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- Dr. Ian Miller





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**Check website or call
for most up to date events and times.**

BOARD OF DIRECTORS 2022-2023

NAME	POSITION
James Reimer	President
Ron Cornish	1 st Vice President
Jonathan Maynard	2 nd Vice President
Brent Clark	Planning and Development
Marilyn Lambert	Treasurer
Wayne Pennington	Secretary
John Piera	Board Member
Stephanie Desmarais	Communications Committee
Petro Babak	Board Member
Sue Nicholls	Board Member
Rochelle Lamoureux	Community Engagement
Jen Henderson	Board Member

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 third Tuesday of
the month at 7:00 pm!**

Mission: The Dalhousie Community Association provides programs and services that reflect the varied interests of the community by engaging and supporting staff and volunteers.

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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Canada Day 2022

Canada became independent from Britain in 1867. In 1879, July 1 was as Dominion Day, marking the anniversary of Canada's Confederation. At that time, the provinces included Ontario, Quebec, New Brunswick, Nova Scotia, with the rest of the West still largely unexplored. Three years later, the province of Manitoba and the Northwest Territories were recognized, British Columbia and Prince Edward Island followed in 1871 and 1873. Then Yukon Territory was recognized in 1898. Alberta and Saskatchewan didn't join until after the turn of the century, in 1905, with Newfoundland and Labrador the

last of the provinces to join in 1949. Finally, Nunavut was the most recent addition to Canada, recognized as a Territory in 1999.

In 1982, July 1 was officially re-named Canada Day, when Queen Elizabeth II signed the Constitution Act, signifying the creation of Canada as a sovereign nation, wholly independent of the British Monarchy.

FACTS ABOUT CANADA

National Animal: Beaver	National Tree: Maple
National Flower: Bunchberry (<i>Cornus canadensis</i>)	National Colours: Red and White
National Winter Sport: Hockey	National Summer Sport: Lacrosse
National Motto: A Mari Usque Ad Mare (From Sea to Sea)	

<https://nationaltoday.com/canada-day/>



STAMPEDE BBQ: SAVE THE DATE!

WHEN: July 13, 2022 at 5pm

Where: Dalhousie Community Association

What: Join us for a Stampede BBQ! We're planning a fun-filled, family-friendly evening to celebrate Stampede. Go to DalhousieCalgary.ca for details.



Ongoing Programs at the DCA

Activity Name	Contact for Registration
Anthroposophical Society of Canada	anthroposophy.ca
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.com
Dalhousie Out of School Care	dalhousiecalgary.ca
Dalhousie Senior Drop-in Cribbage	dalhousiecalgary.ca
Dalhousie Community Preschool	DCPreschool.ca
Dance Beyond Borders	www.dancebeyondborders.com
Dynamic Karate	dynamickarate.ca
Engineering For Kids	engineeringforkids.net
Essentrics™ by Vital 1 Fitness	Vital1.ca
Girl Guides of Canada, Guides and Pathfinder Programs	204-471-4672
Heart to Core Fitness	thoilesg@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	katherinemcyyc@gmail.com
One Step Ahead Dance Studio	onestepaheaddance.com
Polyglots	polyglots.ca
Redeemed Christian Church	livingspringchapel.ca
Scouts Canada	www.scouts.ca
Second 60's Outdoor Club	secondsixties.ca
Stagecoach Theatre Arts Calgary	stagecoachschools.ca
Soul Temple Wellness	www.soultemplewellness.com
Spanish for Beginners	www.kerbycentre.com
Spring Life Dance	xwzhang88@gmail.com
Raymond Wong / Tai Chi / Kung Fu	403-650-9191
Take off Pounds Sensibly (TOPS)	www.tops.org
The Dollar Detectives	thedollardetectives.com
True North Education	tnjeduserVICES@gmail.com
Weight Watchers	weightwatchers.com/ca/en/find-a-workshop/1022241/ ww-studio--calgary-nw-calgary-ab
Young Rembrandts	www.youngrembrandts.com

We had wanted our values and mission statement to be run with every issue,
on the same page as the list of the board members

Community Engagement

Dear Neighbours,

I recently participated in a workshop run by the Federation of Calgary Communities which focused on creating Diverse Community Programming. They challenged us to ask ourselves about what needs we are not hearing about in our community. What an important question!

