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Have you immigrated to Canada in the last five years?

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EDITOR'S SCRIBBLINGS



Shutdown Shutterbugs

Dear Brentwoodians,

For some, one of the rare silver linings of our period of global self-distancing, quarantine, and isolation (coming up to a year and counting when the March issue is released) has been the development of a new hobby, or a renewed focus on an existing one. One such hobby is photography, and in this issue columnist Lee Hunt chats virtually with some of the photographers who have graced the cover of the Bugle over the past year.

It goes without saying, however, that for many the pandemic and its attendant shutdowns have not been all sourdough and cross-stitching. Even those who have stayed healthy have had to contend with job losses or pay reductions, the challenge of trying to work from home while watching kids, and the attendant strain on everyone's mental health and relationships from all this.

How has your COVID year been? We would love to hear from readers – the good and bad. Please share your stories at the email address below.

The Power of Critical Thinking

One other negative of these times is all the false information being shared and amplified through online platforms. Con artists and grifters have always preyed on the lonely and the fearful, and this pandemic has presented them with rich hunting grounds. Remember to always keep a critical eye to information being passed on – does a theory rely on thousands of people keeping a huge, terrible secret with nary a slip-up? Are nefarious forces trying to track people's every movement and thought? We are already freely sharing our thoughts and movements by walking around with GPS-enabled devices and posting our lives on Instagram and Twitter! Let's not let our fears, and the persuasiveness of fraudsters on social media, override our collective common sense.

Finally, a note for any readers who think they might like to contribute. The Bugle is an open space for all views from the residents of Brentwood, and provided that we have the space and that articles meet some basic guidelines (no promotion of businesses or political parties/candidates) we are happy to consider and print your contributions. Please get in touch at the email below if you have an idea for an article or have any questions about the process!



Important: All events have been cancelled until further notice due to the ongoing COVID-19 crisis. If you have questions about any of the recurring meetings or activities, please get in touch with the respective organizers at the contacts below.

Brentwood Community Association Board Meeting

Linda Van Holst

403-284-3477 | office@brentwoodcommunity.com.

Seniors' Tea

Scrabble Group

Linda Van Holst

403-284-3477 | office@brentwoodcommunity.com.

55 Plus Bridge Group

Roman

403-289-6244

Playgroup

Lindsay

playgroup@brentwoodcommunity.com.

Bugle Submissions

We want to hear from you! Tell us what you love most about Brentwood – or what you would like to see improved! Share your thoughts about the new school year, working from home, or stories about neighbours helping each other in these strange times.

The deadline for the April 2021 issue is March 1, 2021. For questions, please email Jonathan Jucker at bcabugle@telus.net.

St. Patrick's Favourite Colour

- St. Patrick's Day means the streets fill with green.
- Clothing, food, festivities, all in hues of green!
- You may have even gotten pinched if you didn't join in. But did you know that
- the original colour associated with
- St. Patrick was blue?! The colour
- green only became popular for the
- holiday, because of the shamrock
- and its leafy green colour.



Little Food Library!

Greetings from the Brentwood Cares Little Food Library at 3624 Boulton Rd. We maintained our busy pace through the holiday season. It was wonderful to see neighbours drop off special treats and creative staples. With your donations and support, we continue to stock the library twice daily, for use by people of all ages and circumstances, from elders to students. This holiday season, a number of Brentwood residents also shared their time and talents to participate in "Supper Club". As many of us socially distanced this holiday to protect our loved ones and the community, extra portions of home-cooked meals were available. A heartfelt thanks to Brentwoodians who dropped off a Christmas meal to the home of a temporary foreign worker – bringing smiles and a sense of belonging to our neighbours.

Cold Weather Help

In keeping with the season, we ask for your assistance in supplying the Food Library with food items that are resistant to freezing, such as:

Dried soups, packaged grains, lentils, quinoa, rice, chickpeas, beans, peas, pasta, packaged oatmeal and other cereals, peanut butter, coffee, pancake mix, biscuits, and granola bars

On warmer days, please consider donating items such as: Canned chili, chunky soups, canned fish of any type, tetra



packs of almond, rice, soya or oat milk, spaghetti sauce, apple sauce and other canned fruit.

