



Duggan Details

June 2018



FROM THE EDITOR

First of all, welcome to Jeanna Friedley, our new Social Director. Stay tuned for some more community events as she gets settled into her new role.

There is so much going on in our community and city these days! Check out the Community News and Community Events, and I guarantee you will have a hard time deciding which events you want to attend. Many of the events are gardening-related, fitting with the beautiful weather we are experiencing. And if you want to stay up-to-date with city and community events, follow and like our Facebook pages: www.facebook.com/DugganCommunity/ and www.facebook.com/groups/40119385085/.

With the nicer weather, we are seeing more cyclists on the roads, more kids playing outside, and more people using the parks and outdoor spaces. Page 5 has some great reminders on how cyclists and vehicles can safely share the road, and have a look at the AHS notices on page 15 and 16 for some tips on heat exhaustion and backyard play safety.

Summer is a great time to get outside and meet your neighbors. Say hi if you see someone working in their front yard, introduce yourself and stop for a chat. Or why not host a Block Party? The city has resources and tips for organizing Block Parties, which can be found on page 6.

I am always interested from hearing from you. Please send any notices, articles or advertisements to the email address below by the **15th of the month**. The next newsletter issue will be a combined July/August issue, and will be posted in mid-July.

Tara Penner
duggandetails@mydcl.ca

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COMMUNITY NEWS



THE GREEN AND GOLD COMMUNITY GARDEN IS CELEBRATING ITS TENTH ANNIVERSARY SEASON!

The garden is located on the University of Alberta South Campus and is an initiative of the U of A Faculty of Agricultural, Life and Environmental Sciences. It is totally volunteer run, and virtually all of the seeds, plants and equipment are donated.

The vegetables, herbs, fruits and flowers are “spray-free” (no pesticides or artificial fertilizers are used) and are available for purchase during market garden hours throughout the summer. Anyone is welcome to purchase their vegetables at the garden and all of the money raised – that’s 100% – goes to the **Tubahumurize Association**, a non-profit organization in Rwanda.

Tubahumurize provides socially and economically marginalized women with vocational training, counselling, life-skills coaching, health care education, and opportunities for sustainable income generating activities. Most individuals who benefit from Tubahumurize are genocide survivors and many are widows or orphans, HIV infected, and survivors of physical and sexual violence. To date, the garden has raised \$290,000 for the Tubahumurize project.
(rwandanwomencan.org)

Our market garden should be up and running in early July—so check our [www](http://www.greengoldgarden.com) site for our opening date and market hours. Also—in honour of our 10th anniversary, we will have a number of special events open to the public—including a presentation by Jeanne Mwiliriza, founder and programme coordinator of Tubahumurize, who will be in Edmonton later in July.

Check our [www](http://www.greengoldgarden.com) site for updates regarding these events and opportunities!

Web site: www.greengoldgarden.com

E-mail: gggarden@ualberta.ca

Phone: 780-492-4087

If you would like to receive garden e-mails when produce from the garden is available this summer—and about our special anniversary events—please go to the **SIGN UP BUTTON** at the bottom of our website or send us an e-mail at the above address with a request to be added to the e-mail list.

COMMUNITY NEWS

NOMINATIONS ARE NOW OPEN!

The Front Yards in Bloom nomination season has already started and will continue until **June 30, 2018**. It is now time to show your appreciation for the efforts of citizens who help make Edmonton an attractive place to live!

If you happen to walk by an interesting yard and catch yourself staring at the design and array of colors and textures while smelling floral and earthy scents, please consider nominating this yard by visiting www.frontyardsinbloom.ca or calling 311.

If you do not already have a front yard garden, maybe the one you nominated will inspire you to get your hands dirty and create your own!

TINY YARDS

This year, a new yard category called “Tiny Yards” has been added to the existing list of yard types. With increasing urban densification and residential



infills, urban yards are getting smaller. Nevertheless, these small green spaces hold an essential role in urban settings and contribute by catching water, regulating city temperatures and creating micro-habitats for urban wildlife all while enhancing the aesthetic appeal of cities.

