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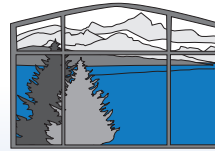
COMMUNITY OFFICE STAFF

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!

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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Parade of Garage Sales May 28 and 29

Hello Dalhousie!

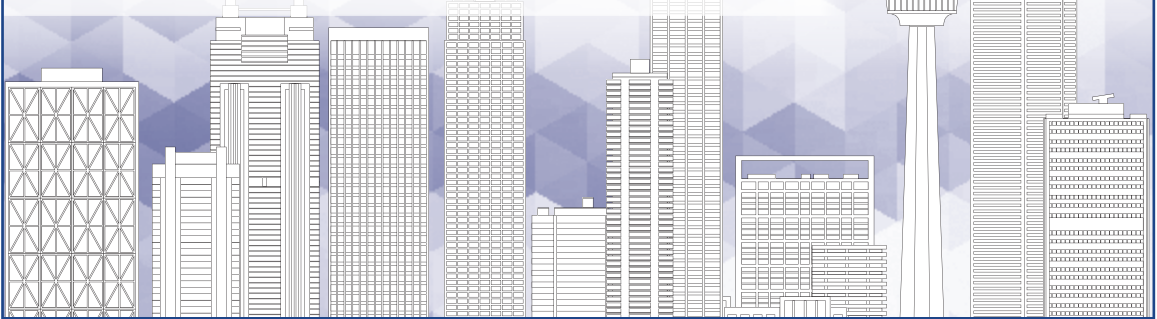
Dalhousie's Parking Lot Sale will be Saturday, May 28 from 10:00 am to 2:00 pm at the Dalhousie Community Centre parking lot. We are very excited that we are able to offer this event again to the community and we hope to see you out there safely and distanced!

We have asked all buyers and sellers to abide by Alberta Government guidelines, and we will provide masks and sanitizer.

Check out our website for more details and enjoy the weekend!

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Ibrahim Aladdin
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Cecilia Cho
Grace Gutierrez

Magazine Editors

Kyla McDonald
Krystle McGrath

Advertising Sales

Nikki Poglitsch
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GREAT NEWS MEDIA

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Activities at the DCA

Activity Name	Contact for Registration
Anthroposophical Society of Canada	anthroposophy.ca/en
Banzai Karate	banzaikaratedojo@gmail.com
Calgary Folk Club	www.calgaryfolkclub.com
Calgary Sketch Club	www.calgarysketchclub.com
Calgary Toy Show	www.calgarytoyshow.com
Cosmic Coders	www.cosmic-coders.com
Dalhousie Community Kindergarten	dcakids@telus.net , 403-288-1050, dcakids.com
Dalhousie Community Preschool	info@dcpreschool.ca , www.dcpreschool.ca , 403-286-2339
Dance Beyond Borders	www.dancebeyondborders.com
Dynamic Karate	dynamickarate.ca
Engineering For Kids	calgary@engineeringforkids.net
Essentrics™ by Vital 1 Fitness	info@vital1.ca , 403-208-3307
Girl Guides of Canada, Guides and Pathfinder Programs	linda.j.pic@gmail.com , 204-471-4672
Heart to Core Fitness	thoiles@gmail.com
Karuna Yoga	info@karunayoga.ca
Laurie Bee's Artisan Chocolates	www.lauriebeeschocolates.com
Mad Science	calgary.madscience.org
Mom Market	themommarket.co.com/calgary
Mommy Connections Calgary	katherinemcyc@gmail.com , 587-899-6547
One Step Ahead Dance Studio	office@onestepaheaddance.com , onestepaheaddance.com , 403-247-3607
Polyglots	polyglots.ca
Redeemed Christian Church	livingspringchapel.ca
Scouts Canada	www.scouts.ca
Second 60's Outdoor Club	secondsixties.ca
Stagecoach Theatre Arts Calgary	calgary@stagecoachschools.ca , 403-604-0047
Soul Temple Wellness	www.soultemplewellness.com
Spanish for Beginners	www.kerbycentre.com
Spring Life Dance	xwzhang88@gmail.com
Tai Chi / Kung fu	403-650-9191 raymondwongkungfuschool@yahoo.ca
Take off Pounds Sensibly (TOPS)	www.tops.org/tops/tops/canada/home.aspx
The Dollar Detectives	thedollardetectives.com
True North Education	tnjeduservices@gmail.com
Weight Watchers	www.weightwatchers.com
Young Rembrandts	www.youngrembrandts.com