Items can be dropped off in the Library itself or in the box beside the door at 3624 Boulton Rd at any time. For any questions, please reach out to lakloren@ucalgary.ca.

Please note, because of COVID-19, we ask that supporters only place sealed and unopened items in the box or at the door.

Warm Clothes Needed!

If you have winter clothing that is not needed, drop off at 3624 Boulton Rd or please contact lakloren@ucalgary.ca to arrange pick-up.

Snow Angels Needed!

Another great way to show that Brentwood Cares is to become a snow angel. Many of our neighbours are unable to clear snow from their walkways and sidewalks and need help to avoid dangerous conditions and city fines. If you are able to help out – and get some extra exercise! – please contact Lisa Boychuk (Lisa.Boychuk@brentwoodcommunity.com) with your location and availability.

Hats off to you Brentwood for your continued support!
Liza and the Brentwood Cares Team



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Important: Casino Co-ordinator Needed!

The BCA Casino Co-ordinator has retired from the position after providing wonderful service. If you are interested in taking on the role, which involves recruiting volunteers and submitting paperwork to AGLC, please contact Linda Van Holst at 403-284-3477 or linda.vanholst@brentwoodcommunity.com.

Carroll Place Seniors

The Carroll Place Seniors, at 1540 Northmount Drive NW, are seeking donations for their display case in the lobby. They are looking for gently used or new items, such as jewelry, table or shelf ornaments, kitchen wares, and any other household items you may have that you do not want anymore. Please contact Jean at 587-436-2271 to arrange a drop off time. Thank you.

We are Knitting for a Cause!

The Knitting for a Cause group would like to extend their heartfelt appreciation to everyone in the community who has donated wool and knitting supplies to their initiative over the years. Thanks to your donations, the group has been able to spread kindness and compassion throughout our wonderful city, one stitch at a time. The group began by knitting sets of children's hats, scarves, and mitts to donate to elementary schools in Calgary. Thanks to your generosity, hundreds of little hands and ears have been kept warm during our frigid Calgary winters. While the group continues to knit winter wear for kids, they have also expanded to participate in some incredible initiatives. Our group has been busy and there is no sign of slowing down. We are always looking for new members. All ages and skill levels welcome! No knitting experience necessary. Come and be part of the amazing projects we have underway. Call Erika Cusimano to sign up at 403-452-5575.

Alcoholics Anonymous

If you want to drink, that's your business. If you want to stop, we can help. Call AA at 403-777-1212.

Buy Nothing Brentwood

We offer area residents a way to give, receive, share, lend, and express gratitude through a network of hyper-local gift economies, where the currency is the connections between neighbours.

Give freely; share creatively. Post anything you'd like to give away, lend, or share; ask for anything you'd like to receive or borrow.

Check out the Buy Nothing Brentwood / Dalhousie / Triwood Facebook page, or buynothingproject.org.

Horizon Church

Horizon Church services will continue to be held online through our Facebook page. Search for @horizonchurchyc to tune in. It is open to anyone and everyone, regardless of who you are, where you live, or what you believe.

We hope that you and your loved ones continue to be safe and show compassion and generosity to those around you. You can find more information about Horizon Church at www.wearehorizon.ca.

Captain John Palliser School

The Captain John Palliser School is looking towards a new playground and needs help!

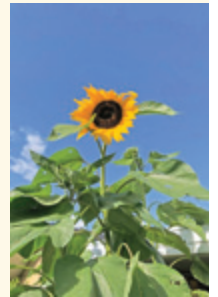
Your representatives in Brentwood

City Councillor: Sean Chu (Ward 4) | info@seanchu.ca | 403-268-3727.

MLA: Jason Copping (Calgary-Varsity) | Calgary.varsity@assembly.ab.ca | 403-216-5436.

MP: Len Webber (Calgary Confederation) | Len.Webber.c1@parl.gc.ca | 403-220-0888.

Photo Contest



The Bugle is looking for Brentwood's best amateur photographers to provide cover images each month. If you have a great snap of our neighbourhood saved on your phone or posted on your social media feed, send it in for a chance to be featured on the cover of an upcoming issue! Photos must be 300 DPI or higher (i.e. from a newer model phone or good digital camera), 6.3 x 8.2 inches minimum size, and portrait orientation. If submitting pictures of minors, please make sure that you have direct, express permission to submit the picture from a parent or guardian. Send your photos, or any questions, to bcabugle@telus.net.

