

FEBRUARY 2022

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# THE DALHOUSIE DIGEST

THE OFFICIAL DALHOUSIE COMMUNITY NEWSLETTER

**WINTERFEST**

**FEBRUARY 19, 10:00 AM TO 2:00 PM**



**Dalhousie  
Community  
Association**



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Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
<b>3-1-1</b> City of Calgary (24-Hour)	<b>403-943-1500</b> Access Mental Health
Information on all City of Calgary services. <a href="http://www.calgary.ca">www.calgary.ca</a>	Non-urgent advice on navigating the addiction and mental health system.
<b>2-1-1</b> Community Resources (24-Hour)	<b>403-705-3250</b> Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. <a href="http://www.ab.211.ca">www.ab.211.ca</a>	Confidential information and support, or to report a suspected case of elder abuse.

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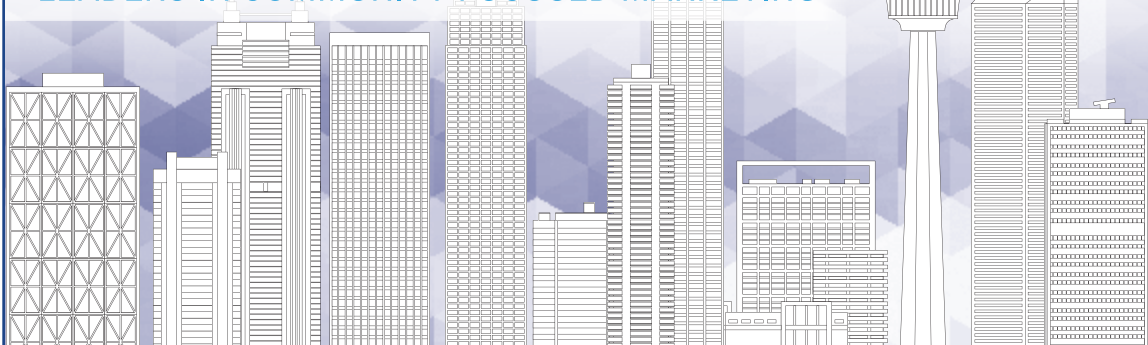


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# GREAT NEWS MEDIA

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### COMMUNITY OFFICE STAFF

General Manager	gm@dalhousiecalgary.ca
Finance	finance@dalhousie.ca
Community Programs/ Events/Rentals	admin@dalhousiecalgary.ca

**All Dalhousie residents are welcome to attend.**

**Our Board Meetings are always the second Tuesday of  
the month at 7:00 pm!**

## Chinese New Year

February 1, 2022 marks the beginning of the Year of the Tiger. Tied to the Chinese lunar calendar, the Spring Festival was traditionally a time to honour household and heavenly deities, as well as ancestors. Many of the traditions carried out during the period until the full moon were meant to bring good luck to the household and long life to the family.



## Dalhousie Indoor Monthly Farmers' Market

**Monthly Tuesday Market Dates for 2022:**

**February 15, March 15, April 12 from 3:30 to 7:30 pm**



We have a wide range of vendors from produce, baked goods, frozen meals, coffee, popcorn, canned goods, chocolate, and so much more.

We are an essential service, so the Restrictions Exemption Program does not apply.

Please visit our website to see the list of vendors and for more info about our Alberta Approved Farmers' Market. <https://www.dalhousiecalgary.ca/farmers-market>.

If you have any questions or suggestions, please contact us at [market@dalhousiecalgary.ca](mailto:market@dalhousiecalgary.ca).

*Sonja Devauld*

Market Manager

## Holiday Lights Contest Winner



**5608 Dalhousie Drive NW, Calgary**

Congratulations!

We would like to thank all who participated and those neighbours who took the time to vote.

