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Statistics



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Wildfire Smoke and Your Health

from Alberta Health Services

When wildfire smoke enters a community, it can cause problems for the people who live there. Smoke contains small particles, which are a big health risk. These particles can get in your eyes, breathing (respiratory) system, and bloodstream. They can cause:

- burning eyes
- a runny nose
- coughing
- trouble breathing or illnesses such as bronchitis.

If smoke is a problem where I live, what can I do to lower my health risk?

Stay inside as much as possible and keep all windows and doors closed. Here's what else you can do to keep your indoor air clean:

- Close fresh air intakes from furnaces, fireplaces, or stoves.
- If you have air conditioning, turn it on and set it to recirculate. Keep it running to help filter the air and keep your family cool. Just remember that some air conditioning systems don't filter the air or improve indoor air quality.
- If you have room air cleaners with high-efficiency particulate air (HEPA) filters, turn them on. Don't use air cleaners that may produce ozone. For portable air cleaners, follow all the manufacturer's instructions for changing the filter, where to place the device, and the size of room it's meant to be used in.
- Use humidifiers, which may remove some of the smoke. The humid air can also help keep your nose and mouth moist.
- Don't use wood stoves, gas stoves, or candles, because they can make the indoor air quality worse. If you can, prepare foods that you don't have to cook. Cooking (especially frying and broiling) can affect the air quality in your home.
- Don't use spray air fresheners or electric fragrance dispensers because they can affect air quality.
- Don't vacuum because it stirs up particles that are already inside your home.
- Don't let anyone smoke, vape, or use e-cigarettes in your home.

What can I do if it's too warm inside my home?

When you keep doors and windows closed to keep smoke out and you don't have air conditioning, your house may get very warm. If you need to cool down, you should visit a place that is more air-tight with cooler filtered air. Examples include a shopping mall, library, community centre, or movie theatre.

If you can't leave your home, watch for signs of heat-related illness, such as heat exhaustion or heatstroke. Turn on the furnace fan or standalone fans to move air around in your home. If the air quality gets better, you can air out your home by opening doors and windows.

Smoke can also be harmful to pets. Try to keep your pets inside as much as possible and make sure that they have lots of water. If your pet has trouble breathing, contact your vet.

How can I stay aware of what's going on in my community?

When wildfire smoke is in your community, regularly check for air quality updates on local media (TV, radio, or online). If you have neighbours, friends, or relatives who live alone, check on them to make sure they're okay.

What if I need to leave my home?

- If you are in your vehicle, and the air quality is poor, keep the windows closed. Put the air system on recirculate so smoky air doesn't get inside.
- When driving through an area with low or no smoke, switch the circulation system to let outside air into your vehicle.
- If you're in a wildfire area, be ready to evacuate. Follow all public service announcements.
- Create an emergency kit and have it ready by the door.

Can I still be active when there's wildfire smoke in the air?

- Pay attention to the local air quality health index (AQHI). Adjust your activities according to the AQHI messages.
- Move outdoor activities indoors and keep your indoor air as clean as possible. Reschedule or cancel outdoor events (such as sports) if smoke levels are too high. Don't do any heavy activity or exercise outside. Heavy activity and exercise can make you breathe 10 to 20



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times more than you do while you're resting. Stop or slow down if what you're doing makes you cough or feel overly tired.

- Drink lots of water to stay hydrated. This will keep your nose and mouth moist, which makes it easier to breathe. This is important when you're inside and outside.
- When there is a lot of haze in the air, don't let your children play outside for a long time.
- If you have heart or lung problems, the smoke can make it worse. If you have chest tightness, chest pain, shortness of breath, or another health emergency, call 911 or go to the nearest emergency department right away.
- For 24/7 nurse advice and general health information, call Health Link at 811.

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Calgary's Early Residences: Brower House

by Anthony Imbrogno, a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

While driving along Calgary's boulevards and trails, have you ever noticed an old building or two that seem to stick out from the surrounding area? One such place is Brower House, located just east of the intersection of Memorial Drive and 10 Street NW.

Sunnyside is better known today for its abundance of condo buildings, infills, and retail spaces than structures like Brower House, but it represents how the neighbourhood used to look, with stately homes overlooking the Bow River.

