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- Supply & install new toilet with soft close seat
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- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

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*Some restrictions may apply. Reg: \$14,679*

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- Schluter base added
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- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install a new toilet with soft close seat
- Supply & install a new corner caddy with soap dish
- Supply & install new sub-floor
- Installing of new tile flooring
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new vanity

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# Know the signs of **STROKE**

**F**

**Face**

is it drooping?

**A**

**Arms**

can you raise both?

**S**

**Speech**

is it slurred or jumbled?

**T**

**Time**

to call 9-1-1

**Beat stroke**

**Call 9-1-1 FAST**

[heartandstroke.ca/FAST](https://heartandstroke.ca/FAST)

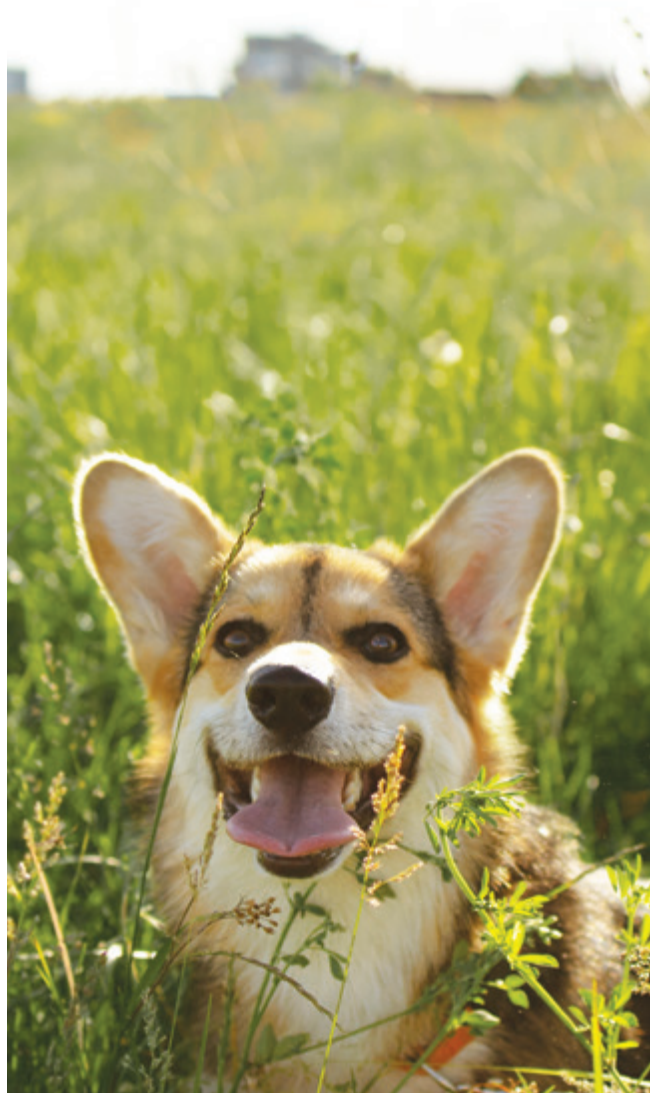
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# CONTENTS

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- 7 RECIPE: SUMMER FRESH STRAWBERRY AND AVOCADO SALAD
- 8 RESIDENT PERSPECTIVES: THE MANY FACES OF CANADA
- 10 NEWS FROM THE FRIENDS OF NOSE HILL
- 14 TAKE ON WELLNESS: TAKING CHARGE OF YOUR HEALTH
- 15 BUSINESS CLASSIFIEDS



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DALHOUSIE CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

## Take Part in the Foam Recycling Pilot

by *The City of Calgary Waste and Recycling Services*

A six-month pilot project began on May 13 to collect foam packaging (also known as Styrofoam) for recycling at any of our three City landfills. Calgarians can bring foam packaging for recycling to the designated area at a landfill free of charge.

Calgarians can bring clean foam with no food residue, tape, glue, or labels. Examples include:

- Shipping foam packaging (ex. foam that protects new electronics).
- Foam egg cartons.
- Foam meat trays with absorbent pads removed.
- Foam take-out containers.
- White and coloured foam. No black polystyrene foam.