## RARE DISEASE DAY: FEBRUARY 28, 2022

Every year, around the world, the last day of February is marked as Rare Disease Day. A "rare disease" is defined as a condition that affects less than 1/2,000 people, and is usually genetic. There are more than 6,000 defined rare diseases. This number continues to grow, thanks to medical and genetic advances. Overall, millions of people live with rare diseases, many of whom are facing similar challenges. For example, it is often a long road to diagnosis with a rare disease, with difficulty finding medical specialists who understand the condition, and struggles connecting with other families with the same disease. Rare disease day is important to recognize and advocate for people who have been diagnosed with rare diseases, and their families. Rare disease day was first recognized in 2008 and is coordinated in Canada by CORD: the Canadian Organization for Rare Disease. The mascot for rare disease day is the zebra. This comes from the saying in medicine, "when you hear hoofbeats, think of horses" - meaning that, most of the time, there is a common explanation for a patient's problem. However, for someone with a rare disease, hoofbeats signal something more unique- a zebra, rather than a horse. To learn more about rare diseases and the people affected by them, check out [www.rarediseaseday.org](http://www.rarediseaseday.org), or the CORD website at [raredisorders.ca](http://raredisorders.ca). By raising awareness, we can help support people and families with rare diseases and help doctors and scientists develop treatment and cures.



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**Calling All PARENTS**  
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## News from the Friends of Nose Hill

by Anne Burke

Dogs must be on-leash in all public spaces in Calgary unless a sign is posted for an off-leash area. The Responsible Pet Ownership Bylaw limits an off-leash dog walker to six dogs. Natural environment parks, including asphalt pathways, are on-leash, unless otherwise signed. All parking lots are on-leash, including those for designated off-leash areas.

A larger number of dogs not being controlled in off-leash parks can lead to safety concerns, such as dogs inadvertently cutting off cyclists or runners, dogs jumping on park patrons, or negative interactions with other dogs and wildlife. There is no limit to the number of dogs that can be walked on-leash but an adequate number of leashes, or other means to restrain all dogs is required in an off-leash park. Any handler must respond to nuisance behaviours, maintain voice and sight command with each dog, and clean up.

Changes to the Bylaw coming into effect by September 30, 2022 will permit qualified professional dog walkers to walk more than six dogs off-leash at a time. (Otherwise, a limit would mean fewer customers, lost income, increased user costs). Applicants with adequate skills and knowledge will be able to continue walking more dogs safely, if they review and comply with the Bylaw, ensuring that each dog is licensed and has good recall.

The City will develop specific criteria by which a Dogwalker Permit would be granted in consultation with business owners through the Business Advisory Committee. Community peace officers will work with dog walkers to achieve bylaw and permit compliance through education rather than to deny or revoke a permit, unless as a last resort. The decision can be challenged through the Licence and Community Standards Appeal Board.

## WINTER FEST!

### Save the Date - February 19 from 10:00 am to 2:00 pm at the DCA

Dear Neighbours,

It's time for me to confess something (else- please see my January article for my first confession)!

I was born and raised here in Calgary. I am a fifth generation Canadian, and I've taken 36 turns around the sun. But the truth is...I have hated/despised/loathed/emphatically disliked winter. How un-Canadian could I get? Isn't winter approximately 80% of the year?!? Isn't our identity as Canadians inextricably linked to snow?!

Surprisingly, the one good thing that this pandemic has done for me, is I have begrudgingly begun to appreciate some aspects of winter. But just some. You see, in March of 2020 I started to wander along the pathways of our neighbourhood, and it became a habit I didn't want to give up just because of a little snow.

I had no choice but to embrace the bite of the cold (and the beauty of the snow) to keep my sanity during the months of lockdowns and closures. It was the only way I could safely keep in touch with my family and friends (and let's face it, get out of my house, because there was nowhere to go)!

So, I bought some proper boots, and some really good gloves. Here comes my biggest confession (so far) ... it turns out that I kind of love winter walking. I love the crunch of the snow beneath my feet, and how the air needles my exposed skin. Our pathway system is so quiet in the early morning wintertime, it's possible to almost hear how peace and rest

have settled into the greenspaces throughout our neighbourhood.

