



OASIS ENERGY NEWS

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Happy April

Happy Easter! *Sunday, April 1, 2018*

If you celebrate Easter or not, here are a few fun things to do around Calgary this holiday long weekend

Our monthly newsletter is to share and be able to update all our employees and guests in the event that they miss something new and exciting at Oasis Energy!

Please check out the following things to do in Calgary this weekend!

<https://www.todocanada.ca/things-to-do-calgary-this-weekend/>

Legendary Easter Hunt at Butterfield Acres Petting Farm

http://www.butterfieldacres.com/farmfun_easter.htm

Easter Extravaganza at the Calgary Zoo

<https://www.calgaryzoo.com/events-activities/special-events/easter-eggstravaganza>

Easter weekend at Banff Gondola

<https://www.banffjaspercollection.com/attractions/banff-gondola/soar-into-spring/>

Fun Facts about April Fool's Day:

April 1st - April Fool's Day

- April Fools' Day, has been celebrated for several centuries by different cultures, its exact origins remain a mystery
- Historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in

1563. People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes

To prank your family and friends, go to <https://brobible.com/guyism/article/april-fools-day-pranks-jokes-gags-tricks/>



Spend time in a flower garden. Stay there as long as you wish, but make sure your visit is long enough to take in the various charms that the world of blossoms and petals provides...Alan Epstein



Spring is one of the most delightful times of the year

- 1. TEMPERATURES ARE MODERATE** Spring marks the end of blistering winter and the transitional period to summer. The season brings mild temperatures and the arrival of spring means you can finally ditch the heavy winter layers.
- 2. THERE IS MORE DAYLIGHT** Daylight Saving Time, which moves the clock forward starting in March, gives you more light hours to get things done. Those extra hours of sun can be a major mood-booster, according to research.
- 3. THE BIRDS RETURN** Many birds migrate south during the winter, then head north as temperatures rise. There is no better indicator of spring than birds chirping outside your window and seeing more of our feathered friends can make you happy.
- 4. THERE ARE BABY ANIMALS EVERYWHERE** Many animals reproduce in the spring, when temperatures are warmer, and food is plentiful. Baby animals abound come spring. Studies have found that seeing cute animals can have positive effects on humans.
- 5. YOU CAN GO OUTSIDE** Warmer temperatures mean you can spend more time outside which is great for mental health, research has found that taking walks in nature slows your heart rate and makes you more relaxed, but some research indicates that there is something special about spring's effect on your brain. A study linked spending 30 minutes or more outside in warm, sunny spring weather to higher mood and better memory.
- 6. THE LEAVES COME BACK** Spring brings green growth back to plants and trees, a hugely important factor in keeping cities comfortable, when trees release water back into the air through evapotranspiration, it can cool down the areas around them
- 7. GROWING PLANTS ABSORB CARBON DIOXIDE** It's amazing what a little sun can do for plants and grass. Through photosynthesis, plants convert sunlight, carbon dioxide, and water into food, releasing oxygen in the process, as plants start to grow in the spring, they pull carbon out of the atmosphere, providing an important environmental service.
- 8. FLOWERS ARE IN BLOOM** After months spent conserving energy, flowers bloom in the spring, once they sense that the days have grown longer and the weather has turned warmer. That's good for humans, because several studies have shown that looking at flowers can make you happy.
- 9. IT'S EASY TO FIND FRESH PRODUCE** Many vegetables and some fruits are harvested in the spring. 'Tis the season to get fresh produce. Getting more fruits and vegetables into your diet isn't just good for the body; it's good for the soul.
- 10. YOU CAN OPEN YOUR WINDOWS** Spring weather makes it easier to get the fresh air you need. Opening your windows and allowing the breeze in serves as an important way to ventilate indoor spaces, Spring brings the perfect opportunity to throw open those windows and doors and get the air moving again.

Contact Us

Oasis Energy Group Ltd.

140 4th Ave SW
Suite 1610 North Tower
Calgary, AB T2P 3N3
1-877-490-5601
info@oasis-energy.ca
www.oasis-energy.ca

DAILY ENERGY INFORMATION

Check out <https://energynow.ca/> for all the daily trends in Canada and around the World

Another cool Market & Energy site <http://www.marketwired.com/>



GETTING HEALTHY

Mr. Wang had recently paid for all employees to get healthy and fit at the Sun Life Plaza Fitness Center. All employees thank you for this generous gift...we hope to make a commitment to participating 3 times a week. **Benefits for exercising during the work day:** Improves our mood, and an improved mood directly and positively impacts our performance, exercising during the day has also been linked to more creativity and increased mental stamina.

So all employees get on down to the gym to become mentally and physically healthy for better balance and harmony in our work and personal lives.