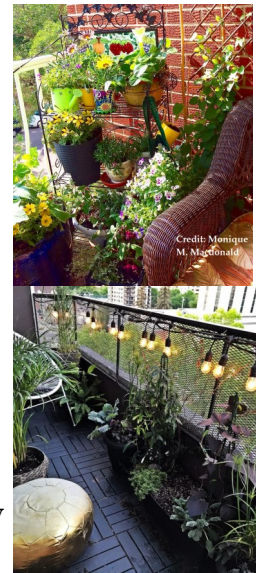
The Tiny Yard is relatively ‘tiny’ by North American standards. It refers to any front yard of less than 600 square feet or 55.74

Edmonton In Bloom

square metres (for metric users) and includes both sides of the walkway or driveway. It is usually located in front of townhouses, duplex units, rowhouses or infill lots. Similar to other yard categories, the 25% non-turf plant cover rule applies to the tiny yard which means that the latter needs to have at least 25% cover of flowering plant or non-turf grass. Have you come across a tiny yard which merits some recognition? Nominate it today!

BALCONIES IN BLOOM

The rising number of Edmontonians living in apartments and condos results in the growing popularity of green balconies. The Balconies in Bloom promotion is a self-nominating photo contest which offers apartment dwellers or senior residences with balconies the opportunity to feature how they are sprucing their balconies.



If this applies to you, submit up to two pictures of your balcony at www.frontyardsinbloom.ca along with your unit number and address and you will receive a nomination sign in the mail. The three best balcony gardeners will go home with an award at the [Edmonton in Bloom Awards](#) Ceremony.

COMMUNITY NEWS

FLOOD AND SEWER ODOUR MITIGATION

FLOOD MITIGATION

Not much is worse than a flooded basement. I personally had to deal with that in this past year, and after months of work and thousands of dollars, it's finally all sorted out. To prevent flooding in your neighbourhood, EPCOR, the City of Edmonton, and Council have been working proactively to plan flood mitigation upgrades in the Duggan area.

Currently, sanitary sewer upgrades are proposed in Rideau Park, Empire Park, and Duggan. These areas all experienced flooding during intense storms back in 2004. Poor surface drainage, increased inflow, and debris collecting in the sanitary sewer system caused the sewers to back up and cause most of the flooding.

The objective of the current projects are to improve the areas worst-hit by the 2004 flooding. These projects are in the initiation phase with preliminary design beginning this year, detailed design starting in 2019 and construction projected to begin in 2020. EPCOR will be conducting public engagement in early 2019 when more details on the scope and timelines of the project are known.

SEWER ODOUR MITIGATION

You should be able to enjoy the fresh air and not be subject to the smell of sewage. The projects underway in Steinhauer, Duggan, and Rideau Park are part of the overall Sewer Odour Mitigation Strategy. Because these issues are complex and can

be caused by drainage structures in neighbourhoods upstream, this is a long-range plan with a number of projects.

The Duggan Pump Station on 105 Street and 45 Avenue is now complete and odours along 106 Street should be reduced. Monitoring and evaluation will begin this summer to ensure the project is a success. There will also be some design changes to prevent gases coming up through manholes in the Steinhauer-Duggan area, with construction expected to start in late 2018. EPCOR is currently running a pilot project to treat hydrogen sulphide at three of pump stations upstream of Duggan to help mitigate odours from the source.

I will continue to advocate for flood and odour mitigation to make sure that the residents of Duggan and other neighbourhoods get appropriate funding for upgrades so you can walk, bike and play while enjoying the fresh air, and not have to worry about the flooding during extreme rainfall events. A long-term Odour Mitigation Strategy will be brought to Utility Committee in spring of 2019 to help develop a list of priority projects, timelines, and to determine how to fund these projects.

