

## BATUS Spring & Summer Newsletter

### Alberta Weather

The weather can change dramatically at very short notice, with very strong winds, heavy rain, large hailstones and breath-taking electrical storms. During the summer months, the sun can be very strong, with a high UV Index. Therefore, the correct level of sunscreen should be used.



Sunscreen should be applied at least 15 minutes before going outside and at least every 2 hours while you are outside. Apply it generously to any areas that are not covered by clothing, a hat, or sunglasses. Don't forget your ears, the backs of your hands, and your scalp if you have very short hair or are bald.

**The sun's UV rays are strongest between 11 am and 3 pm.**

Protect yourself and your family even on cloudy days.

For further information or advice consult the Medical Centre or the SSAFA Health Visitor.



### Check for hot car seat parts

Car seat components, such as buckles can get hot in the sun. Always check the areas of a car seat that come in contact with a child in order to avoid burns. Some seat manufacturers recommend placing a light coloured blanket or towel over the car seat when it's unoccupied and sitting in the sun.

### Prairie Winds

The summer also brings very strong prairie winds that cause damage. Garden furniture, gazebos, trampolines, wheely-bins and other garden items must be secured.

Care should be taken when outside as these winds cause branches to snap from trees and can dislodge roof shingles from houses. They can also cause damage to powerlines and power cuts may occur (have a torch/lantern handy).

After such storms, residents are advised to inspect their property and report any damages.

## Lawns/Lawnmowers

Nearly all SFA/SSFA comes with a garden and these can vary in size. In Ralston Village these can range from what you would consider normal by UK standards to enormous. For this reason, you are issued with petrol driven lawnmower. Instructions for the use of the lawnmowers are to be adhered to and manufacturers operating manuals are issued with the lawnmowers for your reference.



Lawns and grassed areas within and around your fence line are to be mowed regularly. If grass is allowed to grow too long, it will become a haven for mosquitoes, and it will be difficult to cut.



Watering is also important, with the best time to water being early morning or late at night. Bare patches of grass caused by pets, decking, children's play equipment etc, will need to be reseeded and have grass growth prior to your Move Out, so plan ahead. Currently there are no restrictions on watering but look out on social media for this to change.

Grass cuttings and green garden waste, are to be placed in your waste bins or in the skips situated by the Gym. Biodegradable bags for garden clippings are also available from Base Maintenance, ext 4471.

Occupants wishing to carry out self help with re-seeding of lawns after CFHA/Contractor Works, pick up seed from ASA warehouse in Bldg 407.

## Village Parking

The orderly parking of personal vehicles and recreational equipment in Ralston Village is critical to avoiding route congestion and impact on fire response access.

Personal vehicles are to be parked in the established driveway, garage or on the street in a manner that does not block fire response. Non-roadworthy vehicles and bulky items cannot be stored on the driveways or on the rest of the property; and it is prohibited to park or drive vehicles on the grass.



Recreational vehicles, including trailers and boats, cannot be stored on the residential property or on the street. It is permitted to park a recreational vehicle in vicinity of the residence for up to 24 hours for loading/unloading. There are two locations that are approved for the storage of recreational vehicles:

- **Farnborough Ave in Ralston.** This area affords ready access to recreational vehicles, however it is not fenced. Space allocation is managed through the Base RSM.
- **CFB Suffield.** The CFB Suffield G4 Transportation maintains a locked compound on the former C130 airfield located on the southwest side of the Base. Space allocation and access is managed through Base Transport in Bldg 312. Proof of insurance and registration is a prerequisite for the use of this space.

### **Padding / Wade Pools / Hot Tubs**

Padding pools up to 24 inches in depth may be used in gardens in Ralston Village if the pool is under constant supervision and is emptied on a daily basis, without application to CFHA.



Occupants that wish to erect a pool or install a hot tub in their Ralston married quarter garden need to fill in a CFHA consent form for "Swimming Pools/Hot Tubs & Enclosures" which can be obtained from the Housing Office.

### **BBQ / Fire Bowls / Pits**

Charcoal and Gas BBQ may be used in Ralston Village. Before use, occupants must ensure the BBQ is a suitable distance from the house and outbuildings as a fire precaution and to avoid damage to the sidings.



Fire bowls or fire pits are not permitted in Ralston Village. Occupants living in in Medicine Hat, Redcliff, Calgary and Cochrane must abide by the local bylaws and County fire bans.