When the Community Engagement Committee was planning our next project, and I found myself eagerly offering to be one of the organizers of Winter Fest, you will understand how I surprised myself. But the thing is, I am excited. Our community has so much to offer (even in the winter!), and it is my hope that this event will give you a little bit more love for the experience of Dalhousie in the Winter.

Please save the date – February 19, 2022, from 10:00 am to 2:00 pm. Everything will be safely outdoors! You can expect a horse-drawn wagon ride, hot chocolate stand, and many fun winter activities for the whole family. We hope to offer free skating lessons at the top of the hour and possibly a beside-the-rink skate sharpening service. Come socialize with your neighbours around the fire.

We are also trying to start an outdoor gear/activity lending library for DCA members. If you have a pair of skates to donate, an old sled your kids don't use anymore, an old pair of skis, etc., please consider dropping them off at the DCA during office hours. We are looking for grants/donations from local businesses to get new equipment also.

As always, we would love for you to volunteer on the day. Please connect with us at [engagement@dalhousiecalgary.ca](mailto:engagement@dalhousiecalgary.ca) for more details. It'll be so much fun!

*Rochelle Lamoureux (on behalf of) the Dalhousie Community Engagement Committee (Iris Hau, Alexandra Campbell, Anna Kjellqvist, Christina Erickson, and Rochelle Lamoureux)*

## FAMILY DAY



Family Day is celebrated on the third Monday in February (Monday, February 21, 2022) and each province that recognizes the holiday celebrates for a different reason! In Alberta, Family Day emphasizes the importance of family values and was introduced in 1990 by the Lieutenant Governor of Alberta, Helen Hunley, as a day for Albertans to spend time with their loved ones.

## FEBRUARY IS BLACK HISTORY MONTH

by *Stephanie Desmarais*

Since 1995, Canada has recognized February as Black History Month. This is a time to recognize the achievements and contributions of Black Canadians. In honour of Black History Month, here are the stories of two notable Black Albertans.

John Ware, and his wife Mildred, were prominent ranchers in the late 1800s. John was born into slavery in the United States in 1845. Once emancipated, he started his life as a rancher in Southern Alberta. John was a well-respected member of the rural community, known for his legendary horsemanship. Learn more about John Ware and the history of Black people in Alberta by viewing the documentary *John Ware Reclaimed* directed by Cheryl Foggo and released in 2020 by the National Film Board of Canada. Check it out at <https://www.nfb.ca/film/john-ware-reclaimed/>.

Violet King Henry was born in 1929 in Hillhurst/Sunnyside and graduated from Crescent Heights High School. She went on to become the first Black person to graduate from the University of Alberta Faculty of Law, and the first Black woman to practice law in Canada. She was a voice for women's rights, working for equal pay legislation for the women of Alberta. She fought for equality for all people, regardless of their race or gender. To honour her legacy, the Violet King Henry Plaza near the Legislature Building in Edmonton was named for her in February 2021.

John Ware and Violet King Henry are only two of the countless Albertans who have contributed to the greatness of our city and province. This month, take some time to learn more about other Black Albertans, like Virnetta Anderson (Calgary's first Black city Counsellor), Oliver Bowen (who helped design Calgary's LRT) and of course, former Calgary Flame Captain and recent Hockey Hall of Fame inductee, Jarome Iginla! You can learn more at the Calgary Public Library (<https://calgarylibrary.ca/events-and-programs/upcoming-events/black-history-month/>), or CBC's feature on Being Black in Canada (<https://www.cbc.ca/news/canada/beingblackincanada/all>).



## Family Day's Origins

Family Day is a time set aside to focus on getting closer to your loved ones. It was scheduled to fall between New Year's Day and Good Friday to grant another day off between these celebrations. It's a wonderful bonding time for families in participating areas. Family Day was established to give hard-working individuals more time with their loved ones.

Family Day got its start right here in Alberta when Helen Hunley — the Lieutenant Governor of Alberta — passed the Family Day Act in 1990. This officially established the third Monday of every February as Alberta Family Day. Other provinces adopted the holiday over the next two decades. Saskatchewan founded "Family Days" in 2007, Ontario followed suit in 2008, and British Columbia in 2013. British Columbia is the only province that celebrates the event on the second Monday of the month instead of the third.