If you have any questions comments or concerns please feel free to contact my office at (780) 496-8132 or Michael.Walters@Edmonton.ca.

Michael Walters
Councillor, Ward 10



**MICHAEL
WALTERS**
WARD 10 • CITY COUNCIL

COMMUNITY NEWS

GEARING UP FOR SPRING



The warm weather means trails, roads and pathways are busy with bicycle riders. All road users, no matter how you travel, should watch out for each other. The City of Edmonton reminds motorists of **four important things to know** when driving beside bike lanes.

Watch for “No Right on Red” signs

- Cars are not permitted to turn right across a bike lane on a red light at intersections with these signs.
- Cyclists are permitted to turn right on red here.



Don't stop on the green paint

- Green paint on the road indicates where drivers and cyclists may cross paths.
- Avoid stopping on the green paint. Stop behind the white line.
- Watch for cyclists whenever you see green.

Shoulder check and look both ways

- Cyclists travel quickly and will be moving in both directions in bike lanes. Shoulder check and look both ways before turning across a bike lane

Yield to cyclists when turning across the bike lanes

- Green stripes or white dashed paint indicate a bike lane is crossing an intersection or an entrance into an alley or parking lot.
- Yield to cyclists in the bike lane when turning.
- Watch out for each other. **Do not block** a bike lane.



In 2017, three high-quality protected bike routes were installed: Downtown Bike Network, West Central Bike Route and Southside Bike Route. The Bike Education Street Team will be out this summer talking to cyclists, pedestrians and motorists about how to safely navigate the new protected bike lanes. Watch for the Street Team at events at a bike route near you!

COMMUNITY NEWS

JUNE IS BLOCK PARTY MONTH!



WHY HOST A BLOCK PARTY?

- Have fun
- Meet your neighbours and make new friends
- Re-establish old friendships
- Increase the sense of belonging to a community
- Encourage neighbours to look after each other and the neighbourhood
- Promote safety and help prevent crime by looking out for each other and recognizing faces
- Increase security by knowing your neighbours' schedules
- Learn about your community history

Check out the [Block Party website](#) for all the information you need to get started.

Block parties held on city roads need a [permit](#) and liability insurance. For more info, check out the [block party guide](#).

COMMUNITY EVENTS

Edmonton Public Library: Whitemud Crossing Branch—Events

JUNE

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Whitemud Crossing Branch
145 Whitemud Crossing
Shopping Centre, 4211 - 106 St
780.496.1822

To register or for more information:
Online: www.epl.ca Phone: 780.496.1822
Talk to staff in branch or visit www.epl.ca/programs for more details

***All programs are drop in unless otherwise specified**



This logo indicates that a Summer Starts at EPL program is being held that day.
For more information please speak to a staff member or refer to the Summer Starts at EPL calendar at the branch.

Sing, Sign, Laugh and Learn
10:15 a.m.
Music Makers: Sing Yourself Silly!
4:00 p.m.

1

Family Storytime
10:15 a.m.
Puppet Show
11:30 a.m.
Pop-Up Makerspace
2:00 p.m.

2

Family Films at the Library
2:00 p.m.

3

Sing, Sign, Laugh and Learn
10:15 a.m. and 6:30 p.m.
Baby Laptime
2:00 p.m.
Homework Help for Teens
6:30 p.m.

4

Family Storytime
10:15 a.m.
English Conversation Circle (LACE)
1:00 p.m.
Sing, Sign, Laugh and Learn
2:00 p.m.
Daddy and Baby Time
6:30 p.m.

5

Sing, Sign, Laugh and Learn
10:15 a.m.
English Conversation Circle (LACE)
1:00 p.m.
Resume Review and Career Advising @ EPL
1:30 p.m.

6

Baby Laptime
10:15 a.m.
Evil Genius Club
4:00 p.m.
Practise English @ Your Library
7:00 p.m.

7

Sing, Sign, Laugh and Learn
10:15 a.m.
Music Makers: Sing Yourself Silly!
4:00 p.m.

