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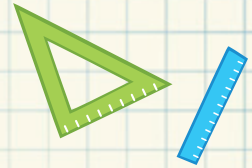
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		Properties		Median Price	
		Listed	Sold	Listed	Sold
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March	25	36	22	\$547,395	\$536,000
February	25	26	19	\$599,000	\$595,000
January	25	26	11	\$499,000	\$495,000
December	24	8	13	\$470,000	\$460,000
November	24	13	20	\$509,900	\$502,500
October	24	21	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

To view more detailed information that comprise the above
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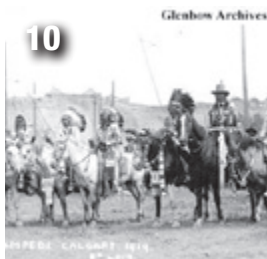


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WALDEN CONTENT**

**News, Events,
& More**



**Crime
Statistics**

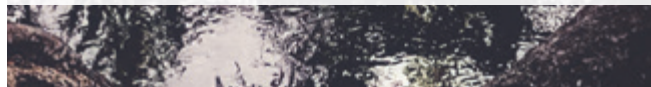


**Real Estate
Statistics**



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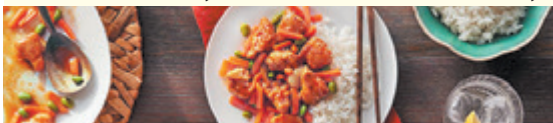
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WALDEN REWARDS

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VOLUNTEERS NEEDED

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

Join Us:

Facebook: www.facebook.com/groups/waldenyyc

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)



Longest Day

Mark your calendars - this year's summer solstice will take place on June 20. Calgary will experience approximately 16 hours and 35 minutes of daylight. That means there is plenty of time to play, relax, and maybe even forget what bedtime is!

Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres* high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.



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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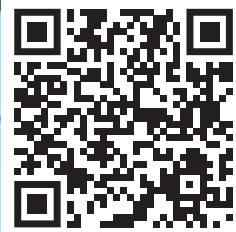
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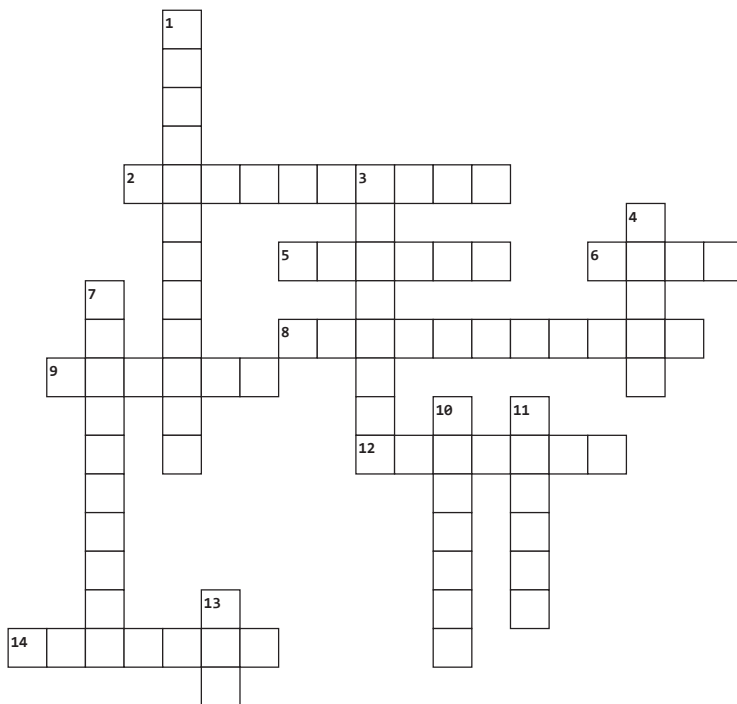


**HAPPY
Father's
DAY**



SCAN ME

June Crossword



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

Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, _____ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George _____ was first published on June 8, 1949.
12. Charles Blondin crossed _____ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in _____, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam _____, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironie" and "Hand in My Pocket", Alanis _____ celebrates her birthday on June 1.
10. Avril _____'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.

Celebrating Calgary 150 - Stampede City

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Calgary's first boom saw the population grow 10x during 1901 to 1911.

Inglewood developed a commercial street, including mixed-use blocks, Fire Hall No. 3, and National Hotel. The Calgary Brewery expanded, producing 450 barrels/day.

The Beltline became a bustling neighbourhood. There was Club Carousel, which housed Calgary's first coffeehouse, first gay club, and a venue for Joni Mitchell. Pryce-Jones Department Store opened in 1910 followed by manufacturing buildings, like Biscuit Block.

