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DALHOUSIE CONTENT**

**News, Events,
& More**



**Crime
Statistics**

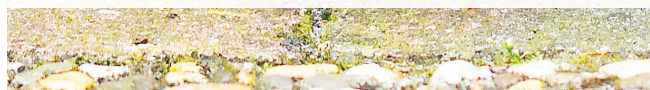


**Real Estate
Statistics**



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Yard Security: Keep Your Dog Safe

by the City of Calgary

Securing your yard to prevent your dog from escaping is crucial for both your pet's safety and the well-being of your community. Not only does it ensure that your furry friend stays out of harm's way, but it also minimizes the risk of accidents with neighbours.

Here are some measures to safeguard your yard:

- Inspect your yard perimeter for any existing gaps, holes, or weak spots in the fence or barriers. Reinforce these areas by repairing fences, filling in holes, or adding additional barriers like chicken wire or lattice. Ensure that gates are securely closed and consider installing locks or latches.
- Assess potential escape routes such as low-hanging branches or objects near the fence that could be used as leverage for climbing. Remove objects that could assist your dog in scaling the fence.
- Supervise your pet while they're outside and provide ample mental and physical stimulation to deter them from attempting to escape out of boredom or frustration.



Moreover, licensing your dog is not only a legal requirement but also aids in their safe return if they do manage to escape. Proper identification, including tags and microchipping, with current contact information significantly increases the chances of being reunited with your pet as well.

Securing your yard keeps your dog safe and contained and is part of responsible pet ownership. By taking proactive measures to prevent escapes, you're ensuring the well-being of your furry companion and fostering a safer environment for everyone.

Learn more at calgary.ca/petlicences.



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How To Have a Budget-Friendly Mother's Day

by Danielle Robbertze



With Mother's Day being celebrated on May 12 this year, you might wonder how to spoil your mom or maternal figures in your life without spoiling your bank account. As we live in a time of heightened consumerism,

Mother's Day is one of the many holidays where prices are jacked up for ultimate profitability. Although it would be nice to receive a bouquet of flowers, eat out at a fancy restaurant, or treat your mother to a luxury spa day, this is not the reality for many people out there.

So let us look at a few ways you can save this Mother's Day and still show your mother some much-deserved appreciation.

1. Handmade All the Way

Mother's Day cards are a popular way to show your appreciation to maternal figures. Although the cards in stores may look great, they are often impersonal and contradict what the whole day is about. Test your creative skills and make a card that would genuinely mean something to your mother. This is not only something for young children to explore but for adult children as well.

Remember to include a heartfelt message that truly shows your appreciation. Make it as personal as possible by including memories that you will forever cherish of your mother. Other handmade options can include curating a family photo album or scrapbook.

2. Bring Luxury to the Home

Instead of taking your mother to a spa with exorbitant prices, plan a spa day at home. A simple foot massage or face mask with relaxing music in the background and candles goes a long way. Treat her to some budget-friendly beauty products which you can find at your local pharmacy or grocery store and make it into a gift basket. Items can include face masks, bath salts, body lotions, bubble bath, and essential oils.

3. Make the Day About Her

As Mother's Day falls on a Sunday annually, let your mother sleep in and wake her up with a breakfast filled with her favourite treats. Clean the house, tend the garden, and possibly buy the groceries, so that she doesn't have to worry about any of that on her day off.

Make her a special lunch or dinner at home where the whole family sits at the table. Go around the table and make everyone list what they appreciate about her.

Remember this day is not about showing your love through money but rather through quality time and thoughtful gifts.

Shrimp And Rice Noodle Stir Fry

by Jennifer Puri

Seafood has a variety of nutrients that contribute to our well-being and is also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin, and bones.

Generally, fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm, and their shells should always be translucent, greyish green, light pink, or a pinkish tan in colour.

Seafood is delicious, healthy, cost-effective, and easy to prepare as shown in the recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 225 g rice noodles
- 16 jumbo size shrimp
- ½ red pepper thinly sliced
- 16 snow peas
- 12 baby carrots, sliced
- 8 broccoli florets
- 4 green onions thinly sliced



- 4 tbsp vegetable oil
- 4 to 5 tbsp dark soy sauce
- 4 tbsp green curry paste
- 1 tbsp red chilli flakes