Actually, these homes came later. Sunnyside was settled in the 1880s by homesteaders. Then, workers and their families from Eau Claire Sawmill and the Canadian Pacific Railway moved in. Their homes were wood-framed cottages, the sidewalks were also wooden, and the roads were dirt. Over time, mansions were constructed facing the river along Memorial Drive (formerly called Sunnyside Boulevard, until it was renamed after the Great War).

Brower House is one of these residences. It was listed on Calgary's Inventory of Evaluated Historic Resources in 2010 as one of the oldest houses in the neighbourhood. Built in 1907, Brower House symbolizes the expansion of urban life northward across the river from the city's centre.

It's also unique for its construction. Its architectural style is Queen Anne Revival, which was popular in Calgary roughly between 1890 and 1914 and features fanciful and exuberant flourishes. While more moderate than other examples, Brower House's large front veranda with turned supports, its flat roof deck, and buff-coloured bricks all fit the mark.

Real estate speculation at the time of its construction meant Brower House had five different owners within three years, until it was bought by the Brower family in 1919. Frank C. Brower published the *Olds Gazette* and lived there with his brother Archibald and family.

The House was spared destruction when the CTrain's "Northwest Line" was built in 1987. In 1993, it was sold by the family. Today, Brower House is a Calgary Heritage Award-winning office space redevelopment. It's no longer a home (and has no official heritage protection), but it retains its charm and history as one of Calgary's early residences.



"Panoramic view of Sunnyside district, Calgary, Alberta," 1911, (CU183159) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OWLQGK?WS=PackagePres>.



"Panoramic view of Sunnyside district, Calgary, Alberta," 1911, (CU183161) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OWLXGR?WS=PackagePres>.



"Memorial Drive, Calgary, Alberta," [ca. 1912], (CU173515) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1514VF9>.



"Baseball team, Olds, Alberta," 1912, (CU1193654) by Vogel's Studio. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.
Back row, L-R: Will Saunders; H. A. Samis; Mr. Maybank; A. H. Mann. Middle row, L-R: P. Cutton; F. Peterson; W. Bruce; Joe Girding. Front row, L-R: L. Walkley; Frank Brower.



Brower House, April 2023. Photos courtesy of Anthony Imbrogno.

Hawaiian Rice Bowl

by Jennifer Puri



Rice is a grain that grows to 4ft. in height, produces small edible seeds, and thrives in warm, wet climates.

It is the world's largest food crop and evidence of rice farming, dating back ten thousand years, has been found in the Yangtze River valley of China.

There are two types of rice – Asian Rice and African Rice and the length and width of the rice (once it is cooked) determines if it is short, medium, or long.

White rice is more commonly consumed than brown, black, or red due to its ease of cooking and long shelf life. Rice should always be washed before cooking as it will rid the rice of any starch that may be attached to the grain. It also prevents the grains from sticking to each other during the cooking process.

China is the world's largest producer and contributes to the daily rice intake of 3.5 billion people in Asia, Africa, and South America.

Steamed, boiled, fried, or ground, rice shows up as an ingredient in Spain (paella), Italy (risotto), Japan (sushi), India (pillau), Malaysia (nasi lemak), Korea (bibimbap), Africa (jolloff), Brazil (galinhada), or in its simplest form poke or Hawaiian Rice Bowl.

Prep Time: 25 minutes

Cook Time: 5 minutes

Servings: 4



Ingredients:

- 2 medium size carrots
- 2 small beetroots
- 2 mini cucumbers
- 2 avocados
- 1 can pineapple tidbits
- 20 jumbo size shrimp (shelled and de-veined)
- 2 cups shredded lettuce
- 4 cups cooked white, brown, or black rice
- 6 tbsps. mayo
- 2 tbsps. siracha sauce
- 2 tbsps. rice vinegar
- 2 tbsps. olive oil
- 2 tbsps. soya sauce
- 4 tbsps. of coriander leaves or nori nori (dry seaweed)