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Saturday 8:30 am - 5:00 pm**

Looking For a Place to Host Your Event?

Over the past couple of years, so many weddings, memorial services, family reunions, and other celebrations have been put on hold, but now that restrictions have lifted, you may be thinking about organizing something. The Dalhousie Community Centre should be one of the facilities you consider for several reasons.

The facility is modern and clean. For example, the auditorium has recently been renovated, with new heating and air conditioning, flooring, doors, and many other upgrades.

There are several rooms to choose from, depending on the size of your event. The auditorium is the largest at 3,450 square feet and can hold up to 350 people. The Sunrise Room is the smallest at 840 square feet and can hold 50 people.

There is a commercial kitchen which could be used by a caterer.

Depending on your needs, we could provide many amenities like tables, chairs, audio/video equipment, signage, etc.



There is ample parking, which is free.

Access is easy, being less than a five-minute drive from Crowchild Trail, Shaganappi Trail, and Sarcee Trail.

Perhaps the best reason is price. Compare our auditorium to the Main Room of another Community Association. Although the auditorium is 1/3 larger, our hourly rates vary from \$37.50 per hour during the day, to \$60 per hour in the evening, to \$85 per hour after 9:00 am, while theirs is a flat rate of \$95 per hour. I could pick any community association, church, or other facility operator and the story would be the same. The DCA offers great value.

I know next time I need to find a facility to host an event, I'm going to consider renting one of the rooms at the Dalhousie Community Centre.

May and Mental Health

The Canadian Mental Health Association (CMHA) marks Mental Health Week from May 2 to 8, 2022. Just as maintaining our physical health is important to overall well-being, so too is nurturing our mental health. Mental health includes our thoughts and emotions, connections to others, and how we are able to manage life's ups and downs.

For Mental Health Week, the CMHA has an annual "Energize, Don't Hide" challenge. This initiative runs from May 2 to June 30, 2022 and helps illustrate the important connection between physical and mental health. Participants can register as an individual or team and participate in any physical activity that helps them feel energized, to raise funds for CMHA Calgary Branch youth and adult mental health programs. Better access to mental health services will support good mental health for all.

Who is affected by poor mental health? Everyone, at some point in their lifetime, will have an experience that negatively affects mental health. In any given year, 1 in 5 Canadians experience a mental health problem or a mental illness. The degree to which one may feel the impact on their mental health depend on many things – genetics, personality, environmental circumstances, and learned coping skills. Of course, no one has control over all of these factors, but being proactive about controllable factors can be helpful.

For example, empathy is a skill everyone can practice, and it is important to cultivating good mental health for others and ourselves. In fact, the theme of Mental Health Week this year is the importance of empathy. Empathy is the ability to imagine ourselves in another person's circumstances, to "walk a mile in their shoes." Empathy can go a long way to providing insight and understanding someone else's perspective. The more we empathize, the more likely we are to feel connect with others.

Are you looking for mental health support, but don't know where to start? Many employers offer an Employee and Family Assistance Program for staff members and their family members in need of mental health support. Another option to explore is CMHA Calgary branch. A variety of services are offered, including one to one and group counselling, a peer support line, and many free online classes. You can also get connected to other mental health support services in Calgary. Fees for counselling services use a sliding scale, and some programs are free. To learn more, go to <https://cmha.calgary.ab.ca/>, email counsellingintake@cmha.calgary.ab.ca, or call 403-297-1700.