New Brunswick and Manitoba have similar events — Islander Day on Prince Edward Island and Louis Riel Day in Manitoba — and Yukon and Nova Scotia both have a respective Heritage Day. All of these celebrations are held on the third Monday of February. Though the remaining provinces don't celebrate the event, it's widely acknowledged in Canada and could become a public holiday in the future.



## The Pluto Parallel

Pluto was discovered on February 18, 1930, by the Lowell Observatory. Eleven-year-old, Venetia Burney, suggested the name for the dwarf planet to her grandfather, who would pass along the name to astronomers. The Disney cartoon character Pluto, Mickey's faithful pooch, also made his debut in 1930!





# Good Food Box

[www.ckpcalgary.ca/goodfoodbox](http://www.ckpcalgary.ca/goodfoodbox)

The Good Food Box Program, (GFB) is under the Community Kitchen Program of Calgary whereby anyone can purchase boxes of fresh fruits and vegetables at an affordable price.

Order by noon on Tuesday, February 22. Pickup at Dalhousie Church (5511 Baroc Rd NW) between 1:00 and 4:00 pm on Wednesday, March 2, 2022. Late pickup and limited delivery available upon request.

Small Box \$25 | 20 to 25lbs

Medium Box \$30 | 30 to 35lbs

Large Box \$35 | 40 to 45lbs

Order Date	Delivery Date
February 22	March 2
March 15	March 23
April 19	April 27
May 10	May 18
June 7	June 15
July 5	July 13
September 13	September 21
October 11	October 19
November 15	November 23

## Who's at the DCA

At the DCA, many different user groups have found a home. We have opened our doors to Church members, dance clubs, yoga, Zumba, cardio training, Scouts, Girl Guides, weddings, birthdays, baby showers, and engagement parties. We are engaging with the community on many different levels as we discover the new interests of our guests and renters. Let us know if you're interested in joining, or if you would like to be a renter and offer your own event.

Contact us at [admin@dalhousiecalagry.ca](mailto:admin@dalhousiecalagry.ca).

- Mommy Connections
- Parkinson Association
- Vital 1 Fitness
- Young Rembrandts
- WW Canada Ltd
- Banzai Karate
- Beyond Borders Dance
- Harmony Through Harmony
- Karuna Yoga
- Calgary Folk Club
- Zumba
- Raymond Wong's Kung Fu School
- Scouts Canada
- One Step Ahead Dance
- Dynamic Karate
- Girl Guides
- Springlife Dance
- Therapeutic Yoga
- Stagecoach Theatre
- Engineering for Kids



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## Lace Up Your Skates – The Dalhousie Outdoor Rink is Open!

We want everyone to have a fun, safe experience on our outdoor rink.

- The rink is open from 7:30 am to 10:30 pm.
- The community centre is not open every night so there may be no access to washrooms. You must take your skates off to use the facilities.
- Helmets are important for your safety. Everyone under 18 must wear a helmet. Bicycle helmets aren't permitted.
- Adults – be a good example and wear a helmet too.
- Children under 12 must be accompanied by an adult.
- Be respectful of everyone's space and skating ability.
- Thanks to our larger rink, the rink can accommodate up to 100 skaters. Please remember to physically distance from other skaters, as much as possible.
- This is a skating rink. We aren't equipped for sports and activities. Hockey and other sports aren't permitted.
- Practicing puck passing is allowed. No slapshots or raising pucks allowed.
- Alberta Public Health Orders restrict outdoor social activities. You must always maintain 2 metres of physical distancing between households, and limit groups to 20 people.