Can't take foam to the landfill? Put it in the black cart as garbage. Do not put in blue cart. Foam breaks into small pieces in collection trucks causing contamination and lowering the market quality of the other recyclables.

For more information, visit [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere).

**BRAIN  
GAMES**

## SUDOKU

	8		4		3	6		
					9		8	5
		9					4	
		1		5				
				1		4		2
		6			4	1		
			5		7		6	
2								3
	7			8				

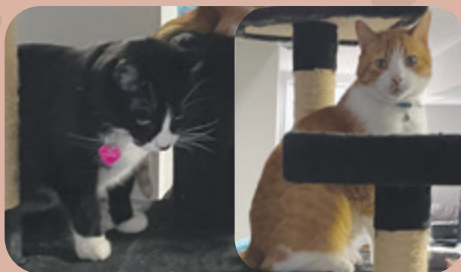
**SCAN THE QR CODE  
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## Cats, Canines, & Critters of Calgary



Leo and Toby, *Coach Hill Patterson Heights*



Oreo and G, *Thornccliffe*



Riley and Ozzy, *Coach Hill*



Sir Gawain and Sir Tristan, *Woodbine*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## Summer Fresh Strawberry and Avocado Salad

by Jennifer Puri

Avocado is a large berry with a single seed and has much more fat than other fruit. Grown mostly in Central America and Mexico avocado trees can live up to 400 years.

Avocados have yellow or green flesh, a nutty flavour and are very popular in vegetarian cuisine. They are considered "heart-friendly" as their fat is monounsaturated plus they are gluten and cholesterol free and contain vitamins B, E, K, omega three fats, and potassium.

Loaded with fibre, avocados can be added to smoothies, used as a substitute for meat in salads and sandwiches, and as a spread on tortillas or sushi.

The flesh of avocados can be prevented from browning by adding lime or lemon juice. Avocado slices can be added to hamburgers, soups or served with fresh strawberries and spinach leaves as shown in this recipe for Summer Fresh Strawberry and Avocado Salad.

**Prep Time:** 15 minutes

**Servings:** 3 to 4

**Ingredients:**

- 150 gm fresh spinach leaves
- 500 gm fresh strawberries cut in halves
- 2 avocados
- ½ small red onion, finely sliced
- ½ cup shredded almonds
- ½ cup olive oil
- 1 tbsp. grainy Dijon mustard
- 2 tbsps. maple syrup
- 1 tbsp. lemon juice
- ½ tsp. salt
- ¼ tsp. coarsely ground black pepper



onion in a large bowl. Peel the avocados, remove the seeds, slice, and add to the salad mixture. Drizzle with the prepared dressing and gently toss until all the ingredients are combined. Garnish with shaved almonds and serve.

Bon Appétit!



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# The Many Faces of Canada

by Danielle Robbertze

*"My dream is for people around the world to look up and to see Canada like a little jewel sitting at the top of the continent." – Tommy Douglas*

July 1, 1867, marks the day the British North America Act was decreed which set the way for the celebration of Canada Day. As an immigrant of Canada, it is always such a delight to see the diversity in culture, race, religion, and ethnicity being celebrated. I understand, as with any country, there is always room for improvement in establishing a truly democrat, equal society. However, I feel Canada is often a leader in this regard and an exemplary example of equity, diversity, and national pride.

Canada is not represented by only one face but by many. It is important to honour those who first called Canada home. The First Nations, Métis, and Inuit peoples have overcome significant adversity to shape the foundation of this beautiful country. Never giving up, they continue to impart their important cultural contributions all over the nation.

Canada is one of the most welcoming nations, with over 8 million immigrants according to 2021 statistics. This means that nearly one-quarter of Canada's population consists of immigrants or former immigrants (who have now obtained citizenship). Immigrants help shape the diverse fabric of Canada, contributing positively to its multiculturalism and fostering a culture of acceptance for all people.