Did you know that 14% of our community (based on 2016 Census data) are lone-parent families? According to this same census, 25% of our neighbours speak a language other than English most often at home. 31% of Dalhousians are immigrants and 11% are refugees. In addition, 35% of us are visible minorities. In 2016, 22% of us spent 30% or more of our total household income on housing (I'd wager that percentage is much higher these days).

I know these numbers are a little bit out of date, but it's wonderful to think about the richness and diversity of our community. In addition, it highlights the importance of thinking about how our residents engage with our Community Association. Can a single parent family attend a program if no childcare is offered? Should we look at having translators attend our AGM? Are we offering programming that appeals to the differing needs and desires of our residents?

As a committee, we will be asking ourselves these questions while we build our Community Engagement Strategic Plan for the next several years.

I want to hear from you! How do you want to engage with Dalhousie as a community and our association in particular? What are your needs and wants? How do you

want to be heard? What can we do as an Association to make your life better? Please email engagement@dalhousiecalgary.ca to tell us how we can best serve you, your family, and your community.

Rochelle Lamoureux on behalf of Your Community Engagement Committee (Rochelle, Alex, Iris, Anna, Marilyn, and Sue)

A green poster for the Dalhousie Community Association. At the top is the DCA logo with the text 'Dalhousie Community Association'. Below the logo is a row of five smiley faces: red (sad), orange (neutral), yellow (neutral), green (happy), and a larger green (happy) being magnified by a magnifying glass. Below the faces is the text 'we want your feedback!' in a cursive font. Underneath is the text 'TAKE THE COMMUNITY ENGAGEMENT SURVEY' in bold, white, sans-serif capital letters. Below that is a QR code. At the bottom is the URL 'https://forms.gle/ti1Mtme1rqwHUwoa9' in white text.

DCA Dalhousie Community Association

we want your feedback!

TAKE THE COMMUNITY ENGAGEMENT SURVEY

<https://forms.gle/ti1Mtme1rqwHUwoa9>

A white poster with a red heart and a red diagonal line. The text 'Heart & Stroke' is in black. Below it is the text 'With stroke, every second counts. Act FAST' in red and black. At the bottom is the website 'heartandstroke.ca' in red. At the very bottom is the copyright notice '© Heart and Stroke Foundation of Canada, 2022' in small black text.

Heart & Stroke

With stroke, every second counts. Act FAST

heartandstroke.ca

© Heart and Stroke Foundation of Canada, 2022

A blue poster with a cartoon illustration of a baby and a woman. The text 'mybabysitterlist' is in a large, stylized font. Below it is the text 'Calling All BABYSITTERS' in bold, followed by 'Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.' Below that is the text 'Calling All PARENTS' in bold, followed by 'Visit mybabysitter.ca and find available babysitters in and around your community.' At the bottom right is a stack of colorful toy blocks.

mybabysitterlist

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

DCA Ice Rink Fundraiser



Save the date and buy tickets now to attend this fundraiser for the outdoor rink.

Featuring: The Hip Replacements

The most sought after Tragically Hip tribute band with all your Hip favourites!

When: August 12, 2022

Where: DCA Auditorium

Cost: \$30 non-member | \$25 member

Cash Bar and 50/50 draw

Tickets can be purchased online at dalhousiecalgary.ca

SAFE & SOUND

Backyard Play Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. 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. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- 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 911.



May 10 and June 14
4-7pm

July 12, Aug 9 and Sept 13
5-8pm

Yoga for a Healthy Spine

Yoga is an effective tool for soothing back pain. This gentle practice is designed to ease pain, restore flexibility, and strengthen the spine. Poses are carefully chosen and adapted to promote proper posture, to stretch and strengthen muscles that support the spine, and increase hip and shoulder mobility.

Yoga for Everybody

Wednesday from 9:30 to 10:30 am

Saturday from 9:00 to 10:15 am

Learn the classical poses for correct alignment and movement of the body through self-awareness. With the use of props such as belts, blocks, and blankets, the poses are safely accessible to students at all levels. This class is suitable for new students as well as for experienced students returning to practice.

Karuna Yoga

Adapting Yoga for you



KIM LU

Certified Yoga Instructor
Teaching since 2009

Namaste! It is with great excitement that I bring yoga to the Dalhousie Community Centre, offering an in-person class on Saturday and Wednesday mornings. I have been teaching Yoga in the Varsity, Dalhousie, and Ranchlands communities for over 10 years!

