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**CANADIAN RENTS COOL AFTER YEARS OF SOARING INCREASES**

By Shaun Hildebrand

Rents for purpose-built and condominium apartments rose 4.7 percent annually, averaging \$2,142 in August. Purpose-built apartment rents jumped 6.2 percent to \$2,118, while condominium apartment rents saw a slight increase of 0.1 percent, averaging \$2,308. Notably, studio condominium rents dropped for the sixth consecutive month, falling 3.3 percent to \$1,825, while purpose-built studio rents surged 10.7 percent to \$1,784.

"Rent increases in Canada finally returned to their longer-term average after nearly three years of excessive growth," said Shaun Hildebrand, President of Urbanation. "This was achieved through a combination of more supply being built, as well as a rollback in demand from population-related changes in government policies."

British Columbia and Ontario continued to have the highest rents in the country, despite recording annual declines. Average apartment rents in B.C. dropped 5.2 percent year-over-year to \$2,536, while Ontario rents fell 4.3 percent to \$2,390. Saskatchewan led the country in rent growth, with a 21.4 percent annual increase, bringing the average apartment rent to \$1,338.

Among Canada's six largest markets, Edmonton was the only city to record annual rent growth, with rents rising 9.2 percent to an average of \$1,579. Toronto saw the steepest decline, with rents dropping 6.9 percent to an average of \$2,697. Vancouver continued its nine-month streak of annual declines, but rents showed signs of recovery, rising to \$3,116. Calgary, Ottawa, and Montreal also experienced slight declines, with Calgary rents falling 1.1 percent to \$2,046, Ottawa dipping 0.1 percent to \$2,224, and Montreal dropping 0.6 percent to \$1,988.

Shared accommodation listings across four provinces recorded an eight percent annual increase in asking rents, reaching an average of \$1,011 in August, the highest on record. While Vancouver and Toronto saw declines in roommate rents, falling to \$1,481 and \$1,234 respectively, other cities such as Calgary, Ottawa, and Montreal experienced increases, with rents reaching \$928, \$944, and \$950, respectively.

As supply increases and demand stabilizes, Canada's rental market appears to be moving toward a more balanced state, with rent growth slowing across many of the country's largest cities.

**National survey reveals Canadians want more action on disaster response and relief for future emergencies, including extreme weather and natural disasters**

- As the frequency and intensity of natural disasters and climate-related emergencies escalate nationally, Canada's emergency management ecosystem is at a critical juncture. With the 2023 wildfire season being one of Canada's worst on record and the summer of 2024 recently declared the hottest ever on record by the EU climate change monitor, the need for climate-adaptive infrastructure, collaboration and advanced technologies is increasing in urgency.

According to a new survey from Nanos Research, released on September 13, 2024, over half of Canadians surveyed (61 per cent) feel Canada as a country, is not prepared or somewhat not prepared to respond to future emergencies such as extreme weather, wildfires and other natural disasters.

In response to the growing need for a unified and national approach to emergency management, the Canadian Emergency Preparedness and Climate Adaptation Convention (CEPCA), organized by dmg events and hosted in Ottawa, Ontario, from September 24 to 26, 2024, was created by experts in emergency preparedness and climate adaptation to foster collaboration, break down silos and create resilient infrastructure and communities across Canada.

"There has never been a truly national forum that brings together municipal, provincial and federal governments, along with the private sector and local communities, to focus on proactive strategies for unified emergency management across the country," says Nick Samain, Senior Vice President of dmg events. "This is why CEPCA was created, as a commitment to strengthen community resilience, improve emergency response strategies and introduce cutting-edge climate technologies to create a safer and more sustainable future for all Canadians."

Nanos Research, commissioned by dmg events, surveyed 1093 Canadians across the country on their knowledge and opinions of emergency preparedness. Some of the key findings include: 91 per cent of the participants surveyed support or somewhat support the creation of a national volunteer disaster relief program and 82 per cent support or somewhat support the creation of a national disaster response agency.

57 per cent of participants say there is not enough quality information publicly available to Canadians about emergency preparedness.

Among participants, 75 per cent said they believe there will be an increase in emergencies such as wildfires, floods and other natural disasters in Canada in the future.

Events like CEPCA will play a key role in fostering the exchange of best practices and promoting investment in innovative solutions such as real-time early warning systems and examining the key barriers to cross-sector collaboration including national versus local decision-making. These advancements are essential to building a more resilient emergency response framework that can handle the rising challenges posed by a changing climate.

"The results from this research confirm that Canadians want enhanced communication on how our country is improving emergency response, both now and in the future," says Samain. "The goal of CEPCA is to show Canadians that our emergency management ecosystem has a great opportunity to evolve and better meet these challenges head-on, ensuring that communities are better protected in the face of serious and uncertain dangers from natural disasters."

**Other important findings include:**

Almost half of participants think Canada should be investing more funding for emergency preparedness in 2024 and 2025.

87 per cent of participants were interested or somewhat interested in doing a better job preparing for possible emergencies in Canada.

The comprehensive research report will be available to attendees of CEPCA. This in-depth document offers valuable insights for those engaged in disaster preparedness and climate adaptation.

Canada's emergency management ecosystem is at the forefront of adapting to the growing threat of climate-related disasters. By fostering collaboration, innovation and investment in resilience, the country is striving to protect communities and reduce the devastating impacts of future climate emergencies.



**KEEP IT GREEN**

By Patricia Conlin

During this time of great upheavals, there are many lessons to learn that impact our future ability to adapt and thrive in our work and lives. What are we to do to move forward? How can we begin to see better days ahead you might ask?