Yours sincerely,

Jonathan Jucker, Editor, Brentwood Bugle



COMMUNITY ASSOCIATION

www.brentwoodcommunity.com | Community Centre, 1520B Northmount Drive NW
Mailing Address: 5107 33 Street NW T2L 1V3 • Email: office@brentwoodcommunity.com • 403-284-3477
Linda Van Holst – Office Manager • Steve Dietrich – Arena Manager

NAME	POSITION	CONTACT EMAIL
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JONES, Colleen	Events	events@brentwoodcommunity.com
OGDEN, Lindsay	Playgroup	playgroup@brentwoodcommunity.com
SIVAGNAMAM, Mohan	Volunteer Coordinator	Mohan.Sivagnanam@brentwoodcommunity.com
SWAILES, Melanie	Development & Transportation	Melanie.Swailes@brentwoodcommunity.com
WENINGER HENDERSON, Marie	Membership Director	Marie.WeningerHenderson@brentwoodcommunity.com
SPECIAL REPRESENTATIVES		
VAN HOLST, Linda	Seniors	office@brentwoodcommunity.com
KNOWLTON COCKETT, Polly Lee	Environment	PollyLee.KnowltonCockett@brentwoodcommunity.com
McKEE, Samantha	Soccer Coordinator	Samantha.McKee@brentwoodcommunity.com
MACDONALD, Ena	Figure Skating	Ena.MacDonald@brentwoodcommunity.com
MAKAR, Roman	55+ Bridge Group	Roman.Makar@brentwoodcommunity.com
SIM, Cynthia	Gardening Group	Cynthia.Sim@brentwoodcommunity.com
JUCKER, Jonathan	Brentwood Bugle	BCABugle@telus.net
STAFF		
DIETRICH, Steve	Arena Manager	Steve.Dietrich@brentwoodcommunity.com
VAN HOLST, Linda	Office Manager	Office@brentwoodcommunity.com

Our neighbourhood contributors for this month include, Rayan Alfuhaid, Rosemary Brown, Anne Burke, Lee Hunt, Cynthia Sim, Melanie Swailes, and the Brentwood Cares team.





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City Planning Books to Enjoy!

Last month, my Bugle article featured planning books for kids, this month, some adult selections. These are not technical planning books, but rather some that are interesting or relevant to our community. Most are available through the Calgary Public Library. (At the time of writing, libraries are closed to the public, but you can place a hold and arrange for curbside pickup at the Nose Hill Library. If you don't already have a card, apply online at www.calgarylibrary.ca).

Planning is not static: Ideas about what makes a great community, or a great city, change over time. Brentwood was developed in the early 1960s and changes are evident. The resident composition changes over time (for example, the average family size or the number of seniors) and this impacts potential redevelopment. Large houses or smaller condos? Yards and gardens or maintenance-free living? Cars or transit?

In most cases, there are no "right" answers. The challenge for residents is to learn about the relevant planning "rules" and how they may apply to, and impact, our community. City-wide, numerous documents guide redevelopments: The Municipal Development Plan, the Land Use Bylaw, the proposed Guidebook for Great Communities, and others. Beyond the specifics of those documents, it is helpful to learn about planning ideas and experiences from other cities.

In no particular order:

- *Underwater: How our American Dream of Homeownership Became a Nightmare* (Ryan DeZemmer, 2020)

The best book I've read in a long time! "A cautionary tale of Wall Street's push to turn homes into assets". We're all familiar with the US foreclosure crisis, but this very readable book looks at the fallout. Houses are no longer just homes and places to live, but rather commodities. The author uses his own experience with buying a home that went deeply "underwater", i.e., the remaining mortgage is worth more than the house. Look up some of the developments on Google maps to get a sense of the area (the Alabama coastline) and the scale of some of the buildings.

- *Walkable City Rules: 101 Steps to Making Better Places* (Jeff Speck, 2018)

Another very readable book with 101 short ideas about walkability, parking, and making interesting places.