8

Family Storytime
10:15 a.m.
Lego at the Library
2:00 p.m.

9

Family Films at the Library
2:00 p.m.

10

Sing, Sign, Laugh and Learn
10:15 a.m. and 6:30 p.m.
Baby Laptime
2:00 p.m.
Homework Help for Teens
6:30 p.m.

11

Family Storytime
10:15 a.m.
English Conversation Circle (LACE)
1:00 p.m.
Sing, Sign, Laugh and Learn
2:00 p.m.
Daddy and Baby Time
6:30 p.m.

12

Sing, Sign, Laugh and Learn
10:15 a.m.
English Conversation Circle (LACE)
1:00 p.m.

13

Baby Laptime
10:15 a.m.
Evil Genius Club
4:00 p.m.
Practise English @ Your Library
7:00 p.m.

14

Sing, Sign, Laugh and Learn
10:15 a.m.
Book Clubs of EPL
2:00 p.m.
Music Makers: Sing Yourself Silly!
4:00 p.m.

15

Family Storytime
10:15 a.m.
Pop-Up Makerspace
2:00 p.m.

16

Family Films at the Library
2:00 p.m.

17

Sing, Sign, Laugh and Learn
10:15 a.m. and 6:30 p.m.
Baby Laptime
2:00 p.m.
Homework Help for Teens
6:30 p.m.

18

Family Storytime
10:15 a.m.
Sing, Sign, Laugh and Learn
2:00 p.m.
Daddy and Baby Time
6:30 p.m.

19

Sing, Sign, Laugh and Learn
10:15 a.m.
Resume Review and Career Advising @ EPL
1:30 p.m.
The First Fringe Previews!
7:00 p.m.

20

Baby Laptime
10:15 a.m.
Evil Genius Club
4:00 p.m.
Practise English @ Your Library
7:00 p.m.

21

Sing, Sign, Laugh and Learn
10:15 a.m.
Music Makers: Sing Yourself Silly!
4:00 p.m.

22

Family Storytime
10:15 a.m.



23

Family Films at the Library
2:00 p.m.

24

Sing, Sign, Laugh and Learn
10:15 a.m. and 6:30 p.m.
Baby Laptime
2:00 p.m.

25

Family Storytime
10:15 a.m.
Sing, Sign, Laugh and Learn
2:00 p.m.
Daddy and Baby Time
6:30 p.m.

26

Sing, Sign, Laugh and Learn
10:15 a.m.
Book Clubs of EPL
7:00 p.m.

27

Baby Laptime
10:15 a.m.
Evil Genius Club
4:00 p.m.
Practise English @ Your Library
7:00 p.m.

28

Sing, Sign, Laugh and Learn
10:15 a.m.
Music Makers: Sing Yourself Silly!
4:00 p.m.

29

Family Storytime
10:15 a.m.
Pop-Up Makerspace
2:00 p.m.

30

COMMUNITY EVENTS

Edmonton Public Library: Whitemud Crossing Branch—Events

June Programs:

Children

Baby Laptime

Enjoy delightful stories, songs, books, rhymes, finger plays and more, especially for babies. Cuddle with your baby and connect with other caregivers. **Ages up to 12 months.**

Daddy and Baby Time

You will learn songs and rhymes that help support your baby's development. **Ages up to 18 months.**

Lego at the Library

Calling all Lego lovers! Come to the library to design and build a Lego creation. Share your building tips and tricks with others. **Ages 6 to 12.**

Music Makers: Sing Yourself Silly!