After work, the King Eddy and St. Louis hotels were staples of Calgary's social scene. If you fell ill, Calgary's second general hospital opened in 1895, and the third opened in Bridgeland in 1910. Bridgeland-Riverside is located along the Old North Trail to Edmonton, with the DeWaal Block housing working class immigrants.

Alberta's first library, Memorial Park, was built in 1912. Westwards, Nimmons ranch house became Calgary's first to use brick, supplied by Brickburn (today's Edworthy Park).

The surrounding towns grew too. A railway siding called Airdrie became today's bedroom community. Canmore was a coal mining town in 1884. Bragg Creek was homesteaded in 1894 and hosted North America's first hostel. Okotoks is on the Calgary-to-Fort Macleod trail, with the US-bound railway arriving in 1892. Due east is Chestermere, a wetland turned lakeside community thanks to an irrigation canal, and Strathmore, a hamlet for workers and farmers.

Calgary also grew by annexation. Mount Royal was known as American Hill since Americans first built mansions along Royal Avenue. Ramsay was/is an industrial, commercial, and residential neighbourhood. Sunnyside was home for CPR and Eau Claire sawmill workers, while Hillhurst/Hounsfield became "Mount Royal of the North". Meanwhile, Calgary's third Chinatown was founded by Chinese owners.

Calgary's diversifying economy meant the cowboy life was fading away. Guy Weadick thought Calgary was perfect for an agricultural festival. The Big Four ranchers thought it could be one last sunset ride for Cow Town. Weadick invited Indigenous peoples to the first Stampede, held in 1912. It was a smashing success.

Another success in 1919 proved Weadick's point, and the annual Stampede tradition began in 1923. The city continues to embrace its roots every July, rightfully becoming Stampede City. Yahoo!

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"No. 1 mine, Canmore, Alberta.", [ca. 1913-1919], (CU1115985) by Carroll, Daisy. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF10T651G?WS=SearchResults>.



"First youth hostel in North America, Bragg Creek, Alberta.", 1933, (CU1128685) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1045YT2?WS=SearchResults>.



"Atlantic (9th) Avenue, Calgary, Alberta, looking west.", [ca. 1885], (CU176817) by Bingham, F. V.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF14A3B26>.



"Calgary General Hospital, Calgary, Alberta.", [ca. 1905], (CU11056806) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF10WWBBI?WS=SearchResults>.



"Central Park [Memorial Park], Calgary, Alberta.", 1913, (CU183489) by Reader W. R.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F9LZ15?WS=SearchResults>.



"View looking east from Calgary Pressed Brick and Sandstone Company plant, Brickburn, Alberta.", [ca. 1920-1931], (CU1136204) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1XGYURN?WS=SearchResults>.



"Houses in Mount Royal district on Royal Avenue, Calgary, Alberta," [ca. 1912], (CU1218716) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OMH243>.



"Eau Claire and Bow River Lumber Company office, Calgary, Alberta," [ca. 1904], (CU181923) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OMXWST7WS-SearchResults>.



"Decorated tipis, Calgary Exhibition and Stampede, Calgary, Alberta," 1912-09, (CU182251) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OV9V9V>.



"First Nations people at Victory Stampede, Calgary, Alberta," 1919, (CU1106253) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

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We Dream in June

by Garth Paul Ukrainetz

The month of June can't come too soon
The saying goes inside the staff rooms
Most teachers' tanks are running empty
Low fuel within, they're all teached out

Ignition sequence slowly starting
Young astronauts awaiting lift off
Dreaming, gazing out the windows
The students now in countdown mode

Long year it was for sharpened minds
10 months of grinding education
The pencils short, good patience shorter
Toss learning's shavings to the wind

Yes, summer's here, it's time to fly
Fold lesson plans like paper airplanes
Let's rocket launch to outer space
New frontiers bold beyond the schoolyard

Calgary Public, Calgary Catholic
Deep down it's true we're all the same
We dream in June of summer breezes
That blow the cares of school away



Reducing Household Food Waste: Planning, Shopping, and Storage

by Alberta Health Services

Food waste is food that was grown or harvested but never eaten. Some food waste at home can't be avoided, like eggshells, bones, tea bags or coffee grounds, but some food waste can. Avoidable food waste is food that is thrown out because we don't store it properly, buy too much, or cook too much. A 2022 study showed that 63% of food Canadians throw away could have been eaten. While all types of foods are wasted, the top foods that are thrown away are: vegetables and fruits, leftovers, and bread.

This article includes tips and resources to reduce your food waste at home.