## Year of the Tiger Roars In!

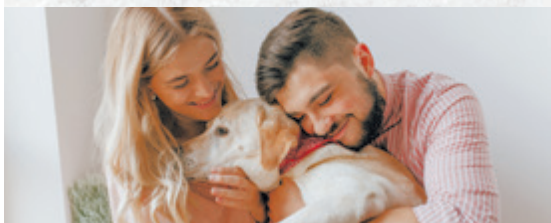
*by John Piera*

Did you read the article "Gung Hay Fat Choy!" in the January issue? Only a guy who was born in the year of the Ox could write that article getting the details mixed up, which much to my embarrassment, was me. If you read the article in the January issue, you would know how "the Ox" mixes up details. No, Chinese New Year is not on February 12, rather on February 1, 2022, and it is not "Year of the Ox", rather it is "Year of the Tiger". The Tiger is the third of twelve animals in the Chinese Zodiac. Thanks to Sarah Chee for setting me straight.

Everyone can celebrate Chinese New Year. Set off some firecrackers, listen to some Chinese music, or watch a Dragon Dance. Wear red, hand out little red envelopes filled with cash called "lucky money" to those who are younger than yourself. Exchange a gift which is typically food or sweets. Put up a sign or poster on your front door wishing, "Happy Chinese New Year", or hang lanterns on your balcony or porch. And definitely eat lots of Chinese food, either in one of the many Chinese restaurants or simply by ordering out and eating in the comfort of your home!

I'm going to put my ox in the barn and keep my eyes open for the tiger.

## Pet Lovers in the Community



If you have a pet and are struggling to make ends meet, "Pet Food Help and Support" can help you out. This organization is a Facebook group that welcomes help to everyone and is dedicated to feeding hungry pets – one pet at a time. Join this Facebook group today for assistance. Once you reach out for help, an arrangement can be made to get you a monthly supply of much needed food for your fur babies.

**Please visit our Facebook page at <https://www.facebook.com/groups/albertapethelp> for more information, and to sign up today!**



## February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

## Safety Tips While Walking

### A message from the Federation of Calgary Communities

Tell someone where you are going, which route you are taking, and when you will be back.

Be aware of your surroundings. Notice everything that goes on near you and particularly in front of you. The earlier you notice a possible problem the greater chance you have of dealing with it.

Listen to your instincts. Something that doesn't look or seem right will probably cause a problem – so if you notice something like this, move yourself away from it as quickly as possible.

Walk facing the traffic.

Walk near the curb unless cars are parked in the street. Stay away from shrubbery, darkened doorways, and alleys where an assailant could be hiding.

Never assume parked cars are empty.

Avoid using headphones - you might not hear trouble approaching. If you use headphones, it is recommended that you keep the volume low enough to allow you to hear anyone approaching as well as any traffic coming in your direction.

Be wary of casual requests from strangers (someone asking for directions, a cigarette, or change - they could have ulterior motives).

Be alert. Look over your shoulder occasionally.

Never accept rides with strangers.

If you carry a purse, briefcase, or bag, keep a tight grip on it so no one can steal it.

Enjoy your walk, but always remain aware of your surroundings.

### If you suspect you are being followed by a pedestrian:

- Cross the street.
- Don't try to figure out if someone is following you by turning down an alley or dark side street.
- If you know you are being followed, go directly to the nearest well lit business, and call the police.

### If you are being followed by a vehicle:

- Turn and walk in the opposite direction. The driver will have to turn around and drive on the other side of the street to keep following you.
- Get the license number and write it down.
- Never try to outrun a vehicle. Change directions whenever possible. You can make a U-turn faster than a vehicle.
- Seek help at a place of business.

# Daylighting Confederation Creek

by Elliot Lindsay, Friends of Confederation Creek



Photo by Patrick Saunder

*Confederation Creek flowing through Confederation Park, a happier vision of what could be for many buried streams in this watershed.*

The Friends of Confederation Creek (FOCC) are a volunteer-led society concerned with the preservation, protection, and restoration of the Confederation Creek watershed. This year, thanks to Watershed Stewardship Grant funding administered by the Land Stewardship Center of Canada, we have launched the "Uncovering Confederation Creek" project. This work seeks to tell the story of streams in this watershed; past and present and generate interest and discussion on the future of these important and underappreciated streams. We encourage anyone interested in learning more or getting involved to contact us at [friendsofconfederationcreek@gmail.com](mailto:friendsofconfederationcreek@gmail.com) and to follow us on Facebook. Check out our December article, introducing the project and background of the watershed, in several Great News community newsletters for NW Calgary.

