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November 24	16	20	\$509,900	\$502,500
October 24	22	17	\$614,900	\$607,000
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
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

To view more detailed information that comprise the above
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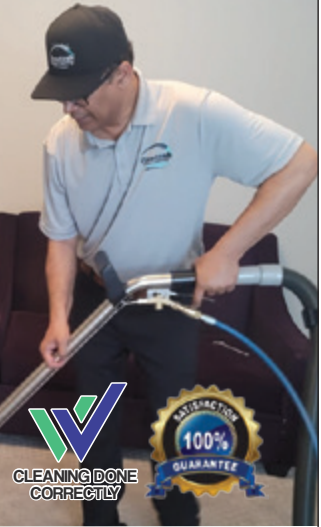
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VOLUNTEERS NEEDED

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!

Join Us:

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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)



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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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WALDEN REWARDS

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Cats, Canines, & Critters of Calgary



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Howie and Pepper, Crestmont



Tucker and Bentley, McKenzie Towne

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

Getting Active in the New Year

by Alberta Health Services

The New Year is a perfect opportunity to embrace healthier habits and prioritize well-being. You can start today.

Start by finding activities you enjoy, whether it's jogging, swimming, lifting weights, or joining a fitness class. Make movement a regular part of your routine. Although adding more activity to your life may seem overwhelming, it helps to start small. Make one lifestyle change that helps you move more regularly at an effort level that matches your current condition.

One Step at a Time

Walking is a great way to be active. For most people, walking is a safe activity, and it helps make the bones stronger and keep the joints healthy. It can make you feel less tired and can put you in a good mood. To help get into the habit of walking, try wearing a pedometer for a day or even a week. At the start, you might be surprised to see how few steps you take each day. To boost your daily step count, make simple changes in your daily routines like:

- Park a few blocks away from work and walk.
- Take the stairs instead of escalators or elevators.
- Walk in your neighbourhood before or after supper. Start with short walks and slowly increase the distance. Set new goals when you're ready.
- Invite a friend or family member to join. You may find you can walk longer when you walk with another person.

Remember, some activity is better than none. The more you do, the better. Finding activities you enjoy and that are practical is an important first step to becoming active.

Get Outside!

Spending more time being active outdoors offers many benefits like boosting your mental health, increasing energy, or lowering your risk of diabetes, heart disease, and some types of cancer. Although Alberta winters can be difficult because of the shorter days, cold weather, and snow and ice, there are many reasons to still get outside. Check out hard-to-reach places on snowshoes or skis or go skating outside. Being outdoors more can also make you feel good about your community.

It Doesn't Have to Be Hard

Most people who dance, swim, play tennis, or go hiking do these activities because they enjoy them. Having fun is good for your health. Taking part in an activity that you enjoy will help you relax and help lower your stress. It will help you feel good about yourself, which is good for your mental health. Physical activity doesn't have to be hard to be good for your body. If you don't like going to a gym, do something outside or walk in a mall.

What activity appeals to you? Try to find an activity you enjoy doing by yourself or with others. If you like what you're doing, you'll probably keep doing it. Find out about activities in your community to try new things and learn new skills.

Physical activity can help you live better as you grow older. Staying active will help you reach, bend, lift, carry, and move around easier, so you can keep doing things you like to do. The more you sit or lie around, the stiffer your joints get. Stretching and strength exercises will keep your muscles and joints moving and help stop falls and injuries.

Being active is safe for most people. Start slowly and work your way up. If you aren't sure about how much activity you can do, talk to your healthcare provider.

Physical activity doesn't need to be dull or boring. Do activities you enjoy more often. You may be surprised how quickly you start to feel stronger and like you have more energy.



ChargeYYC: Helping Calgarians Install EV Chargers in Multi-Residential Buildings

by The City of Calgary

The City of Calgary opened ChargeYYC for applications on January 28! This pilot program is designed to support residents living in apartments, townhouses, rowhouses, and other multi-residential buildings to install electric vehicle (EV) chargers. This initiative is part of The City's commitment to prepare for the future of low carbon mobility.