All families of 4 to 6 year-olds are invited to this new program. Children and parents will participate in action songs, dancing and be introduced to basic musical concepts such as: beat, rhythm, pitch, tempo and dynamics. Engaging songs and stories are combined with the use of rhythm instruments to develop important classroom skills such as attentive listening, turn-taking and responding to direction. **Preschooler.**

Sing, Sign Laugh and Learn

Siblings are welcome. Parents will learn strategies to engage their child and enhance their child's communication and development through repetition, visuals and movement. **Ages birth to 3.**

Teens

Evil Genius Club

Robot battles, Arduino hacks, DIY music, art, Minecraft, photography, 3-D design and printing are just the beginning for this club of maniacal makers. This is a drop-in program. **Ages 9 to 14.**

Homework Help for Teens

Are you in grades 7 to 12 and looking for advice and assistance in either Math or English/Essay Writing? Drop in and meet with one of our volunteer tutors! This program runs through May and June, and is first come first served.

Families

Family Films at the Library

EPL has a great selection of children's films for the entire family. Join us for a family fun movie. June 3 is *The Incredibles*, June 10 is *The LEGO Movie*, June 17 is *Ferdinand*, and June 24 is *Planes*.

Family Storytime

Share stories, songs and games for the whole family.

Pop-Up Makerspace

Makey Makey hacks, DIY music, Art and 3-D design are just the beginning at this Pop-Up maker event. You're invited to drop-in, hang out, bring friends, try things and make fun stuff.

Puppet Show

Our library puppeteers bring the puppets to life on stage with plenty of action and lively antics.

Adults

Book Clubs of EPL

Love reading? Love to talk about books you've read? Come join us for lively discussions on all types of fiction and non-fiction. We'll feature different titles and authors each month. Come and share your impressions, thoughts and interpretations of a book we have all read. Check the schedule at www.epl.ca/bookclubs and join us at an EPL location. Please register to reserve a copy of the book. You can contact the library for more information.

English Conversation Circle (LACE)

Drop in and join others who also want to practice their English. English Conversation Circle is part of Catholic Social Services' Learning and Community Enrichment (LACE) program. Call Catholic Social Services at 780-424-3545 for more information.

Practice English @ Your Library

Are you learning English? Practise your English language skills, meet new friends and have some fun. We'll have conversations about many different topics, using materials from the library. A library staff member will lead the group. English speakers at all levels are welcome!

Resume Review and Career Advising @ EPL (Alberta Supports)

Are you looking for work? Alberta Supports staff will be visiting the library to provide one-on-one Resume reviews and career advising.

The First Fringe Previews!

If you're a playwright in Edmonton, June means you are madly writing to prepare for the biggest theatrical festival in Canada! Join EPL's Writer in Residence Darrin Hagen as he introduces some of the exciting new works-in-progress that will be making their world premiere at the 2018 Edmonton Fringe Festival. Featuring excerpts of upcoming Fringe hits, the First Fringe Preview will give you a bird's eye view of what to watch for at this summer's Fringe Festival. Meet the writers, hear their newest creations, and start your Fringe planning early!

COMMUNITY EVENTS

THE PETROLIA SENIORS GROUP (55+) INVITES YOU TO COME ENJOY

LUNCH AND A PROGRAM (\$15 EXCEPT DECEMBER)

Every Third Tuesday (except July and August)

11:45 a.m. (sharp) to 2:00 p.m.

at Greenfield Community Hall

3803 – 114th Street

JUNE 19—CHILDREN’S CHOIR FROM GREENFIELD SCHOOL

SEPTEMBER 18TH – JULIE MATTHEWS – HOW TO BE YOUR OWN
TROUBLESHOOTER!

Consumer Protection Expert and former Global TV Trouble Shooter

To **CONFIRM** your attendance or for more information call:

Nick - 780-435-1045 or Betty - 780-434-0711

AN ADDITIONAL OUTING IS OFFERED EACH MONTH FOR YOUR ENJOYMENT

For information call Joyce – 780-435-6388

WE LOOK FORWARD TO YOUR PARTICIPATION.

NEIGHBOURHOOD SUMMER DAYCAMP

Little Nature Nuts

Date	Time	Ages	Cost	Course Code
July 3 - 6	9 am - 11:30 pm	Ages 3 - 5	\$67	625945

Duggan

3728 - 106 St


Join us as we explore the wonderful world of nature in this fun-filled camp. Come and get the scoop on growing flowers, learning outdoor skills, and using a magnifying glass to discover new creatures. Learn about different animals through songs and games. Get ready for an adventure!