The Confederation Creek watershed (drainage area) covers an area of 2,700 hectares of NW Calgary, encompassing communities from Shaganappi Trail NW, all the way to Edmonton Trail NE on the south side of Nose Hill; from Brentwood and Varsity to Highland Park and Thorncliffe Greenview. While some sections of Confederation Creek, Queen's Park Creek, and several springs remain above ground where they can be enjoyed by the public, much of the length of these streams were buried in concrete stormwater pipes beginning in the 1950s. In addition, much of the watershed area has been converted to pavement,

rooftops, roads, and hard surfaces, sending runoff rushing into concrete pipes preventing the slowing, filtering, and settling that happens in natural stream corridors and their floodplains. Fortunately, there are alternatives that many cities around the world are implementing to bring these buried streams back to life, and in doing so, gain the valuable ecosystem services they provide. This exciting opportunity is commonly referred to as daylighting, and there is perhaps no better place to implement this than right here in the Confederation Creek watershed.

The organization American Rivers defines stream daylighting as a process which, "...revitalizes streams by uncovering some or all of a previously covered river, stream, or stormwater drainage." While there is some debate as to the true first daylighting project, some of the earliest efforts included the San Francisco Bay area's Napa Creek project in 1970, and later the Strawberry Creek project completed in 1984 in Berkeley, California. Not long after, in 1988, Zurich, Switzerland introduced a municipal policy in accordance with the "Bachkonzept" or "stream concept", which has supported the daylighting of over 21 km of streams!

Some cities such as Yonkers, New York, have implemented stream daylighting projects right in the heart of downtown, removing several blocks worth of aging pavement and infrastructure to reveal and restore sections of the Saw Mill River, bringing migratory fish species back and improving urban life, fostering greatly increased investments along the restored river corridor, and creating new and improved park spaces for citizens to enjoy. With so many of Confederation Creek and its tributaries buried beneath green spaces, the opportunities to implement stream daylighting are not only feasible, but also a real possibility. We hope to further explore this exciting topic and its potential here in the watershed, in another article this winter. Stay tuned!

## Pinocchio

Released in February 1940, Pinocchio was the first animated feature to win a competitive Academy Award, but did you know that it was initially a box office flop? It eventually made a profit after its rerelease in 1945 and is considered to be one of the greatest animated films of all time. Figaro the cat was also Walt Disney's favourite character despite being a relatively minor character in the movie!





# COLOURING PAGE

by Nicole Rocher





Greetings Ward 4 Residents,

While Calgarians will not receive their property tax bill until June. I wanted to remind everyone about TIPP. The Tax Instalment Payment Plan is a program that allows you to pay your property taxes monthly instead of one large payment in June. This makes budgeting easier, and the payments are taken out on the first of every month. Many Calgarians are still not on this useful program.

Often, my office receives emails during June asking for help to pay, or for extensions, and the TIPP program is a useful tool that can alleviate the stress of one large payment. Especially in these tough times. There is also help for those that need it.

Going on TIPP also removes the potential 7% penalty for late payment. Every December your property taxes will be fully paid so the City calculates the January 1 to June 1 instalment amount based on 1/12 of your most recent annual tax levy rounded up to the nearest dollar. This amount is paid through automated withdrawals from your bank account the first day of each month.

When you receive your annual tax bill in May your instalments from July 1 to December 1 will be adjusted to reflect the actual tax levy, ensuring your account is paid in full by year.

I encourage all of you to look at this program at <https://www.calgary.ca/cfod/finance/property-tax/tax-instalment-payment-plan-tipp/tipp-how-does-tipp-work.html> and sign up.

Contact by telephone at 311, 24 hours a day, 7 days a week.