- *The 99% Invisible City: A Field Guide to the Hidden World of Everyday Design* (Roman Mars, 2020)

A current best-seller for the "urban curious" about everything that makes a city work, with many drawings to make the topics clear. This is a book that you can jump into at any section or skip ahead to the items that interest you most. There is also a 99% invisible podcast that ties in with the book.

- *Next: Where to Live, What to Buy, and Who Will Lead Canada's Future* (Darrell Jay Bricker, 2020)

Demographic data and forecasts about what Canadians will want and need in the coming decades, including discussion on housing markets and urban/rural divides. While some charts or data can get a bit overwhelming, the overall predicted trends are definitely relevant, especially in light of COVID's impacts.

- *Expansive Discourses: Urban Sprawl in Calgary, 1945-1978* (Max Foran, 2009)

Local history about how neighbourhoods in Calgary were developed. Includes an interesting section about how Nose Hill was designated as a park instead of being developed for housing.

- *Unbuilt Calgary* (Stephanie White, 2012)

A look at a number of planned projects in Calgary that were never built, including drawings and maps.

- *The Death and Life of Great American Cities* (Jane Jacobs, 2011)

The classic book first published in 1961 that set a standard for city planning. Jane's Walks are in honour of Jane Jacobs. Jacobs introduced us to the ideas of "eyes on the street" and the "ballet of the sidewalk".

- *We Shall Not Be Moved: Rebuilding Home in the Wake of Katrina* (Tom Wooten, 2012); *The Trouble with City Planning: What New Orleans Can Teach Us* (Kristina Ford, 2012); *We're Still Here Ya Bastards: How the People of New Orleans Rebuilt Their City* (Roberta Brandes Gratz, 2015)

These books are about planning and rebuilding New Orleans after Hurricane Katrina. Although the events occurred in 2012, they are still relevant today with a look at mistakes that were made and how some people were dismissed in the rebuilding process.

- *Vancouverism* (Larry Beasley, 2018)

Well-illustrated with many examples of development in Vancouver and the planning processes involved. Anyone familiar with Vancouver areas such as False Creek will recognize the photos; the book provides details on the process of creating these areas.

Off the Book Shelf

by Rosemary Brown

One of the first and most impactful books we read in Chapters and Chat was *Clearing the Plains: Disease, Politics of Starvation, and the Loss of Aboriginal Life*. The author is James Daschuk, Associate Professor in the Department of Kinesiology and Adjunct Professor in the Department of History at the University of Regina.

Motivating the research for this book were the root causes of the gap in health outcomes for Indigenous peoples as compared to mainstream society in Canada. Using a range of sources including government documents, reports from Indian agents, the RCMP, and the Hudson Bay company, Daschuk locates the origins of the gap in health outcomes for Indigenous peoples on the prairies in the impact of the fur trade economy, the destruction of the buffalo herds, and harsh government policies.

I was deeply disturbed to learn that the Canadian government, under the leadership of Prime Minister John A. MacDonald, deliberately withheld food relief as a means to force treaties and reserves upon Indigenous peoples in order to clear the way for the railroad and settlement. Even after treaties were signed, food relief—often inadequate and even spoiled—continued to be a means for control until the late 1870s.

Despite fatal diseases introduced through the fur trade, the Indigenous population was quite healthy, but now malnourished and crowded onto reserves, they were not able to withstand the impact of tuberculosis which spread dramatically, killing a significant number of people, and making others more susceptible to other diseases. A more recent example of the link between malnourishment, overcrowding, and the spread of tuberculosis was a tuberculosis outbreak in the 1980s among the Lubicon Nation in northern Alberta after the disruption of their traditional economy by imposed oil and gas development.

While I found the content of 'Clearing the Plains' difficult and upsetting to read, I strongly recommend this book to others. It encompasses an important part of our history here in Alberta, which we cannot continue to ignore if we are serious about the truth and reconciliation process.

This past summer, The Settlers' Book Club read Desmond Cole's *The Skin We're In: A Year of Black Resistance and Power*. This book is a must read for anyone interested in gaining insights into the relationship between black communities and urban police forces. A black investigative journalist in Toronto, Cole recounts events from the year of 2016 on a month-by-month basis. He describes in chilling detail, incidents of police brutality, as well as interactions with immigration and child welfare. Cole also describes his activism and the community organizing efforts of everyday people. Cole weaves in stories from other provinces, including his visit to Alberta to meet with communities concerned about the issues of carding and racial profiling by the police. This book was a timely read shortly after the Black Lives Matter protests held across the world and is significant for understanding the experiences of Black people in this country at the hands of the authorities, and the need for change. As Cole states, "Some of us have decided that policing as it exists today will never contribute to our safety or freedom".

