sauce ideas that focus on less salt (sodium) and explore ways to reduce salt intake by using delicious, lower salt substitutes and label reading. This practical virtual cooking demonstration led by registered dietitians includes recipes and helpful tips. This class is part two of a two-part series; register for part one focusing on tasty, meal ideas (take one or both classes).

Easy and Healthy Mediterranean Cooking

When: October 17 from 12:00 to 1:30 pm (In-person)

Program Provider: AHS Nutrition Services and the Wellness Kitchen

Registration:

<https://redcap.link/EasyHealthyMediterraneanCooking>

Discover great flavours and 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. This practical cooking class includes recipes and helpful tips. Led by registered dietitians, join us in-person for this cooking demonstration.

Tasty, Low Salt Cooking (Meal Ideas)

When: October 31 from 12:00 to 1:00 pm (In-person)

Program Provider: AHS Nutrition Services and the Wellness Kitchen

Registration: <https://redcap.link/TastyLowSaltCooking>

Enjoy flavourful meal ideas that focus on less salt (sodium) and explore ways to reduce salt intake by using delicious, lower salt substitutes and label reading. This practical in-person cooking demonstration led by registered dietitians includes recipes and helpful tips. This class is part one of a two-part series; register for part two focusing on tasty dips and sauces (take one or both classes).

Fire Prevention Week: Are Your Smoke Alarms Ready to Save Lives?

by the City of Calgary

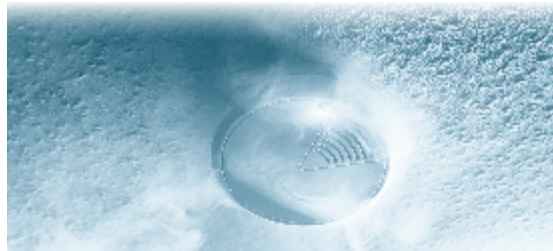
Fire Prevention Week is here and this year, the Calgary Fire Department (CFD) is focusing on one of the most vital tools in home fire safety: working smoke alarms. The CFD is urging everyone to make sure their smoke alarms are up to the task of protecting their homes and loved ones.

Smoke alarms are more than just devices; they're lifesavers. Statistics show that the risk of dying in a home fire is reduced by over 50 percent when working smoke alarms are present. Despite this, many tragic home fire deaths occur in residences without smoke alarms or with alarms that aren't functioning. That's why this year's Fire Prevention Week theme is 'Smoke Alarms: Make Them Work for You!'

Here's what you can do right now to ensure your smoke alarms are ready:

- Install smoke alarms in every bedroom, outside each sleeping area, and on every level of your home, including the basement.
- Make sure your smoke alarms meet the needs of everyone in your household, including those with sensory or physical disabilities.
- Test your smoke alarms at least once a month by pressing the test button.
- If your smoke alarms are ten years old or don't respond when tested, it's time to replace them.

This Fire Prevention Week, take a few minutes to check your smoke alarms. A small effort today can save lives tomorrow.



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**SCAN THE QR CODE
FOR THE SOLUTION**



GAMES & PUZZLES

Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



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CODE FOR THE
ANSWERS!**

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McKenzie Lake



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Jasper, *Mahogany*



Josie, *Springbank Hill*



Leo, *Panorama Hills*



Percy, *Evanston*

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MP Calgary Midnapore
Stephanie Kusie

204 – 279 Midpark Way SE
Calgary, AB T2X 1M2

📞 403-225-3480 📠 403-255-3504

✉️ stephanie.kusie.c1@parl.gc.ca

🌐 stephaniekusiemp.ca

Dear Constituents,

In mid-September, I returned to Ottawa for the start of the fall session of Parliament. United behind our leader Pierre Poilievre, my Conservative colleagues and I started right where we left off in June holding the Liberal government to account. Throughout the summer I heard from many constituents across every corner of Calgary Midnapore who have had enough, and I've brought back your stories to Ottawa.

Our Commonsense Conservative team will continue to advocate for our plan to axe the tax, build the homes, fix the budget, and stop the crime.

From my family to yours, I'd like to wish all constituents a Happy Thanksgiving! I hope you have the opportunity to gather with loved ones and appreciate all that we have been blessed with. I am extremely thankful to call Calgary Midnapore and this great country my home.

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

Happy Thanksgiving and have a fun and spooky Halloween!

Sincerely,

Stephanie Kusie

MP Calgary Midnapore



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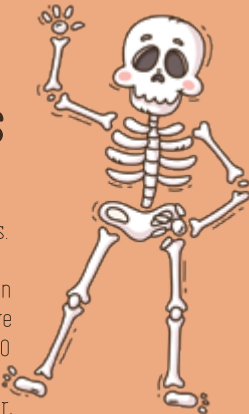
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		Listed	Sold	Listed	Sold
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June	24	23	19	\$495,000	\$495,000
May	24	32	31	\$529,999	\$530,000
April	24	23	30	\$517,400	\$523,000
March	24	33	24	\$462,500	\$492,500
February	24	22	13	\$419,900	\$460,000
January	24	19	25	\$514,888	\$514,888
December	23	11	8	\$507,400	\$493,500
November	23	11	13	\$390,000	\$390,000
October	23	11	14	\$427,500	\$422,500
September	23	18	16	\$497,450	\$490,000

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MLS averages please visit wald.mycalgary.com



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