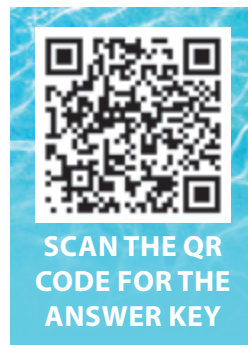
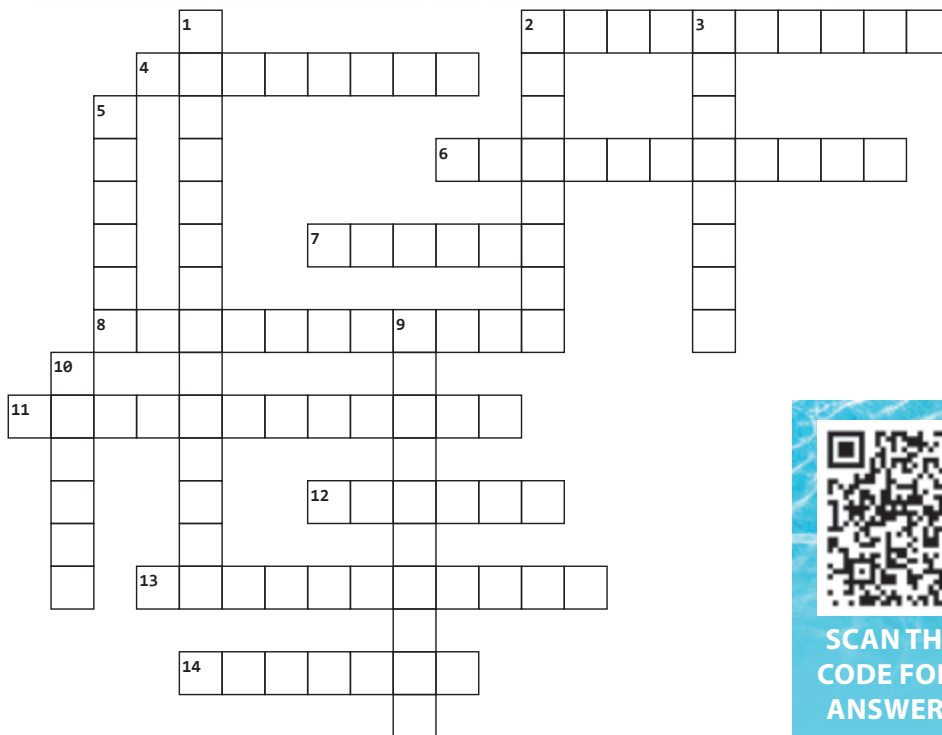
Directions:

- Wash and peel carrots and beetroots and then cut, along with the cucumbers into small even sized pieces.
- Drain pineapple tidbits and set aside. Cut each avocado into half and then slice each half into four pieces.
- In a small bowl prepare dressing by combining the mayo, siracha, and rice vinegar.
- Heat two tbsps. of olive oil in a skillet or wok and then add the shrimp and stirfry for three to four minutes or until the shrimp turn pink and are cooked. Add two tbsps. of soya sauce and toss the shrimp in it and then remove from heat.
- Assemble four bowls by placing a cup of warm rice in each one and arranging the pineapple bits, carrots, cucumbers, beetroots, and lettuce around the edges of each bowl. Add the shrimp and avocado slices and top with siracha mayo dressing. Garnish with coriander leaves or nori nori if desired.

*You can substitute the shrimp for tofu and edamame or corn if you would prefer a vegetarian option.

Bon Appétit!

August Crossword



Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and _____ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National _____ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National _____ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the _____ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.

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Accidental Poisoning

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

RESIDENT PERSPECTIVES

Stargazing with Pat J: A Tale of Two Comets

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada

Comets are mysterious entities that arise from two different areas of our solar system: the Kuiper Belt and the Oort cloud.

Kuiper Belt (KB)

Similar to the more well-known asteroid belt between Mars and Jupiter, the Kuiper Belt contains leftovers from the formation of the solar system. Located just beyond Neptune, the KB contains an estimated trillion fragments of ice, rock, and frozen gases. Ranging in size from dust particles to greater than 100 kms in size, former planet Pluto is the largest known KB resident with a diameter of 2,376 kms.



Neptune's gravitational field will occasionally propel a KB object into an elongated orbit toward the Sun. As it approaches, the comet's surface begins to vaporize, spewing a glowing tail of dust and gases that can extend for millions of kilometers. KB comets are called short-period comets as they have orbits of less than 200 years. Halley's Comet is the KB's most famous comet, returning every 76 years. It is the only known short-period comet that is visible to the naked eye and will return in 2061.

Oort Cloud (OC)

The Oort cloud lies far beyond Neptune, on the very edge of our solar system. Long-period comets originate from here; meaning they take more than 200 years to orbit the Sun. Comet Hale-Bop was one of the most spectacular comets of the 20th century. Visible to the naked eye for 18 months in 1997, it was four times larger and 1,000 times brighter than Halley's Comet. It is not predicted to return for 2,400 years.