Canadian citizens cannot be defined by just one race,




ethnicity, or culture and this is something I find so fascinating and which I hope others do too. Throughout the year, there are so many festivals and gatherings that celebrate the diversity of Canada, and I know this will be no different on July 1.

Happy Canada Day to everyone who calls this wonderful jewel of a country home.

*Happy Dominion Day, eh!*

Canada Day is celebrated annually on July 1. But did you know that before 1982, it was called Dominion Day? This name reflected Canada's status as a self-governing colony within the British Empire. However, in 1982 it was changed to the patriotic name we know and love today to better assert Canada's independence



*Soccer in the Community*

Summer: July - Sept



northsidesoccer.ca





**The Dalhousie Digest newsletter is now online and distributed quarterly with the next issue in July.**



**Sign up to receive the newsletter via email at [dalhousiecalgary.ca](http://dalhousiecalgary.ca).**

**DCA members can still request delivery (attenuated postcard version) or pickup at the DCA and Dalhousie Co-op.**

**[dalhousiecalgary.ca](http://dalhousiecalgary.ca)    403-286-2555**



## News from the Friends of Nose Hill

by Anne Burke

The guided free Nose Hill Flower Walk on Tuesday, July 9 at 7:00 pm will meet at the parking lot on 14 Street and 64 Avenue NW. You are also invited to another exciting plan for a pair of weed pulls at the south-end of Nose Hill by the Winter Club, on Saturday, July 13 and Sunday, July 21 from 9:00 to 11:30 am. The Nose Hill ecologist ([andrew.phelps@calgary.ca](mailto:andrew.phelps@calgary.ca)) says, for dense infestations, that early season pulling allows for a more effective application of herbicide throughout the whole plant later. July and early August are the busiest times to catch many weed species before they go to seed. Events are booked early to beat the heat. Jim Davis, the Program Coordinator for Activations and Education for Calgary Parks and Open Spaces, will assist and said to let him know of any questions at [jim.davis@calgary.ca](mailto:jim.davis@calgary.ca). He wrote: "Yes, we have been working to schedule two volunteer projects to address Canada and Notting Thistle at Nose Hill Park. The current plan is to start at 9:00 am on both days, ending around 11:30 am. We will be meeting at the Park's parking lot at the corner of the Winter Club and working on the south-end of the park, moving clockwise to the west/north. The event is open to up to twenty volunteers working alongside a couple of Parks' staff who will give safety and task demos and bring all required tools. Prospective volunteers should wear closed-toe shoes and long pants, clothing suitable for weather conditions that day, and bring gloves if they have them. We also will have gloves available. Parks' staff will map the event, track weed removals, and drop them at a designated facility".



## Dalhousie Real Estate Update

Last 12 Months Dalhousie  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2024	\$ 504,500	\$ 562,000
April 2024	\$ 449,000	\$ 475,000
March 2024	\$ 377,449	\$ 391,500
February 2024	\$ 395,900	\$ 390,000
January 2024	\$ 246,900	\$ 238,266
December 2023	\$ 354,900	\$ 346,250
November 2023	\$ 290,000	\$ 277,125
October 2023	\$ 330,000	\$ 320,000
September 2023	\$ 399,000	\$ 459,000
August 2023	\$ 356,850	\$ 364,500
July 2023	\$ 319,990	\$ 345,100
June 2023	\$ 512,450	\$ 589,444

Last 12 Months Dalhousie  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2024	30	20
April 2024	23	19
March 2024	16	16
February 2024	17	23
January 2024	13	8
December 2023	5	8
November 2023	12	14
October 2023	15	17
September 2023	26	15
August 2023	19	24
July 2023	19	21
June 2023	22	20

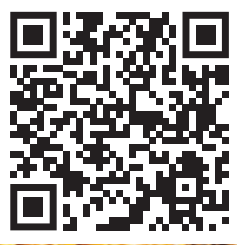
To view more detailed information that comprise the above  
MLS averages please visit [mycalgary.com](http://mycalgary.com)

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Sean Chu**

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ward04@calgary.ca  
www.calgary.ca/ward4  
www.seanchu.ca

Happy Summer, Ward 4 Residents!

