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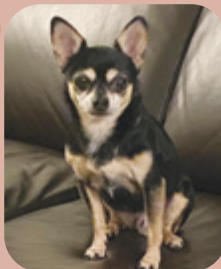
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DALHOUSIE CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Learn more about your Calgary Catholic School District Board of Trustees!

The End of Another School Year ...

by Shannon Cook, Chair, CCSD Board of Trustees

As the largest Catholic school district in Alberta, the Calgary Catholic School District (CCSD) continues to experience significant enrollment growth, with more families seeking quality, faith-based education close to home. Our Board of Trustees remains focused on three key priorities—funding, infrastructure, and student complexity. CCSD trustees will continue to advocate for sustainable and equitable funding for all students, the necessary resources to build and open Catholic schools in the communities where our students live, and additional staffing and funding to support complexities in our classrooms. In each of these three areas, there were notable successes and opportunities for further growth. Learn more on our website at ccsd.ab.ca/advocacy.

As we reflect on the year, the Board of Trustees sincerely thanks all our teachers and staff for their dedication and hard work in serving our students and families. Thank you to our parents for choosing publicly funded Catholic education and entrusting CCSD to educate your child.

National Indigenous History Month

June is National Indigenous History Month in Canada and every June 21, Canadians across the country recognize National Indigenous Peoples Day. National Indigenous History Month is a time to honour and celebrate the rich cultural heritage, contributions, and resilience of Indigenous peoples. Indigenous education

is a provincial government and board priority. Our board recognizes the need to share responsibility for Truth and Reconciliation to deepen the understanding of and to honour Indigenous peoples' perspectives. CCSD actively advocates to the province for a responsive curriculum that reflects Indigenous history, Indigenous contributions, and the current realities of the Indigenous peoples of Canada. Our board also prioritizes enhancing and supporting Indigenous students' success and belonging. This year, we were proud to have over 200 First Nations, Métis, and Inuit students who were recognized and celebrated for their grade 12 achievements.

2025 Graduates

As this school year comes to an end, we would like to extend our heartfelt congratulations to our 2025 graduates and wish them all the best in their future! Well done! We give thanks for the gift of Catholic education. Each of us is created in the image of God and we are all uniquely talented. As our graduates go forth on their individual journeys, we hope they continue to live and learn in our Catholic faith, centred in Christ, and realize their full potential. We look forward to welcoming new and continuing students and staff in September for another exciting school year. May you and your families have a restful summer break!



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SCAN ME



Dalhousie Real Estate Update

Last 12 Months Dalhousie
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2025	\$569,900	\$557,500
March 2025	\$574,900	\$583,300
February 2025	\$449,500	\$451,250
January 2025	\$309,950	\$305,500
December 2024	\$400,000	\$402,500
November 2024	\$476,200	\$467,500
October 2024	\$419,900	\$420,000
September 2024	\$399,900	\$411,069
August 2024	\$499,900	\$492,500
July 2024	\$359,990	\$355,000
June 2024	\$498,000	\$505,000
May 2024	\$504,500	\$562,000

Last 12 Months Dalhousie
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2025	20	13
March 2025	16	6
February 2025	15	16
January 2025	9	6
December 2024	7	7
November 2024	5	6
October 2024	12	12
September 2024	14	13
August 2024	22	16
July 2024	19	19
June 2024	20	21
May 2024	30	20

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



News from the Friends of Nose Hill

by Anne Burke

We are celebrating the 10th Anniversaries of the City Nature Challenge and of iNaturalist Canada. The 7th Annual Calgary City Nature Challenge was on April 25 to 28, 2025. So far, the previous year was most successful with 13,000+ observations. Other micro bioblitzes will happen all this summer. The iNaturalist platform is being used to help provide up to date records of the occurrence of the flora and fauna of Nose Hill with particular emphasis on the native vascular and nonvascular plants, fungi, birds, mammals, butterflies, moths, and bees.

Nature Calgary is a community that promotes the preservation of natural habitats, provides educational opportunities, and supports the collection of natural history observations. This year, the group is focusing their efforts on Nose Hill and Bowmont Park. We were contacted to encourage our members to take pictures of the Nose Hill biota (animal and plant life of a particular region, habitat, or geological period) and submit the photographs to <https://inaturalist.ca/projects/nose-hill-park-bioinventory>.

The goal is to publish an updated version of “The Green Book” in time for its 50th Anniversary and to monitor the changes in eleven Calgary Natural Areas. Whenever you visit a park, you can upload your observations to eBird and there are links to all these Parks at <https://inaturalist.ca/>. The project is being spearheaded by Nature Calgary and the Native Plants Council of Alberta - Calgary Chapter. In 1980 “The Green Book” was called “Calgary’s Natural Areas: A Popular Guide” as one of the City’s most extensive repositories of biodiversity. The first of its kind when data collection began in 1975, it was cited during the planning and creation of several of our Natural Parks. Many contributions provided by citizen scientists will add to the accuracy of the new publication and are greatly appreciated.

Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play area(s) is made safe for children. 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.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.
- 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 9-1-1.

Musical Stamps

In June 2007, Canada Post hit all the right notes by celebrating iconic musicians—Joni Mitchell, Anne Murray, Gordon Lightfoot, and Paul Anka—with their very own stamps! The “Canadian Recording Artists” series showcased striking portraits of each musician, turning mail into mini tributes to Canada’s musical royalty. Snail mail never sounded so good!



Stop Apologizing Already

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.

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Overcoming the Barriers of Fruit and Vegetable Intake

by Alberta Health Services



Did you know that since 2015, intakes of vegetables and fruit by Canadians have been steadily decreasing? Only 16 percent of Albertan men consume vegetables and fruit five times or more per day.

Most people know that vegetables and fruit are good for their health.

Research has shown that men identified the following barriers to getting enough vegetables and fruit daily: lack of time, taste, and cost. Read more to find out about these obstacles and tips on how to incorporate more fruit and vegetables in your daily life.

Lack of Time

Having a busy schedule, whether it is due to work, family, or other daily activities, may make it difficult to plan, shop for, and prepare healthy meals and snacks. The following tips provide ways to add vegetables and fruits into your daily diet, without making meal preparation too overwhelming.

• Plan Ahead

Look at your schedule at the beginning of the week and brainstorm meal and snack ideas for the week.

Choose vegetables and fruits that can be used for multiple meals in that same week to reduce waste. Try filling half of your plate with vegetables and fruits at every meal.

Feeling like you have no time to cook? Try preparing your meals in bulk on your days off for the week ahead. This way, you can come home after a busy day to a completed meal full of vegetables.

• Grocery Shop with Ease

Make a grocery list and stick to it. This may reduce food waste and additional grocery trips.

Buy vegetables, fruits, and other ingredients needed for your meals and snacks ahead of time so you have enough for the week ahead.

To reduce food preparation time, try pre-cut or pre-washed vegetables such as baby carrots and spinach or frozen mixed vegetables.

• Prepare

Place washed and cut up vegetables in containers to always have options ready to go.

Add it to your breakfast: berries on cereal/oatmeal, vegetables to omelets, spinach to smoothies.

Add it to your lunch or dinner: broccoli to macaroni and cheese, peppers and mushrooms on pizza, extra vegetables in stir-fries.

Choose fruits that come in their own “package.” Bananas, oranges, and apples are foods that require no cutting or to be put into containers.

Texture and Taste

Flavours and textures of some vegetables and fruits may not be appealing to all people. However, with some various preparation and pairings, these suggestions might influence you to retry your least favourite vegetable or fruit:

• Try New Cooking Methods and Textures

Roasted: Roasting is a slow cooking process that uses dry heat (like an oven) at high heat to cook and create browned edges on the food. Try roasting broccoli and topping it with parmesan cheese or thinly slicing sweet potatoes into fries.

Pureed: Pureeing changes the textures of solid foods by turning them into a smooth texture with no lumps. Use a blender or food processor to puree berries into a sauce or squash into a soup.

Steamed: Steaming uses indirect heat from hot steam to cook food. Try steaming frozen or fresh corn and add it into a dish.

Grilled: Grilling is a quick cooking method that uses direct heat at a high temperature. Try placing mushrooms and peppers on a skewer and placing them on your BBQ or even place them directly onto the grill.

Sautéed: Sautéing uses a hot pan with a small amount of fat over high heat while constantly stirring the food.

Use chopped onions, broccoli, and carrots with some olive oil to add into your next meal.

• Add Some Flavour

Drizzle olive oil or lemon juice and add herbs or garlic to vegetables.

• Pair with Foods You Enjoy

Add bananas, apples, or berries into pancakes.

Add carrots, zucchini, or apple into muffins and loaves.

Add mushrooms or peppers into your favourite omelets.

Add tomato and lettuce to a burger.

Cost

With grocery prices rising, it can be difficult to incorporate vegetables and fruit into your diet. Check what you have at home in your pantry, fridge, and freezer before going out to buy more vegetables and fruit. See if you can use what you already have.

Plan your shopping trips and compare prices with different grocery stores to find the cheapest products. Some stores will even match a lower price product found at a competitor's store. Compare brand names, as some popular brands may be more expensive than a generic brand. Look for grocery stores with discount days, where you can save money off your total grocery bill. Fresh, frozen, and canned vegetables and fruits are equally healthy options. Research fresh produce in season or choose frozen and canned options for lower prices of your favourite vegetables and fruits. Choose items with close best before dates if you can use it within the date, as they may price it lower.

