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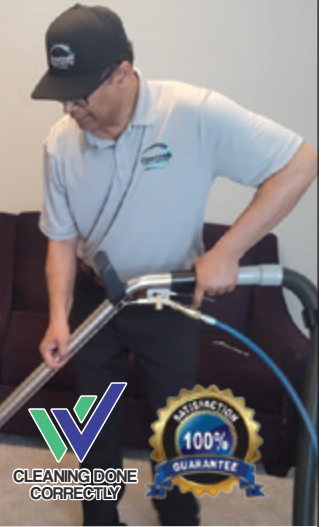
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NEWSLETTER INFORMATION

Content Deadline: Content for the newsletter is due by the first of the month, this includes pictures and content. See guidelines below.

Email: newsletter@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.

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April Awakenings: Growing Stronger Together

by Chima Akuchie

It is April, and you know what that means, spring is officially here! The birds are singing, the trees are waking up, and we are all finally shedding our winter coats. But it is not just the weather that is changing; this is the perfect time for us to shake things up as a community. If ever there was a season for making things happen, it is now. So, let us embrace the month of April with a burst of energy, action, and a little bit of humour.

Easter's coming up, and let us be real, who doesn't love chocolate, eggs, and a little extra time with family? But beyond the baskets and bunnies, Easter brings us a much-needed reminder of renewal. Just like the earth is shaking off the winter frost, we have all got the chance to refresh, start over, and take those steps toward the bigger picture. It is the perfect excuse to shed some old habits and embrace a fresh perspective. It is about growth, not just for us but for our community, too. Let us celebrate this season of new beginnings by bringing our best selves forward.

Let us also talk about Earth Day, April 22. Now, we all know that Earth Day is important, but how often do we think about our impact on the other 364 days of the year? This April let us get real about it. Whether it is picking up some trash during your morning jog or switching to more sustainable products, every minor change matters. Community has always been about making a real difference, so let us use Earth Day to set the tone for the rest of the year. It does not take a huge effort, just a few small choices that can lead to an enormous impact.

But here is the thing: while we are out there doing our part for the planet, do not forget about the people around you. April is the ideal time to reconnect with neighbours, old friends, and even strangers. The sun's out, people are getting outdoors, and the vibe is perfect for strengthening our bonds as a community. Whether it is joining a local event, offering a helping hand, or just checking in on someone you have not seen in a while, let us keep the momentum going. A strong community starts with us all showing up for each other, and April is a great reminder that together, we are unstoppable.



Now, while we are out making an impact, do not forget to recharge. We all know the grind can be relentless, and sometimes we forget that personal growth starts with us. This month, take a moment to reset. Whether it is walking through a park, trying a recent activity, or even just getting a little extra sleep, make sure you are putting your well-being first. You cannot give your best to others if you are not at your best. So, let us take care of ourselves and make sure we are bringing our best to our community.

In short, April is all about taking action. It is the time to get outside, engage, and make some fundamental change. We have the energy, the drive, and the sense of community to make this month count. So, let us embrace it with open arms and make this spring the one that sets the tone for everything to come.



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!

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** 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)



