



OASIS ENERGY NEWS

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Mark your calendar Stat Holiday is Monday August 6th

August

Last month of summer in Calgary enjoy this month with family and friends!



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!



August 3rd – August 6th - Spruce Meadows - Alberta Kennel Club Summer Classic Show. With more than 800 dogs and their owners competing in handling, obedience trails, agility, and scent hurdling, A wonderful event for the whole family, please visit www.sprucemeadows.com

August 16th – August 25th – Global Fest – The International Fireworks Festival, a non-profit society dedicated to celebrating and showcasing Calgary's cultural diversity and artistic excellence within our communities. Location and ticket prices are on the website please go to www.globalfest.ca also note China's firework night will be Thursday August 23rd, and for a little more entertainment Ben's Band will be performing that evening at 8:30pm

August 17th – August 19th – Country Thunder – 3 fun pack days of country music with today's hottest country stars, for tickets and event line up go to www.countrythunder.com/ab

August 25th – August 26th – Heritage Park – Country Kickback at Heritage Park, Western Canada's rural history comes to life fun for the whole family with hands on activities, live entertainment games and demonstrations general admission pricing. Please visit www.heritagepark.ca

For more great events in Calgary and surrounding areas check the links below;

<https://www.todocanada.ca>

<http://www.avenuecalgary.com/Things-to-Do/25-Things-To-Do-In-Calgary-In-July-2015/>

Best things to do in Banff - https://travel.usnews.com/Banff_Canada/Things_To_Do/

Energy Information

For a complete list of stat holidays for all markets:

<https://www.nyse.com/markets/hours-calendars>

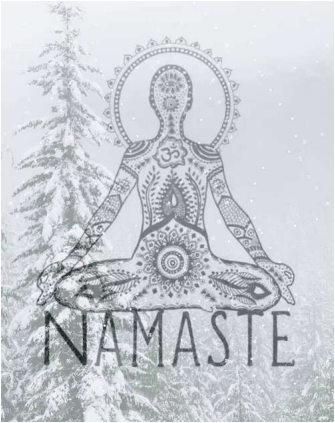
Check out <https://energynow.ca/> for all the daily trends in Canada and around the World

Modern Trading <http://www.futuresmag.com/>

Commodity HQ.com

<http://commodityhq.com/investor-resources/top-25-websites-for-energy-futures-news/>

Right click link and Open Hyperlink to view all websites!



Meditation in the workplace:

The success of any business begins with the individual because innovation and inspiration are born at the individual level. The potential for greatness is inside each person that realizes there are infinite possibilities all around them, and that their creativity is limitless. Unfortunately, most individuals find that their potential is seriously limited by stress, which can:

- Block creativity, inspiration, and mental clarity
- Damage relationships with others, which in turn negatively impacts teamwork
- Cause insomnia, which leads to a decrease in new thinking, inspiration, and innovation
- Cause anxiety, which can make it difficult to work on a team that requires patience and collaboration
- Cause individuals to doubt their true talents, which can lead to limiting thoughts and inhibit drive and passion

Research related to the impact of mindfulness in the workplace:

- **91%** Reported it positively impacted the culture
- **88%** Would recommend it to a co-worker
- **66%** Felt less stress or had improved stress-management capabilities
- **63%** Are better able manage themselves at work
- **60%** Reported increased focus and better decision-making skills
- **52%** Are able to better manage work relationships
- **46%** Reported increased innovation and Creativity

Here is a great website for understanding and practicing mindfulness!

<https://www.the-guided-meditation-site.com/mindfulness.html>

Please take a peak through the above website, it is very eye opening!

“The practice of mindfulness begins in the small, remote cave of your unconscious mind and blossoms with the sunlight of your conscious life, reaching far beyond the people and places you can see...”

Earon Davis

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Oasis Energy in House Updates & Future Events

Annie & David will be leaving us August 15th to continue with their studies. We enjoyed having them here and appreciate all their hard work, research, and dedication. We can only hope that they had enjoyed their time with us as much as we had enjoyed having them, and had learned and are able to take this experience into their future endeavors.

As we know, Mr. Wang and his family have spent the summer in China visiting their family and friends, we hope they are having a fabulous time there! I must admit...the office is just not the same with out Mr. Wang.

We are thrilled to share with everyone that **Iris** will be setting up a meditation room in our office, and she will be teaching us how to meditate. We are aiming for classes to start in September, we look forward to learning from her teachings on how to become more self-aware with being mindful for our overall health.