Mother's Day

Mother's Day is celebrated on the second Sunday in May each year, which is Sunday, May 8 this year. This is a day to gratefully recognize the hard work all the mothers and mother figures in our lives have put into helping shape the people we have become.

How can we show appreciation for the mothers in our lives? Traditional gifts, such as flowers, jewelry, or sweet treats are consistently popular, and gift cards for a favourite store or activity are a great way to show we care. However, a great Mother's Day gift doesn't have to cost a lot of money. The gift of time is always appreciated. Some mothers may wish for a day to oneself to do whatever brings joy, or a day of quality family time without having to worry about who's pulling the strings behind the scenes. A special meal at her favourite restaurant, a day enjoying nature, or a movie marathon watching her top picks could be the perfect gift for mom this year. Mother's Day is the perfect opportunity to thank the mothers and the mother figures in our lives for all they do, and the time and love invested into our families. From all of us at Dalhousie Community Association - Happy Mother's Day!

**9 PM
ROUTINE**

✓ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

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Supporting Science Curiosity in Early Learners – Dalhousie Community Kindergarten

In the Dalhousie Community Kindergarten, science is incorporated into everything we do. We constantly ask questions, explore, observe, and discuss what we have seen, heard, felt, tasted, or smelt. At the beginning of the year, we focus on talking about our five senses. This establishes a good foundation of understanding and vocabulary for our learners so we can talk about the different experiences we have in our classroom throughout the year. We also establish some structure to how we are going to approach new experiences and projects. When presented with a new challenge or question, we first talk about what we think will happen – our prediction or hypothesis. After we have completed our activity, we talk about what actually happened and encourage our learners to share and record what they observed – either through follow-up discussion, recording words, or drawings in their journals.



Recently when we studied Nursery Rhymes, our students were asked to use different blocks to build a wall for an egg to sit on (like Humpty Dumpty). We gave them a hard-boiled egg and a raw egg. We asked them what a wall might look like that an egg could sit on. We asked them to make observations about the differences between the two eggs. They shook the eggs, weighed them, and predicted what might happen to the eggs when they fell. Every wall was different (some clearly designed to encourage falling!) and after everyone had a turn, we talked about what happened. We had fun!

How can you support science related learning at home? Most importantly, listen for questions and encourage curiosity. Let kids know it is great to ask questions. Say “I wonder...” often and let them think about possible answers. Everywhere you go, you can find things to be curious about.

It may sometimes be challenging but be patient and set aside time to slow down so children have time and space to explore. You can explore together or encourage your child to safely try things on their own, find new things, and look for answers to their questions. Understand that things sometimes get messy. Kids have a natural curiosity and need to know that sometimes it is okay to make a mess, get dirty or wet, and make noise. Both breaking and building can be equally fun, so set aside things to take apart and keep lots of building materials handy. You don't have to buy things – just use things you have around the house and imagine new ways to use them.

Lastly, encourage your child to talk about their observations. You can also make that into a fun project: take pictures, make drawings, or find related books, videos, or pictures. Simply be interested and positive, and most importantly, have fun as your children naturally builds their vocabulary and an understanding of the world around them.

Dalhousie Outdoor Farmers' Market is Back May 26!



We are very excited to be moving back outdoors for our weekly Farmers Market starting Thursday, May 26 from 3:30 to 7:30 pm.

We are welcoming back a number of vendors from last year and also welcoming many new vendors this year. Products range from produce (vegetables and fruits), breads, baked goodies, popcorn, microgreens, frozen foods, canned goods, art, and so much more. There will also be food trucks to enjoy.

Please visit our website to see the list of summer vendors: <https://www.dalhousiecalgary.ca/farmers-market>.

If you have any questions, please contact us at market@dalhousiecalgary.ca.

Community Clean Up: June 19, 2022

The City of Calgary and Dalhousie Community Association will be holding a community clean up on Sunday, June 19 from 9:00 am to 2:00 pm sharp.