- *The Iconic American House: Architectural Masterworks Since 1900* (Dominic Bradbury, 2020)

Not a planning book, but I had to include it because it's such a beautiful new book with stunning classic homes, including Fallingwater and other architectural marvels. This is a great book to leave on the coffee table to peruse over a few weeks time.

With colder weather, you may have time to read more, and hopefully you may enjoy some of these book suggestions. You may even look at our community with new interest when you are out walking around!

Stay safe. Follow Province of Alberta and City of Calgary Guidelines.

Submitted by *Melanie Swailes*

If you are interested in community planning and redevelopment issues, we welcome new members to join us. Our meetings will be determined in accordance with AHS guidelines. Please contact the BCA for more information at office@brentwoodcommunity.com or at 403-284-3477.

YOUR CITY OF CALGARY

Can You Recycle Clothing, Shoes, and Textiles?

Yes! As you start your spring clean, don't put textiles in the garbage! There are many ways to keep clothing, shoes, and textiles out of the City landfills.



- Donate usable clothing and shoes to local charities or drop-off charity bins near you. Be sure to contact them first to find out what types are accepted. If the charity bin is full, don't leave it outside - only materials in the bins are accepted. Instead, hang onto your donation or take it to another bin.
- Recycle clothing and textiles for free at a City landfill, even if it's damaged. Our 'Throw 'N' Go' accepts a variety of textiles including outerwear, shoes, reusable shopping bags, purses, backpacks, and more. Just make sure fabrics are clean and dry, and place items in a bag before dropping off. If you bring other garbage in your load, landfill charges will apply.
- Repurpose old cotton shirts by cutting them into rags for household chores, such as cleaning or automotive work. Textiles also make great projects and crafts, with many patterns available online: sew quilts from denim and flannel, handkerchiefs from old t-shirts, or cushion covers from curtains.

Not sure how to properly dispose of an item? Visit calgary.ca/whatgoeswhere for answers to hundreds of items.

Our Bugle Photographers

by Lee Hunt

"I enjoy taking photos of people and scenery most... a single moment in time can capture so much warmth, excitement, happiness". These words by Brentwood photographer, Farah Lodhawalla, seem to capture the feelings conveyed by the photos on the front covers of 'The Bugle' over the past year.

I recently interviewed, via the computer, Farah plus three other Brentwood photographers who have generously contributed photos to The Bugle – Louise Brown, Samantha Hiltz, and Ken Wright.

Ken and Farah started taking photos at about age 10, whereas Samantha purchased her first camera just 2 ½ years ago.

Louise's first camera was of the hand me down Brownie box variety, Farah's a disposable Kodak. Now, both use smartphones. Both Samantha and Ken prefer using an actual camera. As you can tell by their Bugle covers, all four particularly enjoy taking pictures of nature. Ken is especially keen on Nose Hill Park which provides, "scenery and wildlife right next door – flowers, insects, even noxious weeds". Samantha, too, likes, "to shoot nature... it's the beauty of bright colours and natural imperfections that I'm drawn to the most". Louise reports that her cover photo – 'the dandelion head with raindrops' was taken walking right here in Brentwood.

All four enjoy photography for different, though related, reasons. For Samantha, taking photos is "a relaxing way to unwind", while Ken praises the activity saying, "it encourages me to get out for a walk". Louise has contributed pictures to, "a citizen science project called Bumblebee Watch", while for Farah, "the ability to capture a moment in time... is an activity which keeps me going".

I am very grateful to Louise, Ken, Farah, and Samantha for their superb Bugle cover photos, for their willingness to be interviewed, plus for their sending in extra examples of their work. Their original covers plus other photos accompany this article.

If you too, are a photographer, why not consider sending in a potential Bugle cover? To do so, see the information provided as part of Editor Jonathan's opening comments in Scribbblings.

Thanks

Kudos to all Brentwood residents who shovel their sidewalks after each snowfall.