Thank you for your attention,

*Ward 4 Councillor Sean Chu*

### It's Tax Time!

It's tax time and you may require assistance when filing your taxes; the Canada Revenue Agency (CRA) can help. They offer service in both official languages as well as via TTY (a service for the deaf). Their website at [www.cra.gc.ca](http://www.cra.gc.ca) is an invaluable source of information for the 27.2 million tax filers in Canada.

Most Canadians get a tax refund, so it pays to file your taxes. Low-income Canadians must file a tax return to access certain income support programs. Free tax preparation software is available at [www.cra.gc.ca/netfile](http://www.cra.gc.ca/netfile).

It is important to avoid tax scams! The CRA will never communicate with you via email. If you get emails regarding your taxes, they are not legitimate and should be deleted immediately without opening the attachments.

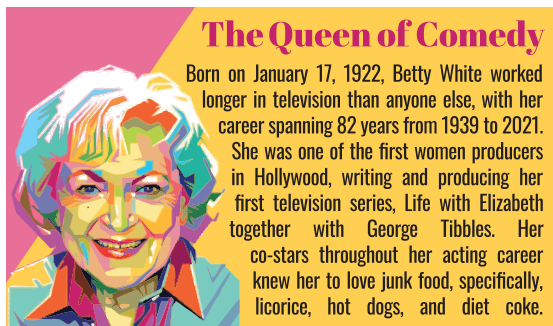
If you receive a phone call from someone saying they are from the CRA and you are unsure if it is legitimate, hang-up and call the CRA directly and they will be able to call up your file and address any issues. Never give personal information to a stranger, especially when they contact you unexpectedly.

Through the Community Volunteer Income Tax Program (CVITP), community organizations host free tax preparation clinics and arrange for qualified and security-cleared volunteers to prepare income tax and benefit returns for eligible individuals who have a modest income and a simple tax situation. To see the clinics in Calgary, please visit [www.cra-arc.gc.ca/tx/ndvdl/vlntr/clncs/calgary-ab-eng.html](http://www.cra-arc.gc.ca/tx/ndvdl/vlntr/clncs/calgary-ab-eng.html) or call 1-800-267-6999.

If your enquiry requires CRA to access your account and release or update personal information, they will ask you to identify yourself.

If you wish to deal with the CRA on someone else's behalf, you must be an authorized representative.

For a full list of contact numbers for the various departments at CRA, please visit [www.lenwebbermp.ca/need-help-with-your-taxes/](http://www.lenwebbermp.ca/need-help-with-your-taxes/).





**MLA Calgary-Edgemont**  
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One of the biggest challenges we face moving forward as a province is dealing with addiction and mental health concerns. Before the pandemic, we were facing an opioid crisis and in some ways the pandemic has further aggravated those issues. It's why our government is supporting everyday Albertans by building a comprehensive, recovery-oriented system of care for those struggling with addiction. This system is built on the premise that recovery is possible for everyone, and that no Albertan should be left without access to life-saving treatment and recovery services.

This issue has been a priority for our government and in 2019, we committed to funding 4,000 annual treatment spaces. However, we've more than doubled our commitment by funding over 8,000 annual treatment, detox, and recovery spaces.

Alberta's Recovery Plan is helping Albertans access life-saving addiction and mental health-related prevention, intervention, treatment, and recovery resources. This \$140-million investment is supporting the addition of new treatment spaces at nine different treatment Centres in Calgary including the Alpha House Society, the Calgary Dream Centre, and Fresh Start Addictions Centre.

A significant change that our government made was to eliminate daily user fees for all Albertans accessing publicly funded addiction treatment. Historically, Albertans were charged \$40 per day, a financial barrier that prevented many people from seeking help. Albertans shouldn't be forced to choose between being able to make their mortgage payments or accessing life-saving treatment services. That's why publicly funded addiction treatment is now completely free for any Albertan.

On another note, I was honoured to be presented with a "Parliamentarian of the Year Award for Best Community Outreach" in December. This recognition by my colleagues was only possible due to so many selfless volunteers in our community that make our Stampede breakfasts, Christmas socials, Veterans' food drives, and fundraisers for charitable causes such a success. Thank you!



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