

# Citadel Community Newsletter

WHAT'S HAPPENING IN YOUR COMMUNITY?



TIME ON YOUR HANDS?

## **VOLUNTEERS NEEDED**

The CCA is looking for volunteers to join the board. We need a Rentals Coordinator and an Event Planner. If you're interested in a 1 year term in either of these volunteer roles, please email: [president@citadelca.ab.ca](mailto:president@citadelca.ab.ca).

MEMBERSHIPS

## **RENEW HERE!**

Do you remember that long line at the CCA Stampede BBQ last year? Sign in to <https://www.citadelca.ab.ca/CCA/> to make sure your membership is active and up to date. Memberships are active for 12 months from the date of payment.

USED BOOKS NEEDED

## **BOOK SALE COMING**

The CCA is seeking gently used books for our Book Sale in September. We will be collecting books at 870 Citadel Drive on these dates:

July 29 from 10am to 1pm

Aug. 12 from 10am to 1pm

Aug. 26 from 10am to 1pm

We are unable to accept text books, games, puzzles, CD or DVD's.



## **SAVE THESE DATES!**

Parade of Garage Sales: June 24/25

Stampede BBQ: July 8

Senior's Event: July 22

Movie in the Park: August 12

Fire Safety Workshop: August 15

## CCA BUILDING OPEN FOR RENTALS!

The CCA building (870 Citadel Drive NW) is available for rentals.

If you have a birthday party, anniversary, or a meeting that you would like to host, please consider the Citadel Community Association building located at 870 Citadel Drive NW.

Hall capacity is between 70 and 114 persons.

Discounted rates are available for CCA members.

To learn more about the space visit:

<https://bit.ly/3EBRy2x>

If you are interested in renting the CCA building, please visit: <https://bit.ly/2UVM2FV>.



### Tips for watering your lawn

Water is best applied according to your soil type, weather and plant type. Plants prefer rainwater over water from the hose. Set up your rain barrel to collect rainwater to use on your yard. Learn more about rain barrels at <https://www.calgary.ca/water/programs/rainbarrel.html>.

Always water low and slow and never apply water faster than your soil can absorb. Water before 10 a.m. or after 4 p.m. to reduce evaporation.

Overwatering can lead to plant death. Soils in Calgary are generally clay-based and retain more moisture. Always check your soil moisture before watering. Learn more at: <https://www.calgary.ca/water/programs/lawn-care.html>

# #9PMROUTINE

## Lock up. Make it a habit.

- Remove valuables from vehicles
- Lock vehicle doors
- Close & lock all exterior doors
- Turn on exterior light



Source: [northmiamifl.gov/823/9PM-Routine](http://northmiamifl.gov/823/9PM-Routine)



# Citadel Community Association Membership

*\$30/yr*

## Benefit 1

Free access to Events such as:  
Easter Event - April 2nd  
Parade of Garage Sales - June 24/25  
Stampede BBQ - July 8  
Movie-in-The Park - TBD  
Halloween Carnival - TBD

## Benefit 2

Free access to Workshops:  
Landscaping 101  
De-cluttering & Downsizing  
Home Safety

## Benefit 3

Free access to Seniors  
Events & Programming

## Benefit 4

Discounted Fitness Classes  
including Ageless Energy & Yoga  
Badminton

## Benefit 5

Discounted Hall Rentals  
Access to tennis courts, skaing rinks

## Benefit 6

Volunteer opportunities,  
meeting new people, having fun



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Find us on the web at:

<https://www.citadelca.ab.ca/CCA/index.php/memberships>

Facebook: Citadel Community Association

Instagram: Citadel\_Community\_YYC

**Citadel Community Association**

# **Senior's BBQ**

**Saturday, July 22**  
**11:00AM-2:00PM**

**Lawn Darts**  
**Bocce Ball**  
**Connect Four**



**Members: FREE / Non-Members: \$10**

RSVP to Ed at [dal2@citadelca.ab.ca](mailto:dal2@citadelca.ab.ca)

Please include your membership number

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Citadel Community Association  
**PARADE OF  
GARAGE SALES**

**June 24 & 25**

**9:00AM - 3:00 PM**

**Register to get your sign at:**

<https://bit.ly/3Bh8r28>

**NEW: Trunk sale at 870 Citadel Drive NW**

**Clothing, Furniture, Toys, Books  
and much more....**



Sponsored by:

**ZEENA.**  
*Taghvaei*



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www.zeenarealty.com**

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Citadel Community Association

# Stampede BBQ



Burgers & Hotdogs, Beans,  
Coleslaw & drinks

Petting Zoo  
Western Shootout, Axe Throwing,  
Skee Ball, Giant Jenga & more



**SATURDAY**  
**JULY 8TH**

**12:00 - 3:00 PM**  
870 Citadel Drive NW

**ZEENA.**  
*Taghwai*

*working hard to bring you home*

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CITADEL COMMUNITY ASSOCIATION  
presents:

**FREE  
ENTRY**



# MOVIE IN THE PARK:



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**AUGUST 12 at DUSK**  
**870 CITADEL DRIVE NW**

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*working hard to bring you home*

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*Citadel Community Association*

# **FIRE SAFETY WORKSHOP**

**Tuesday, Aug. 15**

**7-9pm**

**870 Citadel Dr. NW**

Topics will include:

- Fire Prevention including common fire causes
- Fire Detection - smoke & carbon monoxide alarms
- Evacuation - having a plan to get out, stay out & call 911.