We hope you're enjoying the warm days in our beautiful city! As Calgary continues to grow and evolve, we're excited to share some developments and opportunities with you.

Calgary is recognized as one of the world's most livable cities and one of Canada's fastest-growing urban centers. We're committed to building a vibrant, affordable home for our soon-to-be two million residents.

To give you an inside look at our ongoing efforts, The City of Calgary is launching a new podcast called *Calgary Conversations*. This podcast provides an insider's view of Calgary's City Hall. Each monthly episode delves into key areas shaping our city's future, from public safety and housing to downtown revitalization and beyond. We'll uncover the stories that matter most to you.

Join us on this journey as we explore the narratives that make up our community. Through engaging interviews with City staff and partners, in-depth analysis, and compelling storytelling, *Calgary Conversations* offers fresh insights into the issues affecting us all. We're not just here to talk; we're here to connect, educate, and empower you with the knowledge to make a difference in your community.

Tune in, subscribe, and join the conversation. Because in Calgary, every voice matters. Let's write the next chapter together. #CalgaryConversations.

Listen at [calgary.ca/CalgaryConversations](http://calgary.ca/CalgaryConversations) or on Spotify, Apple Podcasts, Amazon Podcasts, and YouTube.

Get involved! Join the Partners in Planning (PIP) Program to meet city planners in person and learn how various policies shape The City's decisions and growth strategies. Discover the planning and development policies that drive change in Calgary. Register for your spot at [calgarycommunities.com/events](http://calgarycommunities.com/events).

Enjoy the summer and stay engaged with what's happening in our wonderful city!

Cheers,  
Sean Chu

## GAMES & PUZZLES

### Guess That Fruit!

1. This fruit is known for how well it bounces.
2. Typically, this fruit has the most seeds.
3. This fruit is known as the worst smelling fruit in the world.
4. There is a constant argument about whether this is actually a fruit.
5. The volume of this fruit is 25% air.
6. The \_\_\_\_\_ plant produces only one fruit per plant at a time.




SCAN THE QR CODE FOR THE ANSWERS!



**Calgary Confederation**  
**Len Webber, MP**  
 2020 – 10 St NW  
 Calgary, AB T2M 3M2  
 ☎ 403-220-0888  
 ✉ len.webber@parl.gc.ca



**MLA Calgary-Edgemont**  
**Julia Hayter**  
 ✉ juliahayter@albertandp.ca  
 📧 @NDPjulia  
 📷 @NDPjulia  
 ✕ @NDPjulia

**It Costs Everyone**

Car theft is becoming a massive cost for every Canadian because the problem is getting out of control and the criminals are far ahead of law enforcement. Car theft is up over 35% since 2015.

Car theft provides a major source of funding for terrorist and crime organizations to the tune of over \$1 billion per year.

Car theft now costs the insurance industry more than \$1.5 billion, meaning every Canadian must pay more each month. This is because 1,000 vehicles are stolen each week. Each car stolen usually results in an insurance claim which means you are paying more for insurance — the more that are stolen, the more you pay.

The federal government’s lax rules on crime mean that repeat offenders are usually released on bail within hours of arrest. Once released they often go and promptly reoffend. Even after offenders have been convicted, they often get house arrest. This means that they can just walk out their front door and be on the streets again immediately, stealing cars and terrorizing our neighbourhoods.

Canada needs a government that will hit the brakes on car theft, protect your property, and bring home safe streets. I think we need to: increase the mandatory minimum penalty from six months to three years for a third offence; remove eligibility for house arrest if convicted of motor vehicle theft; create a new, specific aggravating factor where the offence of motor vehicle theft is committed for the benefit of organized crime; and, repeal catch-and-release rules in Bill C-75 to ensure that repeat offenders get jail, not bail.

It’s time to drive down insurance costs and that starts with putting the brakes on auto theft.



Yahoo! July is a big month for Calgary as we start off with Canada Day celebrations and then jump right into Stampede. It is an exciting time and a fantastic opportunity for everyone to enjoy the summer weather, connect with friends, and make some new ones!