Yoga has been a healing journey for me. A car accident in 2001, followed by a second accident in 2002 caused severe damage to my spine. The result was constant agonizing pain in my back, neck, and shoulders radiating down to my hands. By 2004, the act of performing simple day-to-day tasks became a challenge. I struggled to turn a doorknob, shake hands with people, cook, and clean the house. In addition to an injured spine, I subsequently sustained a knee injury, a rotator cup tear, and a concussion. I underwent extensive physiotherapy. Despite weekly visits to the physiotherapist, I found no relief from pain. I was scared and depressed. It was at this time that I enrolled in a series of yoga classes at the neighborhood studio. I noticed that with regular attendance at the yoga classes the pain was slowly beginning to subside. I stopped physiotherapy altogether and practiced yoga seven days a week. That was the beginning of my healing journey. Practicing yoga diligently and regularly healed me from pain and brought back a sense of wholeness to me mentally, physically, and spiritually. Now, I dedicate myself to helping others find healing through yoga. For more information or to connect with me please email me at info@karunayoga.ca. I look forward to seeing you on a mat.

Karuna Yoga

Dalhousie Craft Beer Festival

Join us on:
October 1st,
3:00pm to 10:00pm,
Come enjoy some
local craft beers,
food, and music at
the

Dalhousie
Community Centre

*Save the date!
More information
to follow*

Radon Exposure: Understanding Your Risk and What Can Be Done About It

Dr. Dustin Pearson works on the Evict Radon National study at the University of Calgary. The following are some highlights from his presentation on Radon in the Home, given at the Dalhousie Community Association on April 28, 2022.

- Radon is an odourless, colourless, and naturally occurring radioactive gas that originates from the soil. When released from the ground and into the atmosphere, radon is considered relatively harmless because it is quickly diluted by the outdoor air. But what happens when the gas becomes trapped in your home?
- Radon can enter a home through any opening where the building contacts the soil, such as through cracks in your foundation floor, construction joints, or gaps around service pipes. If inhaled, radon emits a type of radiation which damages our lung's DNA, increasing the risk of lung cancer. To put this in context, radon exposure is the number one cause of lung cancer among non-smokers, and according to Health Canada, accounts for more than 81,000 lung cancer deaths in our country over the last 22 years.
- The Evict Radon national study, headquartered at the University of Calgary, has spent years gathering radon data from homes across the country with hopes of better understanding this problem. Recently, Evict Radon researchers determined an astonishing 1 in 6 Canadian homes have radon levels above Health Canada's maximum recommended exposure limit.
- Based on current findings, the radon problem is expected to worsen in the coming years, putting more people at risk of exposure, which could potentially lead to serious outcomes later in life. Data also shows that children are particularly susceptible to the cancer-causing effects of radon as their growing bodies are more vulnerable to DNA damage from radiation exposure.
- Though concerning, you can breathe easier knowing radon is a solvable problem. You can learn more about your radon exposure level by doing a long-term radon test of your home. To get the most accurate understanding of the radon exposure risk

in your home, you must test the air you breathe regularly for at least 90 days. To ensure a reliable reading, only use Health Canada approved radon tests, or hire a radon measurement professional. Test devices, including the devices provided by the Evict Radon national study, can be purchased online for a relatively low cost. Additionally, for anyone working from home, radon testing is now tax-deductible. You can find more about approved test kits at <https://takeactiononradon.ca/test/radon-test-kits/>.

- Once your results are in you can make a final decision. If you test low, great! Breathe easy. If levels are high, installing a radon mitigation system called a sub-slab-depressurization system will prevent radon from being drawn into the home. This is a relatively quick process done by certified professional radon mitigators and has been proven to be completely effective at lowering radon to safe levels.

For more information on how to manage your radon exposure risk, visit our national study website at EvictRadon.org.



Dalhousie
FARMERS
MARKET

Weekly Summer
Farmers' Market

Alberta Approved Farmers' Market with products
that are made, baked or grown.

Thursdays 3:30-7:30pm
May 26 - Sept 15

For more info, visit dalhousiecalgary.ca/farmers-market

Learning Through the Summer!

In our community Kindergarten classroom, we have the unique privilege of seeing children learn and discover nearly every day. Ours is a busy environment of “purposeful play” where each day, Mrs. Scherpenisse leads our class through learning experiences via thoughtful questions, fun activities, and creative experiences. Discovery and learning will continue through the summer months at home. Here are a few activity ideas for both our alumni students who are moving on to grade one, and those children who will be starting with us in September.