Things you can bring and services available:

- Landfill items (no batteries or hazardous waste)
- Organic Waste items – i.e., yard clean-up
- Household items in good condition to donate to the WINS
- Electronic recycling items Re-con Metal - Techtrash
- Bottle Drive in support of the Preschool and Kindergarten programs

If you are an organization or business that is looking to join our community clean up as an upcycle vendor, please email admin@dalhousiecalgary.ca for more inquiries.

Volunteers Needed

We will be looking for volunteers for this event. We prefer volunteers to be over the age of 18, with steel toed or close toed shoes, and a good work ethic. It is a busy day but a very fun day in the community! If you are interested in volunteering, please email admin@dalhousiecalgary.ca!

Summer Break Camps Registration Open



Summer Break Camps will be held at the Dalhousie Community Centre once again!

Registration is now open.

Camps are booked on a week-by-week basis and are open to children attending school, including those who will start Kindergarten in September 2022 (five years old by December 31). These are licensed spots and subsidy eligible. For more information, contact docsdirector@dalhousiecalgary.ca or 403-285-2555, ext. 106.



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Enmax Transmission Line Relocation

ENMAX Power Corporation (ENMAX Power) owns and operates transmission line 16.61L (16.61L) which has provided electrical services to residential and commercial properties in Calgary's Collingwood, Charleswood, Brentwood, and Dalhousie communities since the early 1960s.

Through its regular inspection project, ENMAX Power has determined that most of the existing wood poles and/or components (including insulators, crossarms, and hardware) have reached their anticipated end of life. As a result, ENMAX Power intends to apply to the Alberta Utilities Commission (AUC) to replace and/or relocate a portion of the existing 16.61L (the Project).

ENMAX Power has identified two routes for the Project:

Route #1: Partial Relocation Route which will replace a portion of 16.61L in its existing alignment within the Dalhousie community and relocate a portion of 16.61L to a new alignment along John Laurie Boulevard and within the Brentwood community.

Route #2: Complete Relocation Route which will relocate nearly all of 16.61L to a new alignment.

Route #1 and Route #2 will both involve relocating the existing 16.61L along John Laurie Boulevard in the Charleswood and Collingwood communities.

In the Dalhousie community, ENMAX Power is proposing to either replace the poles along the current alignment (Partial Relocation Route) or relocate the transmission line to a new alignment, primarily within existing roadways and utility right-of-way (Complete Relocation Route).



During the stakeholder consultation process, ENMAX Power will continue to evaluate route options to determine the preferred and alternate route prior to filing the application with the AUC.

Visit enmax.com/projects/nwcalgaryproject for more information.



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Compost Giveaway

The City of Calgary is offering complimentary compost for residents to use in their yards and gardens this spring. The compost is made from the food and yard waste collected through the Green Cart program.

Compost will be available for pickup, by online appointment only, from April 25 to June 11 at Shepard (South) and Spyhill (North) landfills during operating hours.



- April 25 to May 14 appointments: Available to book starting April 18
- May 16 to May 28 appointments: Available to book starting May 9
- May 30 to June 11 appointments: Available to book starting May 23

The appointment booking tool will be available starting April 18 on <https://www.calgary.ca/waste/residential/green-cart-compost-giveaway.html>.

When the appointment booking tool is live, select which location you will be picking up your compost.

Select a date and time to pick up compost – appointments are booked in 15-minute slots.

Save the confirmation email, on your smartphone or printed, as you will be asked to show it to the site attendant when you check in. Please arrive on time for your appointment.

If you are unable to make your scheduled appointment time, you can cancel your appointment through your confirmation email and rebook a timeslot at a later date.

To ensure there is a fair opportunity for all citizens to pick up compost, households may pick up compost once for the 2022 year.