Quadruple kudos to the homeowners at the corner of Northmount Drive and Brown Crescent, who not only shovel their sidewalk, but also clear a path from the sidewalk to the street. This is such a great help to pedestrians and to parents pushing carriages.

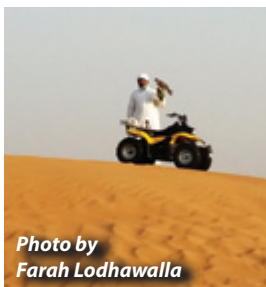


Photo by
Farah Lodhawalla



Photo by Ken Wright



Cover Photo by
Louise Brown



Cover Photo by
Farah Lodhawalla

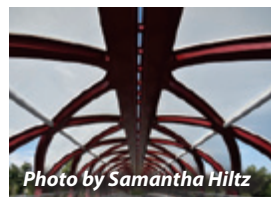


Photo by Samantha Hiltz



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Samantha Hiltz



Cover Photo by
Ken Wright

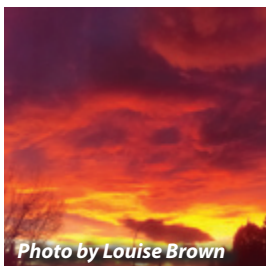


Photo by Louise Brown



Photo by Tine Blanke



Brentwood Gardening Group

by Cynthia Sim

Another quote (translated) from the poem 'Spring' by Hermann Hesse, used by Richard Strauss as one of his Four Last Songs:

"As in a gloomy vault, I dreamt so long of your trees and blue breezes, of your fragrance and the songs of your birds.

Now like a miracle you lie unfolded before me in lustrous adornment, flooded with light."

Maybe we can all leave this past year behind and focus on the promise of spring – a time of renewal and hope. My lavender seedlings seem intent on doing just that (see photo), so I will take my direction from them.

Spring registration for the garden bed rentals began on February 1, and to date, we have about half of the beds rented. If you are interested in joining our gardening group and trying your hand at growing your own vegetables, there will likely be a bed available for you at our community garden.

There have been many changes at our garden, and we anticipate more as the season progresses. The large wooden board signs attached to the east side of the fence were refurbished with left over paint from the sidewalk painting (thanks to Melanie Swailes for providing the paint) and they look quite bright and inviting. Unfortunately, our long time Maintenance Coordinator, Larry Hart, has stepped down from that position after five years of dedicated volunteer work. He will be sorely missed, but we are hoping to maintain the appearance of the garden until a replacement is found. Our temporary Resource Coordinator, Bev Espenat, has also had to leave us to concentrate on other activities. Although she was only with our group for two years, she has had an amazing impact on the garden, bringing much needed expertise to the planning and redesign of the perennial garden.

We are hoping to have group work parties this season, depending on the public health restrictions, as a small group is often more efficient than one individual in accomplishing the ongoing garden tasks. With luck and enough vaccine for the members, we may once again have our Harvest potluck in September.

News from the Friends of Nose Hill



by Anne Burke

In 1984, the "Save the Nose Hill Archives" was deposited at the Glenbow Museum by the Secretary/Archivist of the Nose Hill Park Communities Board. The collection consists of materials including bylaws and regulations, minutes of meetings of various interest groups, correspondence, legal, and financial records; historical outlines, newspaper clippings, a videotape, scrapbooks and photos; library material including maps, publications and city design briefs, as well as an "I'm for Nose Hill Park" t-shirt.

The Board made recommendations for the Nose Hill Park Master Plan Review. Thorough environmental impact studies are required before making major decisions or changing the resource management plan. Visual impact to be minimized. User wants must not overpower natural environmental principles. No general municipal uses allowed except those directly relating to Nose Hill Park and its objectives. This policy should be clearly stated by City Council and exceptions, if any, made by Council.

Archaeology is an immediate resource. Emphasis on preservation and natural resource values, not development and recreation. Do not install water, fire pits, shelters, or playgrounds. Fences and gates a high priority to prevent night-time access beyond the parking lots near the edge. Access for handicapped individuals to gravel pit area with links to paved paths. Wildlife recognized as an essential component of resources and, for conservation, the Board endorsed the concept of a wildlife corridor in a northern direction (with the city-wide bike path). Restrict maintenance vehicle access. Integrate any emergency access with the pathway system. The impact of planned bicycle paths will be too great and these should be "scaled down". Dogs are on-leash in the park except for some areas identified in the Master Plan, where dogs would be allowed to run off-leash (under their owners' control).