Her SAIT Graduation

by Garth Paul Ukrainetz

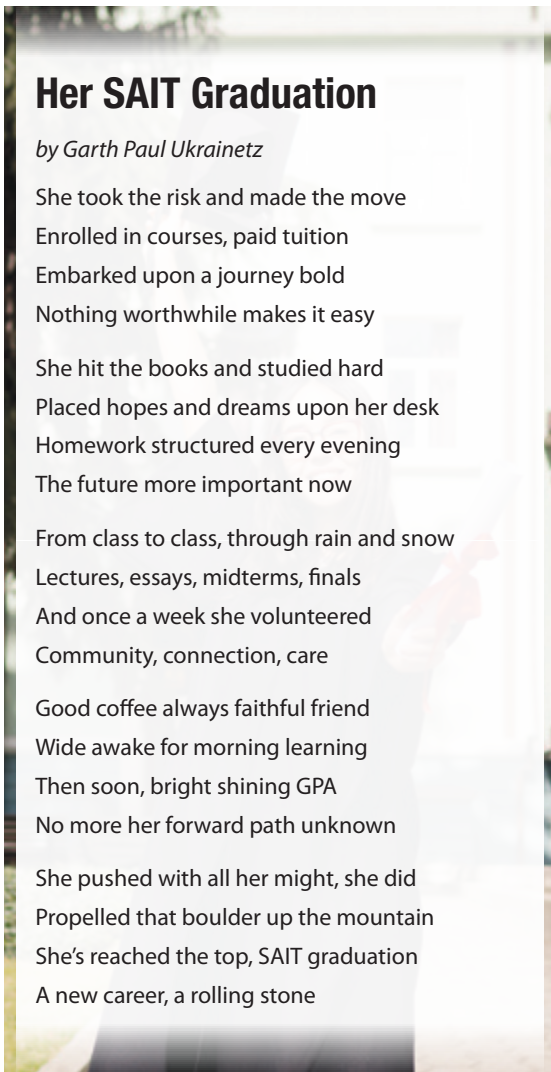
She took the risk and made the move
Enrolled in courses, paid tuition
Embarked upon a journey bold
Nothing worthwhile makes it easy

She hit the books and studied hard
Placed hopes and dreams upon her desk
Homework structured every evening
The future more important now

From class to class, through rain and snow
Lectures, essays, midterms, finals
And once a week she volunteered
Community, connection, care

Good coffee always faithful friend
Wide awake for morning learning
Then soon, bright shining GPA
No more her forward path unknown

She pushed with all her might, she did
Propelled that boulder up the mountain
She's reached the top, SAIT graduation
A new career, a rolling stone



The Beatles: Chart-Toppers to Solo Legends

April is a memorable month for the Beatles whether together or not... On April 4, 1964, the Fab Four made history by holding the top five spots on the Billboard Hot 100. Fast forward to April 17, 1971, and each member—Lennon, McCartney, Starr, and Harrison—had their solo singles on the UK charts.



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September	24	24	15	\$619,000	\$615,000
August	24	24	22	\$556,950	\$552,500
July	24	24	18	\$454,450	\$458,750
June	24	23	19	\$495,000	\$495,000
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April	24	23	30	\$517,400	\$523,000
March	24	33	24	\$462,500	\$492,500

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

Bicycle Helmet Safety

by Alberta Health Services EMS

Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury or even save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example – always wear a helmet when cycling.

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

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Overcoming Dating Anxiety

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

6. Confidence Tips

Before the Date: Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

During the Date: Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

After the Date: Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.

The Art of Finding Work: Stop Asking Your Interviewer Cliché Questions

by Nick Kossován

Most job search advice is cookie-cutter. The advice you're following is almost certainly the same advice other job seekers follow, making you just another candidate following the same script.

In today's hyper-competitive job market, standing out is critical, a challenge most job seekers struggle with. Instead of relying on generic questions recommended by self-proclaimed career coaches, which often lead to a forgettable interview, ask unique, thought-provoking questions that'll spark engaging conversations and leave a lasting impression.

English philosopher Francis Bacon once said, "A prudent question is one half of wisdom."

The questions you ask convey the following:

- Your level of interest in the company and the role.
- Contributing to your employer's success is essential.
- You desire a cultural fit.

Here are the top four questions experts recommend candidates ask; hence, they've become cliché questions you should avoid asking:

"What are the key responsibilities of this position?"

Most likely, the job description answers this question. Therefore, asking this question indicates you didn't read the job description. If you require clarification, ask, "How many outbound calls will I be required to make daily?" or "What will be my monthly revenue target?"

"What does a typical day look like?"

Although it's important to understand day-to-day expectations, this question tends to elicit vague responses and rarely leads to a deeper conversation. Don't focus on what your day will look like; instead, focus on being clear on the results you need to deliver. Nobody I know has ever been fired for not following a "typical day." However, I know several people who were fired for failing to meet expectations. Before accepting a job offer, ensure you're capable of meeting the employer's expectations.