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Emergency  
Medical  
Services

## Heat Related Illness



EMS would like to remind everyone to stay safe in the heat and sun this season. While children, elderly and individuals with varying underlying health conditions may be more susceptible to the effects of heat and sun, all should take basic prevention measures 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 is unable to 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.

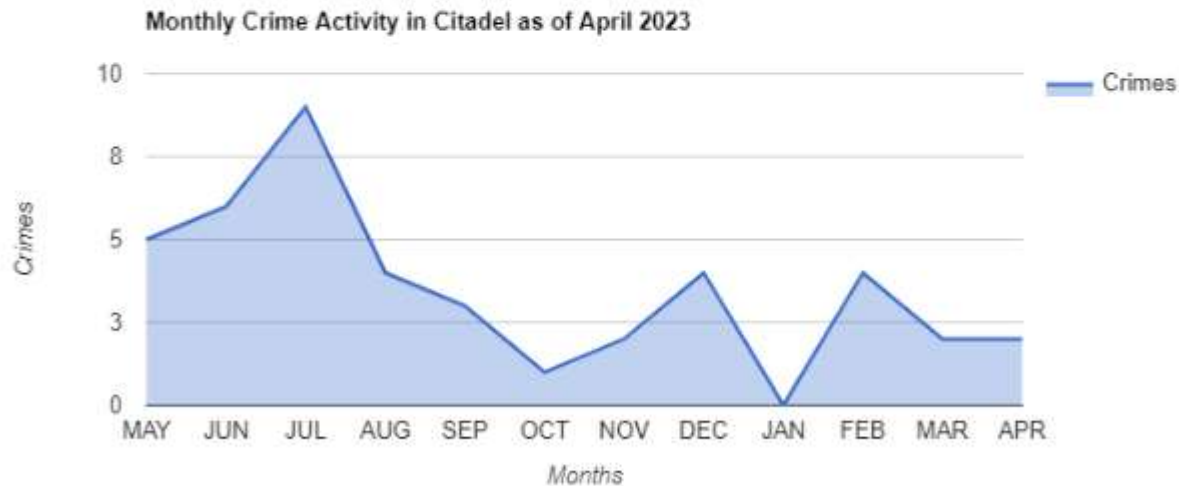
### Prevention

- Stay well-hydrated by drinking water;
- Be aware that excessive alcohol and caffeine consumption may promote dehydration;
- Wear a broad brimmed hat to keep the sun off your face and neck;
- Apply (and reapply) 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](http://www.albertahealthservices.ca)

## Citadel Crime Activity was Unchanged in April 2023

Citadel Calgary experienced 2 crimes in April 2023, in comparison to 2 crimes the previous month, and 6 crimes in April one year ago. The Citadel community has an average of 3.5 crimes per month. On an annual basis, Citadel had a total of 42 crimes as of April 2023, which is down 45% in comparison to 77 crimes as of April 2022. Total Citadel community crimes is calculated as the sum of break & enters (dwelling, commercial, and other premises), theft from vehicles, theft of vehicles, assaults (nondomestic), commercial robberies, street robberies, and non-domestic 'other' violence.



**How To Report Crime In Citadel:** Dial **911** for emergencies or crimes in progress. For non-emergencies dial **(403) 266-1234**. To report a crime anonymously, contact Crime Stoppers at **1-800-222-8477** (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](https://crimestoppers.ab.ca) or text tttTIPS to 274637.

**What Else Can I Do To Secure My Home and Property?** The Calgary Police Service encourages Calgarians to establish a 9 PM Secure Your Home and Property Routine before heading to bed. The routine recommends: Removing valuables from vehicles | Ensuring vehicles are locked, windows are closed and if possible, parked in a garage | Closing garage doors and windows | Locking any person-doors in the garage, including those leading into a house | Checking that all house doors – front, back, side and garage – are locked | Ensuring all windows are shut | Turning on an exterior light.

**Do you know anyone in and around Citadel that is struggling with alcohol and other drug dependencies?** Consider contacting the [Calgary Alpha House Society](#) which is a local non-profit, charitable agency providing support to men and women whose lives have been impacted by alcohol and other drug dependencies. For individuals on the street needing assistance contact the 24/7 DOAP Team at **403-998-7388**. To clean up needle and needle debris in Citadel on public and private property contact the Needle Response Team at **403-796-5334**. To seek assistance for individuals who are sleeping in camps outside in Citadel contact the Encampment Team at **403-805-7388**.

To read the full report go to: <https://mycalgary.com/crime-statistics/citadel-crime-activity-update/>