Burns and Scalds

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1

Disclaimer: The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Media and the Brentwood Community Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Building Bridges Among Us: Use It or Lo\$e It

by *Rayan Alfuhaid, Brentwood Cares*

We may feel that everyone in our society can reach their full potential if they “work hard”, but that’s not always the case in the real world. If you reflect back on your own life, you may have noticed that there are certain barriers to reaching your goals even though you’ve got the intelligence and work ethic, like maybe you lacked the social capital or finance you needed. In today’s story, I will dissect some barriers facing immigrants and people who may be disadvantaged due to social or financial circumstances.

Alex Jadad grew up in Columbia, part of the Lebanese minority there, and through hard work, he eventually completed his medical school education in Columbia, and his post-graduate training in anesthesiology. He then went to England to complete his Ph. D. in assessing pain relief tools and their effectiveness. His knowledge in the anesthesiology field was recognized, and he was invited to assist in making pain management guidelines in Ontario. He felt he belonged from his first day in Canada, but he felt a sense of isolation as he couldn’t work as a doctor. He faced many barriers, such as demonstrating language proficiency, even though he had published books and scientific articles, and was giving university lectures in English. It took him four years to get a medical license to start practicing in Canada, which is too long to waste such talent.

Alex’s story is representative of newcomers who are overqualified or mismatched for the jobs they obtain in Canada. I have worked with many healthcare aides who are qualified nurses and dentists in their countries of origin, but who struggle to find jobs here in Alberta due to the cost and time required to take equivalency exams. One study estimated the aggregate earning losses due to immigrant skill underutilization were \$4.80 billion in 1996, rising to \$11.37 billion in 2006. Furthermore, the proportion of immigrants with university degrees has risen from 20.8% in 1994 to 45.6% in 2001 and remained at that level through 2009 (see reference). This underutilization of immigrant skills costs our economy on such a grand scale that it’s upsetting—never mind the loss of human capital.

One of the main causes of this underutilization of some immigrants’ skills is the devaluing of foreign credentials and experience, which can in turn make it hard to find work that fulfills requirements for “Canadian” experience. If you or someone you know is in this situation, consider contacting Immigrant Services Calgary for support at <https://www.immigrantservicescalgary.ca/>.

References:

https://ir.lib.uwo.ca/cgi/viewcontent.cgi?article=1032&context=pclc_rpb

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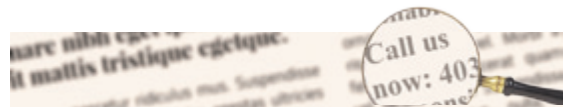
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COVID, Vaccination, and Economic Recovery

Alberta's government is back in session with the introduction of Budget 2021 and a continued focus on supporting Albertans through COVID-19 and Alberta's Economic Recovery Plan.

The global health crisis, economic recession, and low oil prices have had a significant impact on the health of Albertans, our economy, and the provincial budget. The Government of Alberta's commitment remains on protecting lives and livelihoods. This means focusing on vaccination roll out, protecting our hospital capacity and the most vulnerable, and getting Albertans back to work. In order to support Albertans through these challenging times, it will be necessary to run another high deficit this year. Given these costs will be passed onto future generations, it is even more important to manage your dollars responsibly while delivering key services.

With Alberta's Recovery Plan, along with reducing regulatory red tape for businesses and in bringing overall spending in line, we will see Alberta's economy gradually emerge from this downturn.

I am optimistic that the Alberta government will continue to implement policies this session that will see our economy continue to move in the right direction, and we will still have the government services we depend and rely upon.

International Women's Day – Choose to Challenge

I want to take a moment to recognize International Women's Day on March 8. This day is of significant importance to me, not only as a human resource professional, but as a father to three daughters, and being the MLA for the University of Calgary.

I see a future for my daughters, and all women, that is equal and allows them to become anything they challenge themselves to do. This year's theme is 'Choose to Challenge'. There is no better time for this theme as the world emerges from the challenges that we have all faced this past year.