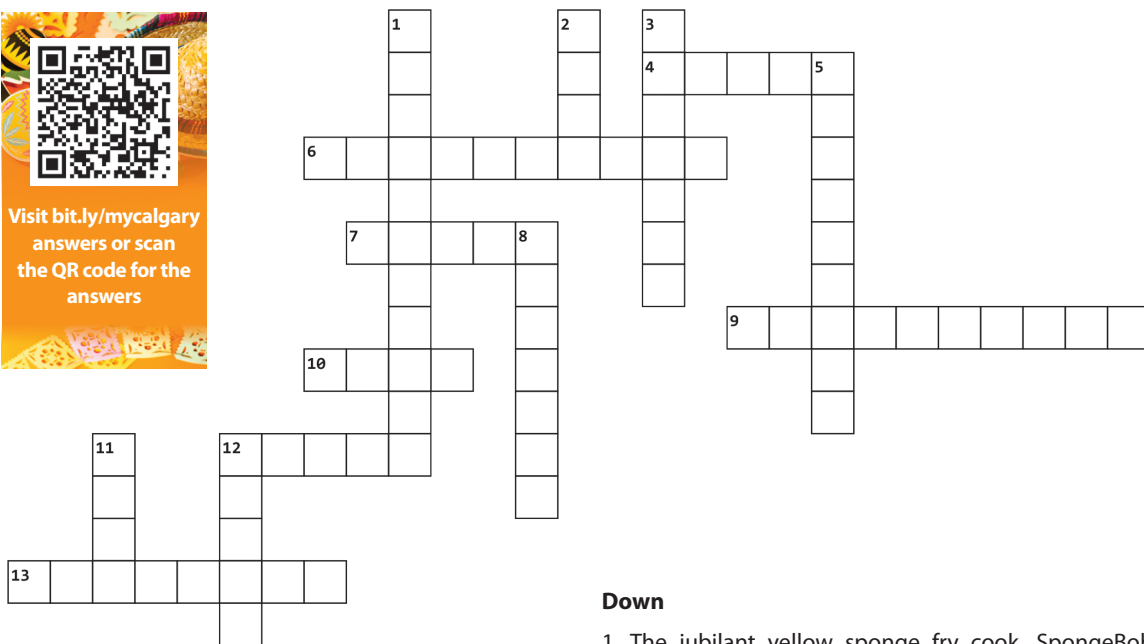
Directions:

1. Prepare rice noodles in accordance with package instructions, drain and set aside.
2. Heat 3 tbsp of oil in a wok or skillet, add green onions and sauté until they turn a light brown.
3. Add the sliced carrots, red pepper, broccoli, and snow peas. Stir fry for about five minutes or until tender, then add the green curry paste and soy sauce and sauté for another two to three minutes. Remove from heat while you cook the shrimp.
4. In a frying pan or wok, heat the remaining oil, add the shrimp, and sauté for three to four minutes or until the shrimp turn pink and are no longer translucent.
5. Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving.
6. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon Appétit!



May Crossword



Across

4. On May 25, 1963, the legendary comedian Mike _____ was born in Scarborough, Toronto. He is well-known for characters such as Austin Powers, Shrek, and Wayne Campbell.
6. This movie, which tells the story of Sir William Wallace leading a rebellion against the English to free Scotland from King Edward I's rule premiered on May 18, 1995.
7. In May 1873, Levi Strauss and Jacob Davis created this fashion forward denim pants.
9. This annual international song competition starts on May 7 this year and has seen winners in the past such as Celine Dion and ABBA.
10. Born in Fort Macleod, Alberta, _____ Mitchell was inducted into the Rock and Roll Hall of Fame in 1997.
12. In May 1997, Garry Kasparov started a game of _____ with IBM supercomputer Deep Blue.
13. In May of 1992, M.C Hammer's horse, Dance Floor, came third in the _____ Derby.

Down

1. The jubilant yellow sponge fry cook, SpongeBob _____ first graced our screens in May 1999, on Nickelodeon.
2. On May 25, 1997, one of George Lucas' greatest creations *Star Wars: Episode IV – A New _____* was released.
3. The official birthstone of May most famously symbolizes rebirth and growth; however, others suggest that the birthstone actually symbolizes love and success.
5. On May 19, 2020, Suzanne Collins released *The Ballad of _____ and Snakes*, a prequel to her *Hunger Games* trilogy.
8. The famous phrase "*April _____ bring May Flowers*" first appeared in a poem written by English Poet Thomas Tusser in the 1500s.
11. The first film of the Marvel Cinematic Universe, _____ *Man*, starring Robert Downey Jr. is released on May 2, 2008.
12. _____ de Mayo is celebrated on May 5 every year and honours the Mexican army's victory over the French in 1862.



Do you know a young person who is thinking about suicide?

Suicide support group for youth and their caregivers

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide being offered by Centre for Suicide Prevention and community partners. A separate caregiver group will run at the same time and location.

This program is funded by the Government of Alberta and FCSS Calgary.

Learn more: www.suicideinfo.ca/workshops



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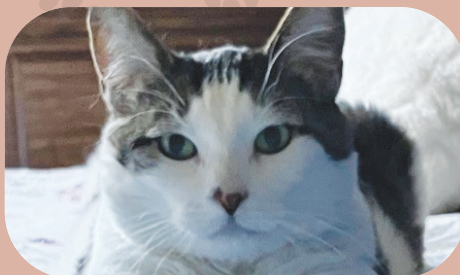
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4-H Alberta Six-Week Intro Clubs Popular Among Calgary Families

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs



Ever since the launch of the initiative in September, 4-H Alberta's Intro Clubs have achieved success in various communities throughout Calgary. This pilot program has now hosted four introductory clubs dedicated to introducing the youth to the world of 4-H with two more currently running in April. Among these clubs are the renowned Explore 4-H program, a baking club, and four daytime homeschool clubs, each tailored to cater to the diverse interests of the young individuals in the region.