Nothing lasts forever, and neither do comets. Eventually, after many flybys of the Sun, all the ice and volatile gases have boiled away, leaving nothing behind but a rocky remnant.

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GAMES & PUZZLES

Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



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FOR THE ANSWERS!



Dear Ward 4 Residents,

We are excited to share valuable information with you about Calgary's Parks Wayfinder and ensuring a safe community. Please take a moment to read the following updates.

Discover Calgary's Parks Wayfinder: Your Guide to Park Amenities

Embrace the summer season and bask in the beauty of Calgary's abundant parks. The Parks Wayfinder Map is an invaluable resource for maximizing your outdoor experiences. This interactive map showcases various amenities offered by Calgary Parks, making it easy for you to locate essential facilities during your park visits. Find the nearest washrooms, drinking fountains, waste/recycling disposal areas, firepits, picnic tables, off-leash areas, sports fields, park vendors, and more within City parks. Simply visit <https://maps.calgary.ca/ParksWayfinder/> to access the map. Don't forget to explore other useful maps provided by the City of Calgary in our Map Gallery at <https://mapgallery.calgary.ca>.

Right Call, Right Response for a Safe Community

Feeling secure is a fundamental right, regardless of your location or the time of day. We believe in fostering a safe environment where everyone can thrive, whether it's in our homes, workplaces, schools, or recreational spaces. To ensure your peace of mind, we have compiled a list of local teams dedicated to assisting you in situations that might compromise your sense of safety. By connecting with these resources, available at <https://www.calgary.ca/safety-contacts.html>, you'll have access to the right response when faced with challenging circumstances. Our goal is to empower you with the support you need to feel comfortable and secure at all times.

Have a great summer!

Thank you for your attention.

Best regards,

Sean Chu

Help is Available

Have you or someone you know recently been the victim of a crime?

As difficult as it can be to talk about, it is important to know what supports are available to you as a victim. The Canadian Victims Bill of Rights recognizes the rights of victims of crimes committed and prosecuted in Canada. It aims to better protect the rights of victims of crime while providing them with increased support during their contact with the criminal justice system.

Anyone who suffers from physical or emotional harm, property damage, or economic loss as a result of a crime is entitled to certain supports. These are available while an offence is being investigated and prosecuted, and while the offender is going through the corrections process.

In Canada, victims have the right to information, protection, participation, and restitution. This means that victims will have the right to be informed about the progress of their case, to be protected from intimidation and retaliation, to participate in the proceedings to the extent they wish, and to receive restitution where appropriate.

If these rights are not respected, they have the right to make a complaint to the Victims Bill of Rights Commissioner. With this information, the Commissioner can make recommendations on how to improve the system.

Victims also have the right to request information about their case and the process of the criminal justice system, including available victim services and programs, the status and outcome of the investigation or criminal proceedings, and information about the release of the offender.

These resources are a significant step towards ensuring that victims are treated with the fairness, dignity, and respect they deserve. I encourage anyone who is a victim of a crime to educate themselves on their rights and the resources available to them at www.canada.ca/en/services/policing/victims.html.



Dalhousie Real Estate Update

Last 12 Months Dalhousie
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2023	\$ 512,450	\$ 589,444
May 2023	\$ 495,000	\$ 565,000
April 2023	\$ 599,950	\$ 617,500
March 2023	\$ 539,900	\$ 590,000
February 2023	\$ 559,000	\$ 571,700
January 2023	\$ 382,450	\$ 384,000
December 2022	\$ 249,000	\$ 225,000
November 2022	\$ 380,000	\$ 380,000
October 2022	\$ 549,900	\$ 510,000
September 2022	\$ 409,900	\$ 394,000
August 2022	\$ 295,000	\$ 290,000
July 2022	\$ 499,955	\$ 488,802

Last 12 Months Dalhousie
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2023	22	20
May 2023	29	27
April 2023	20	14
March 2023	18	17
February 2023	16	21
January 2023	14	6
December 2022	2	9
November 2022	4	9
October 2022	17	13
September 2022	15	15
August 2022	12	15
July 2022	20	23

To view more detailed information that comprise the above
MLS averages please visit **mycalgary.com**