It is that time of year to grab your boots and hats for some great community fun! I look forward to seeing you at the Uplands, Hawkwood, Edgemont, and Dalhousie community associations’ events, just to name a few. I will be participating in the Stampede Parade representing our community and am excited to see many of you there, hope to hear a loud Yahoo! I encourage everyone to take advantage of the many Stampede breakfasts and BBQs happening in the riding of Calgary Edgemont and around the city.

The team and I have been out enjoying this warm weather as we chat with your neighbours on their doorsteps. We are getting a lot of feedback about how UCP government policies are hurting Alberta and individual Albertans!

Did you know that as your MLA, I can provide services such as notarizing documents and letters of support. My office can arrange a scroll of congratulations on a life event such as a Golden wedding anniversary or a milestone birthday.

Please do not hesitate to contact my office if you have questions or need assistance related to provincial matters: calgary.edgemont@assembly.ab.ca or 403-288-4453.

<p><b>Cleaning Services</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Dry Cleaning</li> <li><input checked="" type="checkbox"/> Tablecloths</li> <li><input checked="" type="checkbox"/> Napkins</li> <li><input checked="" type="checkbox"/> Table Skirts</li> <li><input checked="" type="checkbox"/> Chair Covers</li> <li><input checked="" type="checkbox"/> Massage Sheets</li> <li><input checked="" type="checkbox"/> Face Cradles</li> <li><input checked="" type="checkbox"/> Gym Towels</li> <li><input checked="" type="checkbox"/> Face Cloths</li> <li><input checked="" type="checkbox"/> Chef Coats</li> <li><input checked="" type="checkbox"/> Coveralls</li> <li><input checked="" type="checkbox"/> Microfibre Cloths</li> <li><input checked="" type="checkbox"/> Dish Rags</li> </ul>	<p><b>Mat Rentals</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Standard</li> <li><input checked="" type="checkbox"/> Waterhog</li> <li><input checked="" type="checkbox"/> Scraper</li> <li><input checked="" type="checkbox"/> Logo</li> </ul> <p><b>Paper Products</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Tork Dispensers</li> <li><input checked="" type="checkbox"/> Paper Towel</li> <li><input checked="" type="checkbox"/> Centre Pulls</li> <li><input checked="" type="checkbox"/> Toilet Paper</li> <li><input checked="" type="checkbox"/> Facial Tissues</li> </ul>	<p><b>CALGARY MAT &amp; LINEN SERVICES</b></p> <p><b>Pick-Up &amp; Drop-Off Services</b></p>  <p>calgarymatandlinen.com   403-279-5554</p>
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# Taking Charge of Your Health: Top Advice from Calgary Family Doctors

by the Calgary Foothills Primary Care Network



In our ever-changing health care landscape, taking an active role in your health is more important than ever. We asked our family doctors for their top advice for patients who want to take a more collaborative approach to their health.

### **Ask Questions**

Understanding your condition fully can be daunting, but by requesting resources and written next steps, you can leave the clinic with a clear plan and a better grasp of your health. Dr. Christine Luelo advises: "Ask questions, especially the ones you are afraid to say out loud."

### **Get Involved**

Dr. Noreen O'Riordan encourages patients to be fearless in their conversations with their doctor. "Being actively involved in decision making in relation to our own health improves our experience and outcomes." By gaining a deeper understanding of your conditions and treatments you can help improve your overall health.

### **Knowledge is Power**

Dr. Shafeena Premji says: "We live in a beautiful world today, where now more than ever, information is at our fingertips ... knowledge is power." She advises patients to become familiar with their baseline risk factors, such as blood pressure, blood sugar, cholesterol, and breast density. "Focus on making those daily micro-wins in your daily habits and lifestyle choices." Small, consistent improvements can lead to significant health benefits over time.

### **Team Support**

Dr. Janet Reynolds urges people to take full advantage of the free help available from Primary Care Networks. Family doctors work closely with the PCN team of health professionals such as nurses, mental health counsellors, and dietitians, to support you. "I love working with a team. It's the support and the comfort in knowing I don't shoulder the entire burden of care," says Dr. Reynolds.

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