To Register:

- Call 311
- Online at ereg.edmonton.ca
- In person at any City of Edmonton Recreation Centre

COMMUNITY EVENTS

FREE DROP-IN




POP-UP PLAY PROGRAM


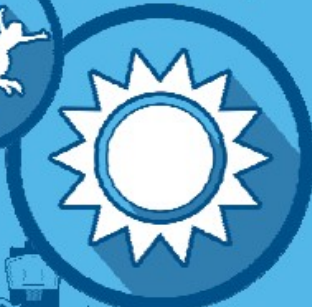


LOCATION	DATES	DAYS	TIMES
Rideau Park 10605 - 42 Ave	July 3 – August 23	Wed & Fri	10:00 AM - 1:30 PM

Our Pop Up Play program is now running in neighborhoods all over Edmonton. Come and join us for games, crafts, sports, outdoor cooking and more!

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit:
edmonton.ca/dropincommunityprograms
or call 311.

 @GreenShackEdmonton



COMMUNITY EVENTS

DUGGAN COMMUNITY GARDEN

SUMMER GARDEN POTLUCK: JUNE 23RD

All are welcome!

Join us on Saturday, June 23rd from 11:30 a.m. to 1:30 p.m. at the Duggan Community Hall (3728 - 106 Street) for the Duggan Community Garden's fifth annual Summer Garden Potluck. We will share food, visit with friends and neighbours, and have a short composting demonstration from Tara Penner, Master Composter Recycler.



Please bring food or beverages to share with others (e.g. main dish, salad, fruit or vegetable platter, appetizers, desserts or juice). Please bring a serving utensil for your dish and label whether your dish has meat, milk products, soy, nuts, or common food allergens. To make this event more sustainable, please bring your own reusable plates, cups and utensils.

We will spend some time outside (weather permitting), so we also encourage you to bring lawn chairs, sunscreen, hats, and any fun outdoor games that you would like to share with others.

We hope to see you on June 23rd!

The Duggan Community Garden

p.s. For information on how to volunteer for the Duggan Community Garden or join our waiting list to become a gardener, you can email us at DugganGarden@mydcl.ca.

EDMONTON EVENTS THIS MONTH

Find out what's happening every day on the City of Edmonton's [Events Calendar](#).

[HS Awareness Walk](#): June 10

[Financial Planning Closer to Retirement](#): June 13

Fathers' Day Children's Art Contest at the Edmonton Valley Zoo: June 17

[World Refugee Day](#): June 20

[National Indigenous Peoples Day](#): June 21

Better Choices, Better Health: [Chronic Pain](#)

[Self-Management](#): June 2

[The Works Festival](#): June 21 - July 3

[Top of the City 36-Hour Continuous Soccer Game](#): June 23-24

[Edmonton Valley Zoo Garden Festival](#): June 24

[Don't Skip the Chip](#) cat microchip clinic: June 28

[Pollinator Planting 2018](#): June 30

COMMUNITY EVENTS



Jmatt
JENEROUX

MEMBER OF PARLIAMENT | EDMONTON RIVERBEND

SUITE 204 596 RIVERBEND SQUARE, EDMONTON, AB T6R 2E3

MATT.JENEROUX.C1@PARL.GC.CA • 780-495-4351 • WWW.MATTJENEROUX.CA

COMMUNITY EVENTS

TOMATO EXTRAVAGANZA! IS BACK FOR 2018!

The 2017 Tomato Extravaganza! event demonstrated that tomato lovers do indeed enjoy celebrating the mighty tomato. So, the event is back and in 2018 it will be a bigger and better experience for tomato lovers in the Edmonton and area gardening community.