## Pets

Ralston village is deemed 'an On Leash Area' therefore dog(s) must be on leash at all times when inside the village boundary. Occupants in Medicine Hat and Redcliff are within Cyprus County and must abide with local town byelaws. Calgary and Cochrane must abide by the local county, city or town byelaws.

## Air Conditioning Tips



Don't allow the interior of your home to become uncomfortably hot, as the air conditioner cannot cool it down within a reasonable amount of time. Air conditioners are designed for about a 10° change in temperature; e.g. a 37° air

would only be cooled to about 26°.

One of the simplest air conditioner tips is to change your filter at **least** four times a year to ensure that your family is breathing cleaner air and your furnace system is not being overworked. Check your furnace filter every month. It could save energy and money!

Keep heat out of your home by closing blinds, shades and draperies that cover windows facing the sun. Close coverings on east-facing windows in the morning and west-

facing windows in the afternoon. This can keep you cooler and help save energy.

Don't let heat build-up in your home. Appliances, electronic devices and lighting are all common sources of internal heat gain. To combat this excess heat, avoid putting lamps or televisions near your air conditioner's thermostat. These heat-generating appliances can cause the thermostat to think the house is warmer than it really is, resulting in the system running longer than necessary and wasting energy.

Consider using an interior fan along with your air conditioner to spread the cooled air through your home without greatly increasing your power use.

## West Nile Virus

Summer is coming and it is more important than ever to protect yourself from pesky mosquito bites. Not only are bites uncomfortable, but the mosquito that bites you may also give you West Nile Virus.



## What is West Nile Virus?

West Nile Virus is mainly transmitted to people through the bite of an infected mosquito. Most people infected with the virus have no symptoms or they have flu-like symptoms, such as fever, headache, body aches and fatigue. Sometimes though, the virus can cause severe illness,

including meningitis and encephalitis.

The chances of getting West Nile Virus from an infected mosquito are very low. While anyone can become infected with West Nile Virus, the risk

of severe illness increases with age. Protect yourself and your family from mosquito bites!

## How can you protect yourself and your family from mosquito bites?

- Choose an insect repellent that contains DEET or other approved ingredients.
- Wear light-coloured clothing, a long-sleeved shirt, long pants and a hat to go outside when mosquitoes are most active.
- Get rid of as much standing water as you can from around your home and property. Drain water from

flower pots, wading pools, old tires and so on. Change water in birdbaths and pet bowls twice a week.

- Make sure your window fly screens are in good repair.

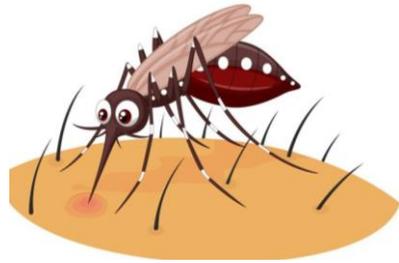
## Why should you use insect repellent?

Using insect repellent helps stop mosquito bites that may give you West Nile Virus, so you and your family can continue to work and play outdoors with greater peace of mind.

## Is DEET safe?

Yes. Insect repellents containing DEET are safe when used as directed. DEET has been safely used in North America for more than 40 years. Use only insect repellents that have a P.C.P. Act Number on either the front or back of the bottle. This number means the product has been approved in Canada:

- Always read and follow the directions on the insect repellent container, especially when using on young children.
- Only a thin layer of repellent is needed. Apply



to skin surfaces that are not covered by clothing. Repellents can also be applied to your clothing.

- If you plan to be outdoors for a short period of time, choose a repellent with a lower concentration of DEET and reapply as needed.
- Wash treated skin with soap and water when you return indoors or when you no longer need protection.
- Do not put repellent on children's faces and hands. This will reduce their chances of getting it in their eyes and mouths.
- You can use both sunscreen and insect repellent when you are outdoors. Apply the sunscreen first, followed by the insect repellent.

### Is there a specific time of day when you should use insect repellent?

Mosquitoes can bite anytime-day or night.

### Directions for application:

- Do not use DEET on infants less than 6 months.

- For children 6 months to 2 years, use only if there is a high risk for mosquito bites, and then use only once a day (use product containing 10% DEET or less).
- For children 2-12 years, use no more than 3 times a day (10% DEET or less). Avoid using over a long period.
- For adults and children over 12 years, Health Canada recommends insect repellents containing 5-30% DEET.
- Do not use repellent on open wounds or on skin that is sore or sunburned.
- Do not put on repellent unless you are going outdoors.

For further information or advice consult the Medical Centre or the SSAFA Health Visitor.

Have a safe  
and pleasant  
summer!