Participants should bring:

- Shovel
- Gloves
- Containers to hold compost (buckets, tubs, etc.)
- Tarps

TLC Litter Pickup Kits from the City of Calgary

As the snow melts and springtime returns to Calgary, we may begin to notice not only new plants and animals, but garbage and debris that built up over the winter months. The City of Calgary, in partnership with ConocoPhillips Canada, is now providing free “The Litter Cleanup” or “TLC” kits to residents, to help clean up our neighbourhoods. Each kit has gloves, garbage bags, and other supplies for groups of up to six people. Kits are limited to one per household and are available for pick up at the Inglewood Bird Sanctuary (2425 9 Ave. SE) Saturdays and Sundays from 10:00 am to 4:00 pm, while supplies last. For more information, call 311 or visit <https://www.calgary.ca/csps/parks/volunteer/tlckits.html?redirect=/tlckits>.

After completing your cleanup, place bags beside any City of Calgary garbage cans, or group bags together and place them one metre off a paved (asphalt) pathway for pick up by City staff. Call 311 to report the location of your bags. If you use social media, consider using the hashtag #yyccleans. We appreciate everyone’s efforts in keeping Dalhousie a clean, friendly, and welcoming place to be!

Dalhousie School Playground 50/50 Raffle

Dalhousie School is building a new playground! The playground, located at 4440 Dallyn Street NW, is in need of an update, both for the students attending the school as well as kids in the community. The Dalhousie Parent Society is holding various fundraisers to help with costs. They will be running an online 50/50 draw during the month of May, beginning May 1, with the draw on May 31, 2022.



Information about the playground project can be found at the Dalhousie Parent Society website: www.dalhousieparentsociety.com. Information about the 50/50 draw and updates on the playground will be posted on May 1.

Show Others and Yourself Compassion During Difficult Times!

From the Calgary Counselling Centre

Two years of dealing with the mental strain of living with COVID, and now the war in Ukraine and the emotions it brings up, can be a lot to handle. Information about the war can be upsetting, even for those who may not have a direct link to Ukraine. Here are some steps you can take to maintain your mental health during this time:

Put a limit on the news and social media you're consuming.

Prioritize your health: Get physical activity, eat regular healthy meals, and try to stick to a consistent sleep schedule.

Make time for creative activities: Hobbies, crafts, music, journaling, etc.

Enjoy the company of people you care about.



You could be driving 3 doctors, 2 musicians, and the next president of Mars on your school bus.

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Councillor, Ward 4
Sean Chu
📞 403-268-3727 ✉ ward04@calgary.ca
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Greetings Ward 4!

Did you know, Calgary's drinking water is supplied by the Bow and Elbow watersheds, which face many pressures including a changing climate and growing population. You can help build resilient watersheds by creating a YardSmart yard. Use our new design guides to plant a beautiful garden bed that, once established, takes little time, effort, and water to maintain.

Designs include:

- Layouts and plant suggestions for all areas of your yard - sunny, shady, wet, or a combination of sun and shade.
- A brand-new native wildflower design that creates habitat for pollinators and promotes biodiversity. Included is step-by-step information on planting, watering, and maintenance.
- Created in partnership with The Calgary Horticultural Society, these garden beds are designed to thrive in Calgary.

More YardSmart tips:

- Find trees and shrubs that are hardy enough for our unique climate. For Calgary, choose plants labelled hardiness zone 2 or 3.
- Having a good depth of quality soil ensures your plants can access more water. A layer of at least six to eight inches of soil is recommended. Adding compost is the best way to improve soil depth.
- Capture free rainwater in a rain barrel and use it on your trees, shrubs, and flower beds.

Visit calgary.ca/yardsmart to access our garden bed designs and a library of gardening tips, tools, and resources.

FYI:

Calgary is a mecca for native bees. 199 different types of bees have been documented in Calgary. Our city may contain more kinds of bumblebees than any other city in North America. * Climate change, disease, pesticide use, and habitat loss have all contributed to the decline of pollinator populations. By helping flowering plants reproduce, pollinators contribute to healthy and resilient ecosystems.