On March 5, I am proud to join women in leadership roles who will engage in a conversation of their experiences, challenges they have had to overcome, and where they see the future for women leaders.

As always, if you need to get in touch with me on any provincial issue or have questions, please feel free to reach out to my office at Calgary.Varsity@assembly.ab.ca.



**Councillor, Ward 4
Sean Chu**

☎ 403-268-3727 ✉ ward04@calgary.ca
🌐 www.calgary.ca/ward4
🌐 www.seanchu.ca

Greetings Ward 4 Residents,

Make sure your home's smoke and carbon monoxide (CO) alarms are in good working condition by pressing the test button this spring, when the time changes to daylight savings, in addition to moving your clocks ahead.

Working, and properly placed, smoke and CO alarms save lives. Have working smoke alarms on every level of your home, both inside and outside every sleeping area, and have working CO alarms on every level of your home, close to sleeping areas. These are two of the easiest things you can do to keep your family safe.

CO is called 'the invisible killer' because you cannot see or smell it. This poisonous gas can come from many sources, including cars, malfunctioning fuel-burning appliances like furnaces, ranges, water heaters, and room heaters; as well as engine-powered equipment, like portable generators. Burning charcoal in fireplaces or in barbeque grills inside a home, or in semi-enclosed areas, can also result in lethal carbon monoxide levels.

At low levels, CO poisoning symptoms include dizziness, headaches, or flu-like symptoms. At high levels, they can cause mental confusion, vomiting, and even death. At extremely high levels, it is possible to lose consciousness suddenly without experiencing any other symptoms. Sustained exposure can quickly incapacitate and kill you.

Smoke alarms alert you to any smoke in your home. Replace the batteries in your alarms according to the manufacturer's recommendations and test alarms once a month to make sure they are working.

For more information, and other fire safety tips, visit calgary.ca/csps/fire/safety-tips/fire-safety-and-prevention.html.

Also, for more fire safety tips visit calgary.ca/fire.

- Install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of the home. Interconnect all smoke alarms throughout the home so that when one sounds, they all sound. Test smoke alarms at least once a month.
- Be sure your home has both photoelectric and ionization smoke alarms or combination ionization and photoelectric alarms, also known as dual sensor smoke alarms.
- Practice your home fire escape drill.

Thank you for your attention.



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Len Webber, MP**

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Private Members' Business

One of the most interesting parts of the Parliamentary process in Ottawa is Private Members Business (PMB). It allows individual MPs to introduce legislation of their choice. MPs can also be official Seconders to PMB legislation, just as I am to Bill C-204 which would ban the export of non-recyclable plastics from Canada to other nations.

Although there are some restrictions, it does offer a virtually unlimited opportunity for individual MPs to bring forward legislation outside of the Government's own agenda. Members are chosen in a lottery-type system and restricted to one Bill.

There are many interesting Bills currently up for debate and each represents a genuine, heart-felt effort by the sponsoring MP to do their part to improve life for all Canadians. (Full details at www.parl.gc.ca/legisinfo).

Some PMBs being debated this Parliamentary session include:

- Bill C-229 proposes to repeal the Oil Tanker Moratorium Act.
- Bill C-208 proposes to change the tax rules around the transfer of a small business or family farm or fishing corporation.
- Bill C-238 proposed new restrictions to combat illegal gun imports.
- Bill C-215 proposes a Climate Change Accountability Act.
- Bill C-234 proposes a home security tax credit.
- Bill C-220 proposes to extend the current leave time to allow caregivers up to an additional three weeks.
- Bill C-221 proposes a non-refundable tax credit to encourage action on suspended and inactive oil and gas wells.
- Bill C-213 proposes the Canada Pharmacare Act.
- Bill C-223 proposes the Citizenship Act be amended to require that permanent residents who ordinarily reside in Quebec must have an adequate knowledge of French in order to obtain citizenship.
- Bill C-206 proposes to amend the Greenhouse Gas Pollution Pricing Act to extend the exemption for qualifying farming fuel to marketable natural gas and propane.
- Bill C-236 proposes to decriminalize all drugs for personal possession.
- Bill C-232 proposes development and implementation of a climate emergency action framework.
- Bill C-231 proposes the Canada Pension Plan Investment Board Act not to invest in any entity that engages in certain practices.



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