"How would you describe the company culture?"

Asking this question screams, "I read somewhere to ask this question." There are much better ways to research a company's culture, such as speaking to current and former employees, reading online reviews and news articles. Furthermore, since your interviewer works for the company, they're presumably comfortable with the culture. Do you expect your interviewer to give you the brutal truth? "Be careful of Craig; get on his bad side, and he'll make your life miserable." "Bob is close to retirement. I give him lots of slack, which the rest of the team needs to pick up."

Truism: No matter how much due diligence you do, only when you start working for the employer will you experience and, therefore, know their culture firsthand.

"What opportunities are there for professional development?"

When asked this question, I immediately think the candidate cares more about gaining than contributing, a showstopper. Managing your career is your responsibility, not your employer's.

Cliché questions don't impress hiring managers, nor will they differentiate you from your competition. To transform your interaction with your interviewer from a Q&A session into a dynamic discussion, ask unique, insightful questions.

Here are my four go-to questions—I have many more—to accomplish this:

"Describe your management style. How will you manage me?"

This question gives your interviewer the opportunity to talk about themselves, which we all love doing. As well, being in sync with my boss is extremely important to me. The management style of who'll be my boss is a determining factor in whether or not I'll accept the job.

"What is the one thing I should never do that'll piss you off and possibly damage our working relationship beyond repair?"

This question also allows me to determine whether I and my to-be boss would be in sync. Sometimes I ask, "What are your pet peeves?"

"When I join the team, what would be the most important contribution you'd want to see from me in the first six months?"

Setting myself up for failure is the last thing I want. As I mentioned, focus on the results you need to produce and timelines. How realistic are the expectations? It's never about the question; it's about what you want to know. It's important to know whether you'll be able to meet or even exceed your new boss's expectations.

"If I wanted to sell you on an idea or suggestion, what do you need to know?"

Years ago, a candidate asked me this question. I was impressed he wasn't looking just to put in time; he was looking for how he could be a contributing employee. Every time I ask this question; it leads to an in-depth discussion.

Other questions I've asked:

- "What keeps you up at night?"
- "If you were to leave this company, who would follow?"
- "How do you handle an employee making a mistake?"
- "If you were to give a Ted Talk, what topic would you talk about?"
- "What are three highly valued skills at [company] that I should master to advance?"
- "What are the informal expectations of the role?"
- "What is one misconception people have about you [or the company]?"

Your questions reveal a great deal about your motivations, drive to make a meaningful impact on the business, and a chance to morph the questioning into a conversation. Cliché questions don't lead to meaningful discussions, whereas unique, thought-provoking questions do and, in turn, make you memorable.



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Councillor, Ward 14
Peter Demong

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To My Dear Friends and Neighbours of Ward 14!

After 15 years on Council, the time for a change has come. With all the emotion that comes with ending a significant chapter of one's life, I am writing to tell you that this will be my last term serving as your municipal representative. I will not be running in the upcoming civic election.

To represent you, to have the opportunity to influence the future of this amazing city, and to manage and improve the most important operations of the City have been some of the greatest privileges of my life. I must thank all of those who have helped me get here and along the way.

Thank you first to my beautiful wife and family. Thank you also to my staff, both in my office, in City administration, and at Alberta Municipalities. Thank you to all those who have campaigned and volunteered their valuable time on my behalf. I have been lucky to have you all by my side.

Finally, thank you to the people of Ward 14 for putting your trust in me for all these years. I have had a once-in-a-lifetime chance to serve, and I have done my best to honour that opportunity. You deserve reassurance that, while I open that opportunity for a fresh set of faces, I will continue to serve you to the best of my ability until my time is officially over.

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.

Thank you and all the best! While I will soon cease to be your Councillor, I will always be your neighbour.

Councillor Peter Demong



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by *The City of Calgary*

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