For more information, please visit www.calgary.ca/pollinators.

Thank you for your attention,

Ward 4 Cllr. Sean Chu



Calgary Confederation
Len Webber, MP
2020 10 St NW, T2M3M2
403-220-0888
len.webber@parl.gc.ca



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Let's Do It for Adam

Nothing is more tragic than losing a child before their time.

In 2019, Martina and Bradley Leinweber went through the unthinkable when their son, Adam, was killed in a gliding accident. A tow plane collided with his glider mere seconds after it was released. The crash happened because the collision avoidance system installed in the tow plane (FLARM) was not operational.

Since 2010, there have been at least 30 confirmed incidents or near-misses involving gliders. Nine of the incidents involved commercial aircrafts. Three resulted in fatalities. Since the accident, Martina and Bradley have made it their mission to ensure that no more Canadians needlessly suffer a similar loss.

Over the last three years, the Leinwebers have been passionate advocates for the use of functional collision avoidance systems for gliding clubs in Canada. Right now, we rely on voluntary compliance. The statistics prove that voluntary compliance is not enough.

In 2021, the Leinwebers requested that I table a petition in the House of Commons on this very issue, and I was honoured to do so. At that time, the Minister indicated that legislation on the issue was not going to be introduced. Fortunately, the Leinwebers had my colleague, Calgary MP Stephanie Kusie, on their side too.

This Spring, Ms. Kusie introduced, and I Seconded, Bill C-259, An Act to amend the Aeronautics Act (collision avoidance system). This Act would require that collision avoidance systems be mandatory and operational for all gliding clubs in Canada.

This should not be a partisan issue: it is about preventing the avoidable and the unthinkable. I expect that all political parties will be supportive of this legislation.

We cannot change the past, but we can change the future. Let's do it for Adam.

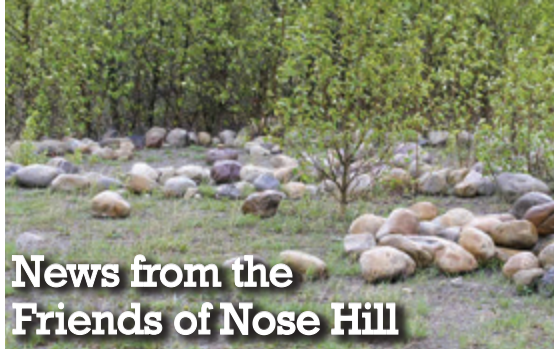
Spring in Alberta is a season of renewal and hope. As the trees grow their leaves, the grass greens, and gardens start to blossom, it reminds us that all good things take time. While we have been through some of the biggest challenges of our lifetimes over the last couple of years, we continue to see growing opportunities and an abundance of hope for our future.

Our government has been working hard over the last few years laying the groundwork for economic recovery. Lowering the corporate tax rate has been a major attractant for investment and is creating jobs today and for the future. Our tech sector is booming with thousands of high-quality jobs waiting to be filled. Film and television saw its best year ever last year, and the industry continues to grow here in Calgary and southern Alberta. We've also seen five major hydrogen projects announced, a booming oil and gas sector, and more new investments in our province every single day.

All these investments in Alberta mean a better quality of life for the people who call our communities home. It means more revenue being invested into healthcare, schools, childcare, roads, and other critical infrastructure – areas our government is proud to be investing in. Alberta's Capital Plan will expand capacity in the health care system and build schools in every corner of the province. This will create jobs and ensure our province can meet the needs of families into the future.

Alberta's future looks bright with over 130,000 jobs added, \$54 billion in new investments, a balanced budget, and the fastest growth and lowest taxes in Canada. Our government will continue to stand up and fight for the best interest of the families who call our beautiful province home.





News from the Friends of Nose Hill

by Anne Burke

Nose Hill Park is one of the largest urban parks in North America and has its own unique geological, ecological, and anthropological history, with an abundance of remarkable plants and wildlife. There is a project which aims to record observations made by Park users but please avoid those of humans and pets. www.inaturalist.org/projects/nose-hill-park-bioinventory.