The focus of TE! 2017 was on bringing individuals and garden-related businesses and organizations together to provide a community benefit. At the event, people enjoyed the 'all about tomatoes' day featuring education, displays, tastings, competitions, food demos, small talks, entertainment, art and more. The Edmonton Food Bank was the beneficiary of donated tomatoes.



Tomato Extravaganza! 2017 was recognized on March 15th, 2018 at the Edmonton Event Awards as the best 'Startup Event' in the Greater Edmonton Region. The Team can't be happier than to be recognized creating a successful event with a small budget and getting such significant recognition.

This year we hope to garner even greater interest and enthusiasm amongst gardeners to raise lots of tomatoes, experiment with all kinds of tomatoes species and enjoy the experience of the vast array colours, shapes and sizes of tomatoes that can grow in your garden. Grow a giant tomato and you may win this year's heaviest tomato competition. It comes with bragging rights too!

We encourage gardeners to grow an extra tomato plant and share the fruit with the Edmonton Food Bank. We aim to have the scale read 500+ pounds of donated tomatoes!

Save the date Monday September 3rd, 2018 and spend a couple of hours at Tomato Extravaganza!

If you have questions, contact Special Events Donna Bagdan, Top Tomato, 780-436-0478 djbagdan@telusplanet.net



**Alberta Health
Services**

*Emergency
Medical
Services*



Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top 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)

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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.

www.albertahealthservices.ca



Emergency
Medical
Services

Heat Related Illness



With the return of summer weather, 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 or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water;
- 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.

www.albertahealthservices.ca

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ajdeleon63@gmail.com



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Jefferson Armoury – NAIT LRT

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Edmonton, AB T5G 2T8

(780) 973-4011 ext. 5286

Youth Program for ages 12-18

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Marksmanship, Survival, Physical Fitness,

Glider and Power Scholarships (learn to fly),

International Exchange

Thurs Evenings - 630-915pm

(September-June)

www.570squadron.com



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RESTAURANT



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& PRIVATE
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Host Families Wanted!



Open your home to **international students** this summer and enjoy a cross-cultural exchange that will provide lasting memories for your family.

The English Language School at the University of Alberta welcomes groups of students from Japanese universities during the summer. The groups will arrive at various times throughout **August**. The students will stay with a host family from one week up to a month.



Our students are at least 18 years old and will be using public transportation to get to campus. Students will attend class Monday to Friday.

We provide host families with an honorarium of **\$850** per month or **\$28** per night.



To receive more information on becoming a host family this summer, please contact Trudy Stevens, Homestay Coordinator, at trudy.stevens@ualberta.ca or by phone at **780-492-0071**.

DUGGAN COMMUNITY LEAGUE CONTACT INFORMATION

DUGGAN HALL ADDRESS

3728 – 106 Street NW
Edmonton, AB
780-436-6987

DUGGAN HALL MAILING ADDRESS

Duggan Community League
Yellowbird Post Office
P.O. Box 41041 Edmonton, Alberta
T6J 6M7

EXECUTIVE OFFICERS

President	(Vacant)
Vice-President	(Vacant)
Second Vice-President	Mohammad Ali Kamal
Treasurer	Richard Mak
Secretary	Gerald Draganiuk

DIRECTORS

Membership	(Vacant)
Communications	Tara Penner
Youth Programs	(Vacant)
Soccer	Brad Kring
Neighbourhood Watch	Michelle Barin
Webmaster	Michael Elliott
Social Director	Jeanna Friedley
Civic Director	(Vacant)
Youth Representative	(Vacant)
Social Media	Samantha Goettel

COMMITTEE CHAIRS

Inventory	(Vacant)
Financial Review	(Vacant)
Bylaw Review	(Vacant)
Policy/Procedure	(Vacant)
Hall Booking	Rene Meister
Board Transparency	(Vacant)
Senior Liaison	(Vacant)
Fundraising	(Vacant)
Board/Volunteer Recruitment	(Vacant)

Board Meetings are held at the Duggan Community Hall on the first Monday of every month.