News from the Friends of Nose Hill

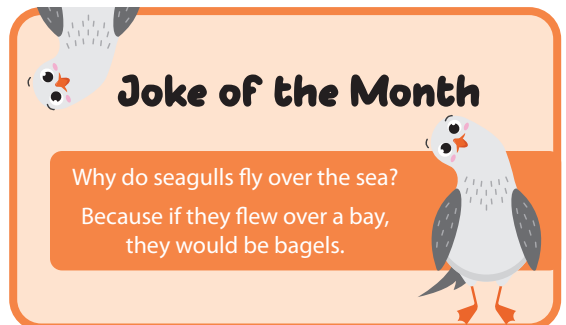
by Anne Burke

The Open Space Plan says that our city's greatest asset is the natural environment and wildlife, so we should foster stewardship with nature education programs. Calgary parks are linked by pathways and green belts. We must protect and conserve the river valley system, unique prairie, urban forest, and foothill ecosystems.

The Plan conforms with provincial land use policies and the Municipal Government Act. There are some general principles. We will preserve natural environment parks and environmentally significant areas, enhanced by restoration to prevent loss. Site-specific plans recommend that we record biophysical inventories and historical resources for cultural landscapes such as Nose Hill.

The Open Space Plan is under review. One of the aims is learning how to improve natural environment parks through decision-making that puts the environment first. Natural habitats offer places for wildlife to find food, water, cover, and to raise their young. We can reconnect, rest, and mentally recharge. Nose Hill offers sacred indigenous spaces of culture—past, present, and future.

Connect: Calgary's Parks Plan, Phase 1 engagement ran from April 17 to May 19. A *What We Heard Report* will be published online this summer. Phase 2 starts in October 2023.



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ROTARY RIBFEST - SEPT 8-10: The famous BBQ Rib and Chicken trucks from the Stampede events will be providing the food and the Rotary clubs are hosting the family fun festival with live bands, beer garden, food trucks and fun for the whole family. Check out the website for the schedule of the bands. ycrotaryribfest.ca.

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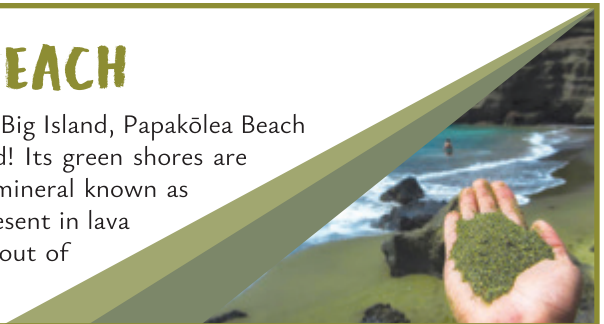
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Colin Ongyerth

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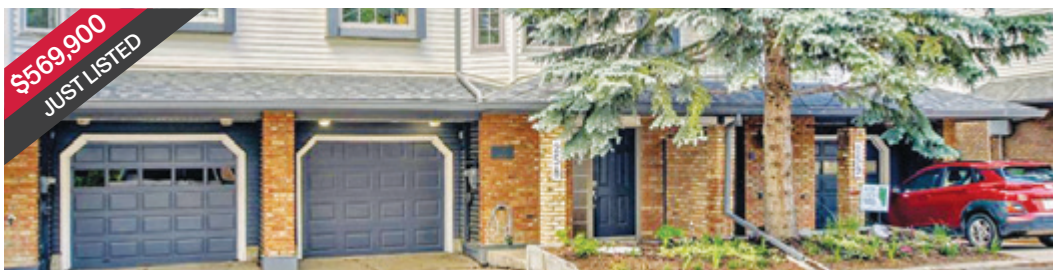
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\$490,000
Sold for 98% of List Price

Tuxedo Bungalow - 210 27 Avenue NW



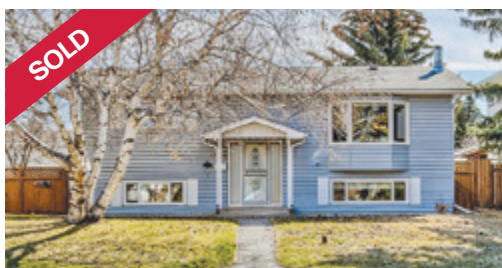
\$614,900
PENDING

Varsity Bungalow



\$1,299,900
Sold for 96% of List Price

Large Varsity Estates 2 Storey on Park



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