Store food properly. Storing vegetables and fruit properly will reduce waste, prevent extra grocery store trips, and save you money. Some vegetables and fruit should be stored at room temperature, while others need to be refrigerated. Freezing produce can allow them to last longer and to be used at a later time. Visit Canada.ca/FoodGuide and search "Storing Vegetables and Fruits" to find out more information.

Find more resources on healthy eating including meal planning, recipes, and grocery shopping tips at HealthyEatingStartsHere.ca.

Find more tips on incorporating vegetables and fruits into your diet at Canada.ca/FoodGuide.

Register to Vote in Calgary's General Election in October

by *The City of Calgary*

Calgary's General Election will take place on October 20, 2025, and eligible voters can check if they are registered, update their information or add themselves to the Permanent Electors Register until August 1, 2025.



Visit www.voterlink.ab.ca or call Elections Alberta toll free at 310-0000 then dial 780-427-7191.

If you miss the opportunity to register or update your information in advance, you can register at the voting station during Advance Vote (October 6 to 11) or on Election Day (October 20). Information about Calgary's upcoming General Election, including voter eligibility can be found at www.electionscalgary.ca.



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Property Tax Is Due Monday, June 30, Pay or Join TIPP By Then to Avoid Late Payment Penalties

by The City of Calgary



Property tax bills were mailed out on May 14, with a payment due date of Monday, June 30.

New this year, property owners will also be able to access online their current year's tax bill, and four previous years, through the City of Calgary's secure website, calgary.ca/mytax.

The City's Tax Instalment Payment Plan (TIPP) is the most popular payment method. You pay the same amount as your annual property tax bill, but instead of one large lump sum payment in June, you pay smaller monthly instalments. TIPP makes budgeting easier, and you reduce the risk of late payment penalties.

Signing up for TIPP is easy and you don't need to re-apply each year. The easiest and fastest way to join is using TIPP Online. It's easy, safe and secure. Through TIPP online, your customized agreement will be processed automatically. Once you submit, you will receive an email confirming your enrolment. To access TIPP Online, go to calgary.ca/TIPP and click on the 'Join TIPP' box.

You can also request a TIPP agreement by calling 3-1-1. If calling from outside Calgary dial 403-268-2489.

Plan enrolment must be completed by the due date shown on your tax bill to avoid a late payment penalty.

If you're already on TIPP, you can visit calgary.ca/TIPP to learn how your monthly TIPP instalments are calculated and adjusted.

Farm Stands Across Calgary Are Coming to a Neighbourhood Near You This Spring!

by The City of Calgary



Since 2017, The City has partnered with local and regional farms to offer Calgarians more options for fresh and local food through The Farm Stand Program. This program supports nine incredible farmers and vendors with over 30 farm stands to bring more fresh fruit, vegetables, and artisanal products to more Calgary communities.

Beyond increasing accessibility for Calgarians to purchase healthy, fresh and local food, the Farm Stand Program supports local and regional growers by creating more places for them to sell their produce.

When you shop at a farm stand, you get to participate in your food shopping in a new and personal way. You can ask questions about how your food was grown, get recipe ideas, get to know your farmer, connect with your neighbours and keep your dollars spent in the local economy. You also help to build a stronger local food system, which keeps us all stronger when we face various disruptions to our food systems, such as a pandemic, fuel price increases, or political instability.

Launch dates for each farm stand vary throughout May to June and most of the stands run weekly for two to five hours. We encourage all Calgarians to stop by your local farm stand, grab some delicious seasonal produce, chat with a farmer and learn more about where your food comes from.

To learn more about the program, or find a location near you, visit calgary.ca/localfood.

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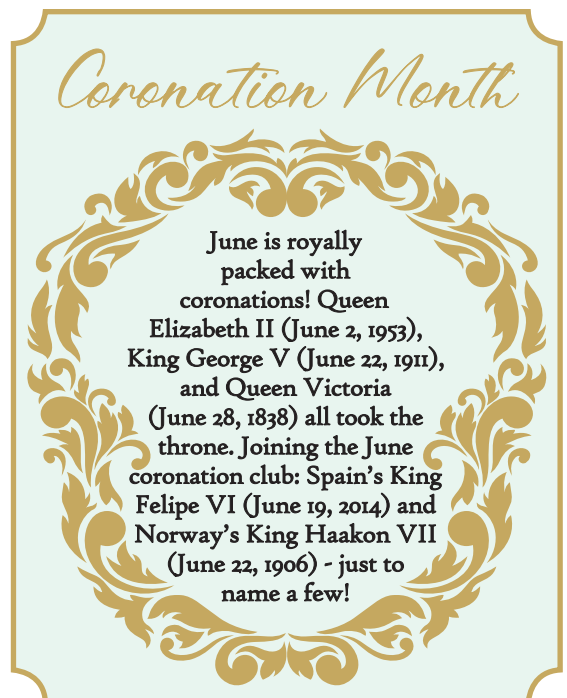
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