Youth programs like 4-H help develop positive well-being in young people. The 4-H Intro Club initiative is a great way for young people to develop important life skills and make new friends without a huge time commitment. This innovative program offers a refreshing alternative to year-long commitments, making it highly accessible for families with busy schedules.



4-H Intro Clubs will continue to be offered in various locations throughout the city until July. There will be two new clubs offered this spring including a six-week program starting on May 1 at the Kingsland Community Hall from 6:00 to 8:00 pm, and a "touring" club in June. The program is open to youth ages 9 to 18 and is limited to 15 members per club. Email introclubs@4hab.com or visit www.4hab.com/member-programs for more information.





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MAY THE FOURTH BE WITH YOU

The original Star Wars trilogy could have ended very differently if George Lucas had gone with his first idea. Luke Skywalker almost took a dark detour following in his father, Darth Vader's footsteps. Ultimately, the team decided against this and good prevailed over the dark side.

Soccer in the Community

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How Much Is Too Much?

As we conclude another tax season, many Canadians are asking where all their tax money is going. Canadians work hard to pay their taxes and they rightfully expect it to be spent wisely.

The reality is the current government has been spending money at a much higher rate than it collects taxes to pay for it and so our debt keeps increasing. Our national debt has more than doubled since 2015 and now sits at a whopping \$2.2 trillion (\$2,200,000,000,000).

The problem with a debt so large is that it requires us to pay more in 'debt servicing' charges. In 2023/24, we paid \$46.5 billion which is 36% higher than the year before.

In fact, we will spend more to carry this massive debt each year than we do on healthcare. We spend \$16 billion more on carrying this debt than we do on childcare benefits. Imagine what we could afford if we were not spending that money each year just to carry debt.

Most concerning is the fact that interest payments are up 36%, but revenues are up by just 3%. Canada cannot afford to keep paying out more than it collects – something has to give.

Recent Nanos polling shows 63% of Canadians want the government to lower its expenses. Interestingly, 38% of respondents want the money that would be saved to go toward repaying government debt, while 25% want tax cuts. Only 9% want higher spending and most of this group want higher taxes to pay for it. Only 2% want increased spending through more borrowing.

Canada cannot afford more debt. Nothing will put our precious social programs more at risk than to have them based on a weak fiscal foundation. If Canadians want to ensure our social programs and benefits programs are there when we need them, we need to get our spending under control.



Dear Ward 4 Residents,

Emergency Preparedness Week is May 5 to 11, 2024! Emergencies can occur unexpectedly, and being prepared beforehand is essential for your safety, your family's, and your community's well-being.

Throughout this crucial week and beyond, it's crucial for Calgarians to prepare for emergencies by understanding local hazards, staying informed with alerts, and creating an emergency action plan. Download our plan at calgary.ca/getready.

Building a strong community network is equally important. Establish connections with neighbours, coworkers, and friends to enhance safety measures during crisis.

For comprehensive guidance on emergency preparedness and details regarding community events during Emergency Preparedness Week, visit calgary.ca/getready.

Celebrate Neighbour Day 2024 on Saturday, June 15, and join in fostering stronger community bonds! This year, we invite you to take part by organizing a block party with your neighbours. The good news is, obtaining permits for block parties and greenspaces is absolutely free for Neighbour Day. Make sure to apply for your permits by May 31, 2024, through calgary.ca/NeighbourDay. As an added bonus, consider inviting esteemed guests like the Mayor, your local councillor, or even arranging for a visit from a police officer or a fire truck to drop by your event. Plus, there's an opportunity to win fantastic prizes, including the chance to enjoy 30 minutes of live musical entertainment at your block party.

Neighbour Day fosters community connections, enhancing neighbourhoods where neighbours support each other. Share your Neighbour Day experiences on social media with #YYCNeighbourDay and explore calgary.ca/NeighbourDay for details.

Thank you all for your attention.

Best,

Councillor Sean Chu

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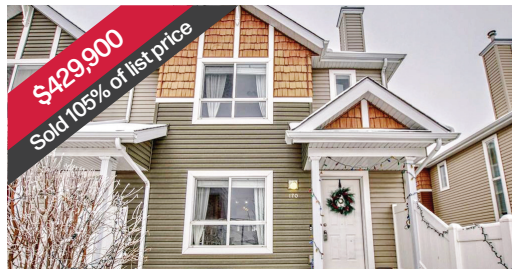
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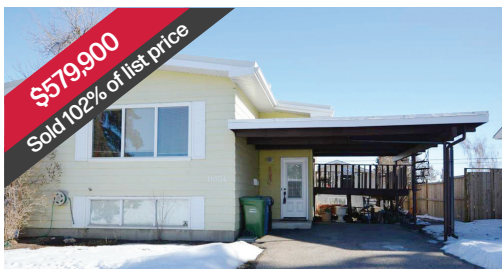
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