Read together and investigate new interests through books. The Calgary Public Library runs a fun summer reading program for children of all ages, as well as ongoing story times and other unique activities. They offer “grab and go” bags of children’s books, an extensive DVD library, and an excellent selection of books on CD for summer road trips. Library cards are free! Visit www.calgarypubliclibrary.com for more information.


Keep little hands busy! Fine motor skills strengthen and develop with activities like gardening, digging in the sand, and rolling out cookie, pizza, or play dough. Make pictures that require picking up small objects like small rocks, shells, beads, or macaroni, and then gluing them in place. Stickers are also great to peel off a sheet and place on a picture. Cut out pictures and shapes from magazines, travel brochures, or summer photos, and glue them into a scrapbook. Collect colours, shapes, or items of interest all through the summer!

Play literacy games. Play “I spy” by finding objects that start with different sounds or letters. Draw letters in the sand, a pile of flour, or in finger paint. Take turns guessing what letter you trace onto each other’s back. Think of rhyming words and see how long you can keep the list growing. Start with easy word families like “_ing”, or “_at”. Sing songs together!

Count and find patterns all around you. How many pieces/blocks/dolls do you have? How many boxes do we have in our shopping cart? How many red flowers can you see? How many trucks can you find? Make and find patterns: one little rock, two big rocks, one little rock, two big rocks.... Find patterns in the house and outside: repeating colors, shapes, sizes, and items.

Keep craft supplies handy! Paint, crayons, markers, and chalk, along with a steady supply of paper, scissors, and glue will keep your little ones busy and learning. You can use almost anything for craft materials and making creations outside is a great summer opportunity for messy projects. You will be able to find excellent ideas online and in activity books, or just let your imagination guide you. Be creative and have fun!

At time of writing, we have a last-minute opening in our class for a kindergarten student. Please contact us! Community Kindergarten classes resume with split entry on September 7 and 8. Families who registered with us will be hearing from our teacher in late August to arrange for their home visit. You can also watch our website at www.dcakids.com for calendar updates and information about our program or leave a message at 403-288-1050 over the summer. We’re also on twitter: @dalhousiekids and Facebook!

**CALGARY
POLICE
SERVICE**

**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

Rest Easy Knowing Your Rental is Safe and Legal

There are a lot of benefits to renting a secondary suite in Calgary, such as affordability and location. Many suites are built in established neighbourhoods that are near schools, shopping centres, recreational facilities, and other important amenities.

Before you sign a lease, make sure any rental you consider complies with local safety regulations. Visit calgary.ca/suites and enter the property address into the Secondary Suites Registry to make sure your prospective rental is registered. If the address appears on the map, it has been inspected by The City and is legal and safe to live in. If the address does not come up, the suite may not meet the minimum safety requirements and is not legal.

When searching for your next suite rental, look for the following safety requirements:

- Hardwired and working smoke and carbon monoxide detectors in the bedrooms, hallways, the entrance way, and in the main living space.
- Barrier free windows that open in each bedroom, large enough for an adult to escape out of during an emergency like a fire or flood.
- A separate mechanical room containing the furnace and water tank, enclosed by drywall along all walls and ceilings.
- Private entrance to the suite, that is separate from the main entry of the building. A suite can have a shared lobby or stairwell space with the main entrance if the space opens directly to the outdoors.
- If you think you are living in an unsafe, illegal suite you have options.
- Contact your landlord or property owner in writing, express your concerns, and ask if they are in the process of registering your rental suite with The City.
- Initiate a complaint. Contact the Planning Services Centre to report the address of an illegal suite. Be prepared to provide us with your contact information.

For more information on renting a safe and legal secondary or backyard suite, visit calgary.ca/suites.

Noxious Weeds You Probably Know!

There are many noxious weeds identified in Alberta, and several common ones that you have likely seen around Dalhousie. Some may look pretty but should not be allowed to grow and spread. They have the ability to spread rapidly and cause economic and ecological hardship. Under the province's Weed Control Act, the control of noxious weeds is the responsibility of everyone, including individual homeowners:

Yellow Clematis (*Clematis tangutica*)



Yellow Clematis is a perennial vine that likes to climb on fences. It has flowers that are lemon yellow, and "nodding". Seed pods are distinctive with silky-hairy clusters that eventually become "puffballs."