Building owners and property managers can apply into Phase One of the program for financial incentives of up to \$4,000 to develop a plan to install EV chargers in their buildings. ChargeYYC aims to simplify the process and reduce the costs associated with EV charger installations, making it easier for more Calgarians to own electric vehicles.



Motor vehicles are a major contributor to Calgary's greenhouse gas emissions, making programs like ChargeYYC essential for achieving the city's climate goals. The first phase of the program focuses on planning, with future phases offering additional financial incentives for installation.

For more details and to apply, visit calgary.ca/chargeyyc.

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The Art of Finding Work: Job Search Success Is Not Complicated

by Nick Kossovan

Most people over-complicate the process of achieving success.

Achieving success is often perceived as a complex puzzle, or according to those who play the 'I'm a victim!' card, only available to those who are supposedly privileged. The fact is there's a simple equation for achieving success, which Zig Ziglar famously encapsulated, "You can have everything in life you want if you will just help other people get what they want."

Side note: "all you want" should be interpreted as "all you need."

I recommend considering the hiring process from the employer's perspective. By doing so, you'll empathize with employers and understand that positioning yourself as a candidate who has the skills, experience, and proven track record of helping employers get what they want is a job search strategy that'll set you apart from your competition, who aren't approaching their job search with an "I want to help employers" mindset as they have the all-too-common "I want!" mindset.

Success isn't a complicated journey. With the right mindset, it's a simple path—help others achieve what they want. However, the mindset I come across most often is the exact opposite; job seekers focused on what they want, as opposed to what employers want, resulting in employers being turned off. Who isn't turned off by someone solely concerned with their needs and wants, who comes across as "predatory"?

Most job seekers: "Employers need to understand my issues and needs."

Savvy job seekers: "I need to understand the employer's issues and needs."

Job seekers who are thinking clear and show employers how they can help them achieve what they want are few and far between. Being that rare candidate makes

you unique and highly valuable, which is a significant competitive advantage. I can guarantee that your interviewer almost never encounters a candidate who projects an "I'm here to help you" aura.

When viewed holistically, employers want five things:

1. Be profitable
2. Reduce/control costs
3. Have low employee turnover
4. Optimize employee performance
5. Provide excellent customer experiences

How can you help an employer achieve any of, or a combination of, the above?

What's Your Employee Value Proposition?

For instance, you can never go wrong assuming the employer wants to be profitable; hence, suggesting cost-saving measures or revenue-generating ideas during your interview will demonstrate your desire to help the company get what it wants, which is to be profitable.

Imagine yourself as a hiring manager. One of your standard interview questions is: "How will you contribute to the company's success?" or, more directly, "Why should I hire you?"

Candidate A:

"If hired, I will bring enthusiasm, dedication, and hard work to the team. I am a fast learner and have a strong work ethic. I am also a team player."

Candidate B:

"I bring over 15 years of technical expertise, problem-solving skills, and a commitment to innovation. As head of Gekko's IT, I led a project to streamline its data analysis processes, increasing efficiency by 20% and reducing employee hours. I achieved this by implementing Cyberdyne Systems' latest data visualization tools and automating repetitive tasks. I plan to bring this kind of efficiency oversight to Soylent Corporation."

Which candidate would you lean towards hiring?

Candidate A offers nothing more than their unsubstantiated opinions, which, as I've stated in previous columns, employers don't hire; they hire



results. Opinions about yourself, which you should rarely give without quantifying, don't help your interviewer envision how you'll help the company get what it wants.

On the other hand, candidate B outlined how they can help the company achieve wanting to optimize employee performance and cost savings. Candidate B thinks like an employer and understands employers are a sucker for candidates with a track record of helping employers get what they want.

Getting hired doesn't come down to having the shiniest resume, with all the right keywords, being impeccably dressed, having a perfect smile, or sheer luck. Employers hire candidates they feel will get them what they want.

Consider all the successes around you and why they exist.

- Amazon: Shopping delivered to your door.
- Apple iPhone: Handheld communication.
- Facebook: Having a voice. Keeping in touch.
- Starbucks: Coffee served around an experience.
- Taylor Swift: Music young people in angst can relate to.
- MasterCard: Easy to use credit.
- Zig Ziglar: Motivation and encouragement.