For some of us, there is a frantic effort to keep going and maintain the status quo that is leading to burn out and increased physical and mental health issues. For others, there is a paralyzing feeling hopeless and experiencing anxiety...which leads us to feel exhausted constantly and only make a marginal effort at work at home or with each other.

**But there is another approach, a middle path so to speak...**

I learned some valuable lessons from having a summer garden that have helped me enormously to stay strong and resilient in difficult times. A garden starts with a plan. During all the months of planting, weeding, harvesting and processing my food, I had time to reflect on the problems we are facing in our communities across Canada and how we can unite and work together to solve them.

**Here are some of the garden lessons that I would like to share with you:**

**1 Planning:** A garden project, like a business, life or community plan, needs to be detailed. Certain plants need more sun, more topsoil or to be separated from other plants. Rotating crops is critical for soil health. The current practice of monocropping is destroying our rich soils just like the practice of limiting view points and respectful dialogue is destroying our communities and stifling free speech and democracy. Gardens just like communities need healthy soil (free speech), a variety of plants (many different people and ideas) and constant attention and love.

**2 Sowing:** It is always incredible to witness tiny seed growing into large fruit bearing plants. Be careful which seeds you sow and how often you tend to them. Are you wasting time sowing only one kind of seed in difficult soil that may not grow? Are you providing the seeds the things it needs to grow well like sun and water... - a strong relationship built on trust and a mutual respect with regular value added contact?

**3 Weeding:** During the summer the weeds became terrible. But the weeds need to be removed as they choke out plants cause the harvest to suffer or even be killed. Like weeds in our garden, our own negative and limiting thoughts and emotions are "weeds" that keep us from achieving our true potential or even enjoying the blessings of each day. As I gardened this summer, I challenged my emotions and reminded myself to be grateful and keep going. As I plucked out my own "weeds", I felt my energy and fighting spirit returning. I returned to the garden and saw the lesson of how pulling weeds allowed our plants to thrive. We need to get rid of your own weeds so our lives can thrive again. Let's stop feeling overwhelmed in small steps and focus on rebuilding momentum towards our goals. Your weeds could be self-limiting beliefs, a difficult relationship, feeling loneliness or depression or bad habits like eating too much junk food or not exercising. Whatever your weeds are right now, identify them and rip them out of your life!

**4 Learning new Techniques in the garden:** I have learned how to pickle, ferment and properly store vegetables and how to make delicious sauce from tomato crops in the past. I have learned how to freeze dry food for long term storage and how to cook new recipes using the bounty of the garden. And just like the plants in the garden, learning in life keeps us growing too. Whether it is a craft or wood-working project, a course or even reading a new book, keeping learning in our lives keeps us healthy and strong. I started learning archery and find it very fun. What are you learning right now?

**5 Enjoying the Bounty:** Sometimes in gardening, like in life, we get into work mode and forget to celebrate each day. When you bite into a fresh cucumber or savour a fresh bean, pea or tomato, you realize that it is worth all the effort. I made sure to enjoy the bounty from our summer garden by trying out new recipes each week with my veggies and taking time to "smell the roses" so to speak with the miracle of growing food. When it comes to our life, we need enjoy our bounty as well. Like celebrating a family birthday, appreciating the neighbour's flowers, taking a walk in a serene forest or thanking the checkout clerk at the local grocery store-are all ways to stop into gratitude and enjoy the "bounty" of our lives no matter what stresses might be impacting us.

**6 Storing Food from the garden:** With some of the extra food from my garden, I have looked into ways to store it for the winter. Vegetables like potatoes and onions can last several months if stored properly in a cool dark place. We are all used to having grocery stores to provide a large and diverse supply of food and we have refrigerators and freezers to store it. But learning to store up during tough times is still a good lesson. When my father was young, his family was very poor as he grew up during World War 2. His family had a large vegetable garden and a cold cellar in the basement. If they didn't learn how to properly store food in the winter, they wouldn't have enough to eat. I remember him telling me how he learned to store potatoes in sand and how one year he allowed the potatoes to touch each other causing rot. This meant his family didn't have enough potatoes for the winter and he never forgot the lesson. It is always a good lesson to store up during difficult times. We can reduce our overheads and expenses and learn to do things ourselves instead of outsourcing. We can avoid overspending and waste. Learning to store up a bit for tough times can include all bounty including money as well given the uncertainty in the economy.

**What areas of your life can you take care of by storing up this Fall?**

**7 Saving and using your own seeds:** The miracle of gardening is the same as the miracle of life. Despite our moods, our doubts, the weather set-backs and predators of all kinds, there is always a miraculous bounty if you put in the hard work. What I learned from my experience as a gardener is that we often toss out our seeds instead of saving and using them in upcoming seasons. I started saving seeds a few years ago and it has made all the difference. Imagine taking a small portion of your beans and letting them dry out then saving the seeds and planting them the next season. This is unbelievably empowering and also saves us money and produces fresher bounty the next season. But most people throw out the plants including their seeds that they don't want instead of saving them. This applies ourselves too as most people throw away their own "seeds" or ideas before they even make an effort to "plant" them or take action to make them happen! What "seeds" or talents do you possess that you can use to build success for next season? Think of what you are naturally good at, what you are passionate about, what interests you have. Then blend those "seeds" with your efforts. Plant your own seeds regularly and make sure to follow up with nurturing care.

Having a summer garden has been enormously rewarding. Even though the work is significant, the joy is great as well. The garden taught me many lessons but first and foremost it taught me about the balance of all season. As members of a community here in Durham, we need to find the balance between the push to succeed and the joy of the journey, so that we can maintain momentum and plant the seeds of success for Durham and our own families in future seasons. "Nature does not hurry, yet everything is accomplished" Lao Tzu

"To plant a garden is to believe in tomorrow" Audrey Hepburn

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