Creeping Bellflower (*Campanula rapunculoides*)



This is a rhizomatous perennial that can grow to 1 metre. It has bell-shaped blue/purple flowers. They are very persistent, spreading widely by tubers and seeds.

Ox-eye Daisy (*Leucanthemum vulgare*)



This is a very common perennial that spreads by root and seeds. It can grow to 1 metre tall. Flowers are white daisy like flowers with a yellow centre.

Scentless Chamomile (*Tripleurospermum inodorum*)



Scentless chamomile is an annual to perennial plant with fine, thread-like leaves. Plants produce numerous white "mini daisy-like" flower heads with yellow centers.

Search online for "Alberta Noxious Weeds" to find numerous sites that include photos of these and other noxious weeds.

If you see these plants on the pathways around your house or in your yard, please dispose of them safely. Many people may not know these are noxious weeds and may admire these plants, so please be sensitive to this issue. Small quantities of noxious and invasive weeds should be bagged and disposed of directly into your black cart as garbage. They cannot be composted! These plants and their seeds and roots can aggressively spread during transportation and processing at the composting facility. Sending them to the landfill helps control spread and ensures the city can maintain high compost quality.

Heat Related Illness



EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors);
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating;
- The patient is usually cold and damp to the touch and the skin may appear pale, or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal;
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels;
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment;
- Remove excess, or tight fitting clothing, and allow them to rest in a cool environment;
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink;
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water, at all times;
- Be aware that excessive alcohol consumption will promote dehydration;
- Always wear a broad brimmed hat to keep the sun off your face and neck;
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

NORTHLAND VILLAGE DENTAL CENTRE

**FOLLOWING COVID-19
ENHANCED SAFETY PROTOCOLS**

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BEFORE THEY EXPIRE**



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(2nd floor of Northland Village Mall)**

403-255-6688

**Parking in the 2nd parkade will
be the easiest access to the clinic**

**Monday to Friday 7:30 am - 7:00 pm
Saturday 8:30 am - 5:00 pm**

News from the Friends of Nose Hill

by Anne Burke

On Nose Hill, there was a recent Medicine Wheel Walk with Drum and Sharing Circle, led by Cheryle Chagnon-Greyeyes, who is a proud Nehiyaw Iskwaio (Cree Woman). A member of Muskeg Lake Cree Nation, Saskatchewan, Treaty Six, her ceremonial gifted Cree name translates to "Healing Woman Who Walks Far." Mother of two and "Kokum" (grandmother), she is a member of Storytelling Alberta and Storytellers of Canada. She worked with CBC English Radio and Television, the National Film Board of Canada, National Aboriginal Health Organization, Awo Taan Native Women's Shelter, and the City of Calgary.

Sacred Places in Nose Hill:

The Nose Hill Siksikaitapiti Medicine Wheel was built by Blood Tribe members in 2015. It forms the Siksikaitapiti logo, a representation of the Blackfoot Confederacy, and exists on traditional Blackfoot territory. The buffalo rubbing stone on Nose Hill has spiritual significance. A former City Council approved the Native Heritage Site. These are only a few of the sacred places in the park.

Sacred Herbs in Nose Hill:

Sage is important in all Blackfoot, Stoney, and Cree ceremonies. There are several varieties, such as wormwood sage, buffalo sage for the Blackfoot, and horse sage for the Cree. "Look-like-A Plume" (in English) is a wind flower burned on a hot coal to relieve headaches. Wild bergamot and the root of fireweed are for healing. Many of the herbs in the coulees were for the use of sweat ceremonies, vision questing, and fasting.

The Sun Dance:

The purpose of the Sun Dance for the Plains Culture was to reunite and reconnect with the earth and the spirits, which usually involves the community gathering to pray for healing. It was an occasion when otherwise independent bands reaffirmed their basic beliefs about the universe and the supernatural through rituals of personal and community sacrifice.



Councillor, Ward 4
Sean Chu
☎ 403-268-3727
✉ ward04@calgary.ca
🌐 www.calgary.ca/ward4
🌐 www.seanchu.ca

Greetings Ward 4!

Patio Season: With summer in full swing, we hope that you've been able to take advantage of one of the highlights: enjoying a local patio. This year, The City has made it even easier for local bars and restaurants to create an outdoor patio by not only waiving patio permit fees for the third year straight, but also by making some changes to the seasonal patio program. The City is encouraging businesses to place their patios curbside, where possible, so that sidewalks remain unobstructed for pedestrian accessibility. This change has created more flexibility for patios and allowed businesses greater design and aesthetic flexibility when imagining patios. We encourage you to explore all the creative patios in our city this year!