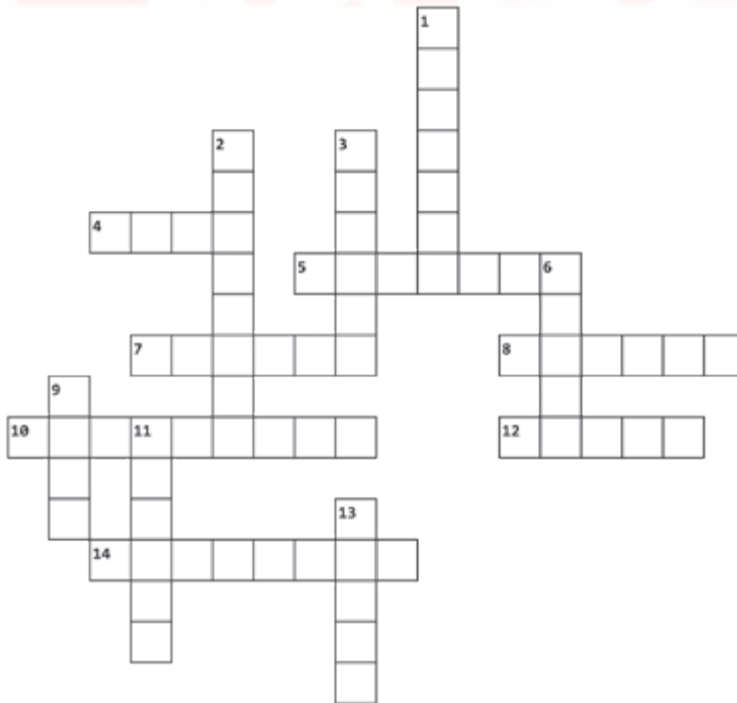
The success of the above can be attributed to the fact that they've designed their offering with the end-user in mind, helping people get what they want.

- Amazon: Convenience
- Apple iPhone: Connectivity
- Facebook: Popularity
- Starbucks: Self-care
- Taylor Swift: Understanding
- MasterCard: Lifestyle
- Zig Ziglar: Hope

All successful businesses are based on selling a product or service that will help people get what they want, which is usually intrinsic. A product or service must satisfy a need or want in order to sell. The same applies to job searching. You must fulfill an employer's need or want. Think of employers as the end users of your services; how do you help employers achieve what they want? Are you communicating your how and willingness to help throughout your job search?

Showing how you can help employers get what they want is how you achieve job search success.

February Crossword



Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film _____: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, _____, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry _____ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as _____, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National _____ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni _____, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the _____ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No _____" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The _____ U Give* was originally published on February 28, 2017.
11. Canadian actor, _____ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. _____ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.



Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

Prep Time: 25 minutes

Cook Time: 35 minutes

Servings: 4

Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!



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GAMES & PUZZLES

Guess the Couple!

1. These two periodic elements make for a salty pair.
2. These semi-aquatic rodents mate for life and form strong bonds with their partners.
3. These two Disney pups celebrate their 70th anniversary in 2025.
4. This British celebrity supercouple are fondly known as Posh and Becks.
5. This fictional couple's sweet love story started in an office of all places!
6. This prehistoric couple lived amongst dinosaurs with their daughter, Pebbles.



A Journey Through Winter

by Les Robertson

What should we do when there is snow on the ground?

More than you think, and this is what I found
You can build a snowman outside your front door
Or cuddle by the fireplace on your living room floor

You can take in a hockey game at your local hockey rink

or go for hike and try to spot a mink
Head out to the mountains and ski down the hills
Check out the scenery which is always a thrill

If you have a snowmobile there are many trails to explore

Glistening white frosted branches are easy to adore
Take out your snowshoes and glide across the land
Getting exercise in the cold or as much as you can stand

Find a winter carnival with ice sculptures on display
Watch the modern-day lumberjacks competing on that day

At home you reflect and take time to appreciate
While sipping your cocoa, you realize it must have been fate

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