Planning Your Meals

Planning meals a few days or a week ahead of time may prevent you from buying too much food. Consider what food items you already have. Check your fridge and cupboards carefully to see how much is left in containers or packages. Checking best before dates is helpful so you can use up food while it's at its freshest. Note that 'best before' dates are not the same as expiration dates. Expiration dates are about food safety, whereas 'best before' dates are about freshness. So just because a food is past its 'best before' date doesn't mean it needs to be tossed. Then think about some meals that you like or can easily make with items you already have. Then create a list on paper or your phone of items you do not have.

Grocery Shopping

When buying fresh, consider what options are best for your family, for example, pre-washed and pre-cut fruits, vegetables and salads can be convenient, but are more expensive. However, if this means you are more likely to eat them instead of throwing out unprepared produce, then this may be an option for you. It can also be helpful to pre-wash and cut your produce for easy access during the week, so you are more likely to eat it and less likely to have waste.

Frozen and canned options are also time-savers as the preparation has already been done for you. They last a lot longer than fresh, so are less likely to go bad before

you can use them up. Buying frozen or canned produce offers year-round variety that otherwise might not be available. Try adding frozen or canned vegetables into pasta sauce, casseroles, soups, or stir-fry. Frozen or canned fruit can be added to yogurt, cereal, baking, or smoothies.

Storing Foods

Consider the order that you use some foods as some foods can keep longer in the fridge than others. Most fresh vegetables and fruits will stay fresh longer if they are unripened. Consider washing produce before preparing, freezing, or eating it. Some produce gives off a gas (ethylene) that speeds up ripening - apples, bananas, kiwis, tomatoes, avocados. Keep these vegetables and fruits in a loosely tied bag away from already ripe produce. Some produce will also stay fresh longer than others so consider using produce like kale, chard, carrots, and cabbage later in the week.

Since bread and baked goods are among the top foods that are thrown away, store bread and buns in a cool, dark, and dry place in the original packing. Or consider freezing if you don't think you will be able to use up the bread by the best before date. Storing bread in the fridge may make it go stale more quickly.

If you have leftovers, it's important to store them properly. Wrap leftovers or place them in a covered container. Place them in a refrigerator within two hours of preparing or cooking. Consider labelling them with a date and remember to use the oldest ones first. Leftovers like soup can be safely eaten within two to three days after cooking, while other cooked dishes containing eggs, meat, vegetables, cooked fish, or poultry can be safely eaten within three to four days of being stored at the correct temperature in the fridge. Leftovers can be frozen for longer.

Making some or all of these choices when shopping or storing food can play a part in reducing your food waste at home.

For more helpful tips on food storage and safety visit [Canada.ca](https://www.canada.ca) and search: "Storing Vegetables and Fruits" and "Food Safety".

For more ideas to reduce food waste visit [ahs.ca/nutritionhandouts](https://www.ahs.ca) and search "Reduce Food Waste."

Stop Apologizing Already

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

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.

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Register to Vote in Calgary's General Election in October

by The City of Calgary

Calgary's General Election will take place on October 20, 2025, and eligible voters can check if they are registered, update their information or add themselves to the Permanent Electors Register until August 1, 2025.



Visit www.voterlink.ab.ca or call Elections Alberta toll free at 310-0000 then dial 780-427-7191.

If you miss the opportunity to register or update your information in advance, you can register at the voting station during Advance Vote (October 6 to 11) or on Election Day (October 20). Information about Calgary's upcoming General Election, including voter eligibility can be found at www.electionscalgary.ca.

Farm Stands Across Calgary Are Coming to a Neighbourhood Near You This Spring!

by The City of Calgary



Since 2017, The City has partnered with local and regional farms to offer Calgarians more options for fresh and local food through The Farm Stand Program. This program supports nine incredible farmers and vendors with over 30 farm stands to bring more fresh fruit, vegetables, and artisanal products to more Calgary communities.

Beyond increasing accessibility for Calgarians to purchase healthy, fresh and local food, the Farm Stand Program supports local and regional growers by creating more places for them to sell their produce.

When you shop at a farm stand, you get to participate in your food shopping in a new and personal way. You can ask questions about how your food was grown, get recipe ideas, get to know your farmer, connect with your neighbours and keep your dollars spent in the local economy. You also help to build a stronger local food system, which keeps us all stronger when we face various disruptions to our food systems, such as a pandemic, fuel price increases, or political instability.

Launch dates for each farm stand vary throughout May to June and most of the stands run weekly for two to five hours. We encourage all Calgarians to stop by your local farm stand, grab some delicious seasonal produce, chat with a farmer and learn more about where your food comes from.

To learn more about the program, or find a location near you, visit calgary.ca/localfood.



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WORD OF THE MONTH

Acumen: noun (uh-kyoo-muhn, ak-yuh-)

A keenness; the ability to make quick, good decisions.

Her sharp business acumen meant she would be a great CEO at the company.





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