Gardening Best Practices: The summer ahead looks hot and dry, so let's make the most of the water we use outdoors.

Following these six simple steps will help you prepare for the weather and build resiliency to drought in our city:

- Water in the early morning, before 7:00 am, or later in the evening.
- Watch the weather forecast and skip watering after a rain or when rain is forecast.
- Keep your lawn at least three inches high. Taller grass shades the soil, requiring less water and staying healthier.
- Add bark, wood chips, or mulch to reduce evaporation from your soil.
- Water plants with a soaker hose, drip irrigation, or by hand to direct water to a plant's roots and help avoid losing water to evaporation.
- Capture and use the free rainwater that lands on your property! Install a rain barrel and use it to water your trees, shrubs, and flowers.

Thank you for your attention,

Ward 4 Cllr. Sean Chu



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Alberta's Court of Appeal has ruled that Bill C-69 – Justin Trudeau's "No More Pipelines" law – is unconstitutional. This was a historic moment in Alberta's fight for a fair deal within the Canadian federation. It was also a major win for Alberta's energy sector and the more than 100,000 men and women who work in it.

Trudeau's unconstitutional attack on Alberta's oil and gas industry through Bill C-69 was a massive overreach into provincial jurisdiction that created significant uncertainty for our industry and our economy. This massive win in the courts showed that our government will always follow through on our commitment to stand up for our energy sector and any unjustified intrusion into our provincial jurisdiction.

In court, our government argued that we have the right to responsibly develop our own resources – resources that belong to the people of Alberta, not Trudeau – and the court agreed. In their 4-1 decision, the court ruled that the federal government needlessly overhauled a regulatory review process that is already one of the best in the world, putting Albertans' livelihoods and economic investments at risk.

We continue to see a rising global demand for oil and gas, and Alberta is the clear choice to help meet the demand for stable, responsibly developed energy resources, rather than relying on exports from violent and oppressive countries that threaten global security. It is despicable that Ottawa would try to quash development of our energy resources and force other countries to rely on conflict oil, given the abundance of resources we have right under our feet. The ruling that the federal government does not have constitutional authority to control provinces and territories development of natural resources is a great victory for Alberta, for Canada, and for the entire world.

Happy Birthday Canada and Yahoo for Stampede!



Calgary Confederation
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Is This Information Accurate?

Digital literacy is essential for navigating our modern world, and we all have a responsibility to ensure that we are protecting ourselves.

There are many websites intended to provide accessible and easy to understand information on government services. However, it is important to distinguish between these websites and official Government of Canada websites.

Only Government of Canada websites have official material regarding important information for businesses and individuals on topics such as travel, health, taxation, and more. The Government of Canada cannot guarantee that other websites provide legal, accurate, and up-to-date information.

It is easy to determine which websites are official Government of Canada websites. The Government of Canada's website is www.canada.ca and it includes all manners of information pertaining to the federal government. Other websites affiliated with the Government of Canada, like www.competitionbureau.gc.ca, will always include ".gc.ca" as the domain name.

It is important to distinguish between these websites and general information websites to ensure you have accurate information, but also to ensure that you do not fall victim to misinformation, fraud, and scams.

In the first two months of 2022, almost 8,000 Canadians lost a total of \$75 million to fraud. The best solution to this pervasive problem is to inform yourself about the nature of frauds and scams. The Government of Canada has webpages devoted to this information, which you can view at <https://www.canada.ca/en/revenue-agency/campaigns/fraud-scams.html>.

The most dangerous scams include messages claiming to be from government agencies: Service Canada, the CRA, Canada Border Services Agency, and more. If you receive a surprise call from one of these agencies, hang up and call the agency directly.

The ability to identify fraudulent information is important in navigating our world. Be vigilant, be cautious, be safe, and do not share information you cannot verify.

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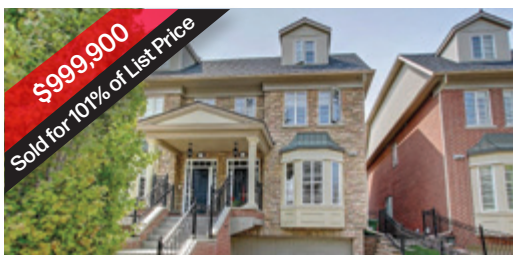
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