A "BioBlitz" is an event that focuses on finding and identifying as many species as possible in a specific area over a short period of time. The 2022 City Nature YYC Challenge happens April 29 to May 2, first taking pictures of wild plants and animals, and then May 3 to May 8, identifying what was found. Cities around the world compete to see which can make the most observations, document the most species, and engage the most people. This is the fourth annual effort by Calgary, joined by Edmonton, Lethbridge, and Red Deer/Lacombe County. This event is free and open to all ages. Please use only the designated pathways and trails on Nose Hill and in other public parks. Groups of citizen scientists, naturalists, and volunteers will conduct another intensive field study. Document yours by taking photos and then uploading them to the iNaturalist app or iNaturalist.ca. Check out www.citynatureyyc.ca for more information.

The Alberta May Plant Count is an annual event sponsored by Nature Alberta volunteers. As count weekend dates vary from year to year, all data collected during the official Count Week (May 23 to 31) is valid. Anyone who is interested in - and familiar with - Alberta wildflowers can participate. The object is to record all species of flowering plants and the stage of each in bloom. To sign up and receive the information package, please contact mayplantcount@outlook.com.

Black Bin Garbage Collection Mixed Service Delivery Pilot

As of April 5, 2022, the City of Calgary has introduced a 7-year pilot project for black-bin garbage disposal in a number of neighbourhoods in NW and SW Calgary, including Dalhousie. The pilot program contract has been awarded to GFL Environmental.

This project aims to compare the cost for waste collection through public and private sector, to ensure the lowest costs for taxpayers. Currently, all waste collection and recycling (black, blue, and green bins) are through the City of Calgary. The monthly black cart fee is \$6.85, charged through ENMAX.

This pilot project will contract out up to 25% (1/4) of residential black bin collection services. The City of Calgary estimates that the pilot will provide about a million dollars annual savings. Any savings would be applied city-wide to black cart fees. If successful, the City may consider contracting out all black bin waste collection to a private provider, and further evaluate blue and green bin services as well.

Black bin pickups for Dalhousie residents will continue to be every two weeks, and we will continue to use city-issued black bins. Tags for additional garbage bags will remain available for purchase, at a cost of \$3 from City Hall, Calgary Co-op, or Circle K locations, or online at Calgary.ca/garbagetag.

Waste and Recycling Services will monitor the costs of service and report back to Council annually. The reports will be available to the public online at Calgary.ca. Residents are encouraged to contact 311 for questions and comments about black cart service. More information is available online at <https://www.calgary.ca/waste/residential/mixed-service-delivery-pilot.html>.

Finally, a reminder that weekly green bin pickup resumed the last week of April and will run weekly until the last week of October.



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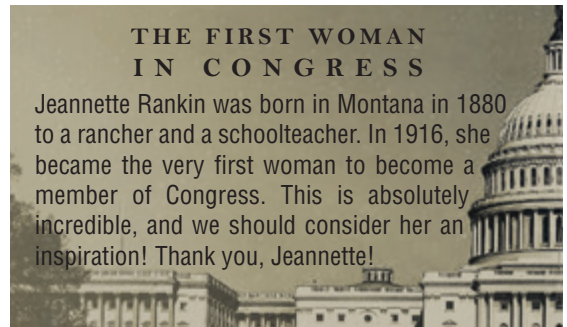
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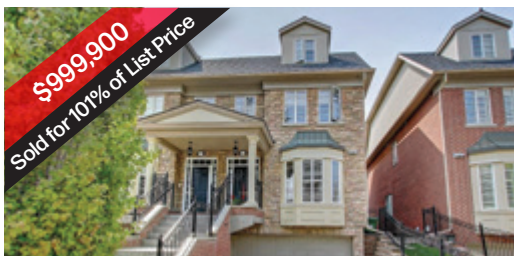
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