

DALHOUSIE NEWSLETTER

January 2021 Newsletter

EXECUTIVE DIRECTORS

President, Ron Cornish.....403-247-2575
Vice President, Jonathon Maynard.....jgmaynard@gmail.com
Vice President, Vacant.....
Treasurer, Nancy Mosher.....nancymoshercma@gmail.com
Secretary, John Piera.....403-202-0640

ELECTED DIRECTORS

Brent Clark.....brentclark@yahoo.ca
Christine Wutzke.....cjwutzke@gmail.com
James Fong.....jameshowfong@gmail.com
Petro Babak.....petro@ualberta.ca
Marilyn Lambert.....marilyn Lambert007@gmail.com
Lisa Gibson.....

GROUP REPRESENTATIVES

Dalhousie Out of School Care (DOSCC).....587-437-8218
Kindergarten & Jr. Kindergarten.....www.dcakids.com, 403-288-1050
Playschool.....403-286-2339

ELECTED REPRESENTATIVES

Counsellor.....Sean Chu, 403-268-3727
MLA...Prasad Panda, 403-288-4453, Calgary.Edgemont@assembly.ab.ca
MP.....Len Webber, Len.Webber@parl.gc.ca

COMMUNITY OFFICE STAFF

Reception/Events Booking: admin@dalhousiecalgary.ca,
403-286-2555

Finance: finance@dalhousiecalgary.ca, 403-286-2555

Dalhousie Out of School Care: doscdirector@dalhousiecalgary.ca
587-437-8218



Would you like to receive this newsletter on a regular basis? Please email admin@dalhousiecalgary.ca with your name and e-mail address to ensure future delivery!

THE DALHOUSIE COMMUNITY CENTER REMAINS CLOSED UNTIL GOVERNMENT RESTRICTIONS ARE LIFTED

CLOSED

!!THE NEXT DCA BOARD MEETINGS WILL BE TUESDAY, JANUARY 12, 2020 AT 7PM ALL DALHOUSIE RESIDENTS ARE WELCOME TO ATTEND. MORE MEETING DETAILS TO COME ON OUR WEBSITE!

THE NEXT ANNUAL GENERAL MEETING (AGM) WILL BE VIRTUALLY HELD ON MONDAY JANUARY 25, 2021 AT 7PM. CONTINUE TO PAGE 2 FOR MORE DETAILS!

DCA HOLIDAY HOURS

The DCA we will be closed from December 18th, 2020 at 12:00 p.m. and returning January 11th, 2021 for 9:00 a.m.. However, we are not open to the public at this time, provided the Alberta Government restrictions.

If you are interested in future rentals, programs or events please email admin@dalhousiecalgary.ca with your rental request or inquiry. Please note that during the holiday closure, there will not be staff in the building on a daily basis.

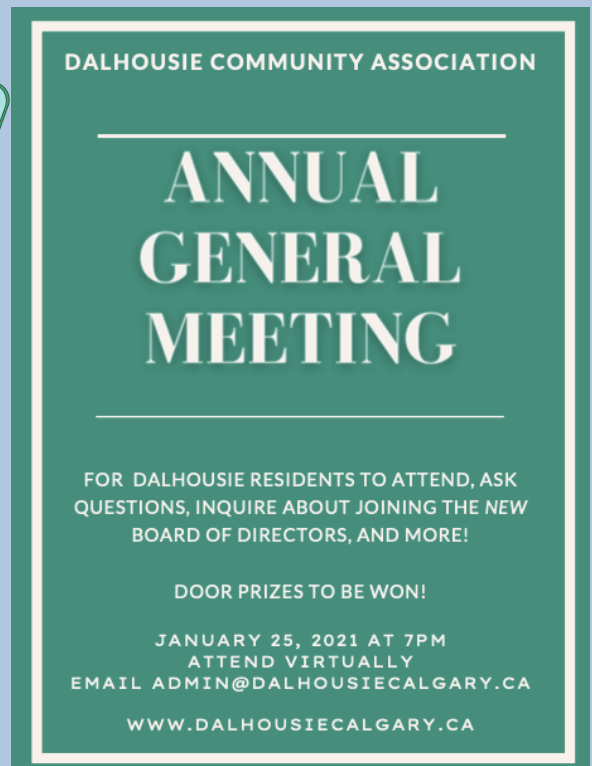
We hope that everyone has a safe and warm holiday season!

UPCOMING VIRTUAL DCA AGM



The Dalhousie Community Association is Monday January 25th at 7:00 P.M. at the Dalhousie Community Centre online due to COVID 19 restrictions. In order to participate in the meeting, you must send the following information to **admin@dalhousiecalgary.ca** and once your DCA membership is confirmed, you will be added to the meeting invitation list:

- **First & Last Name**
- **Email Address**
- **2020/2021 DCA Membership Card Number**



The DCA is looking to grow their Board of Directors, and the AGM is a perfect time to meet our Board and ask questions about the DCA and Board Positions that are available – not to mention to get to know more information about what is going on at the centre and in the community!

There will be a door prize to be won for participating in the meeting! Please note you must have a 2020/2021 DCA Membership prior to registering for the virtual AGM. If you do not, please email the above email address indicating you don't have a membership, but wish to attend if there is availability. You can find more information about how to retrieve a membership at www.dalhousiecalgary.ca



Since the start of November, we have been collecting food and cash donations for the Veteran's Food Bank of Calgary. The DCA and Veteran's Volunteers have truly been blown away by the amount of donations, especially during these times. We had taken over 5 extremely full car loads to donate and hundreds of dollars in cash and cheque donations. If you are looking to learn more on how to donate and volunteer further, please visit <https://theveteransfoodbankofcalgary.ca>.

Starting November 12th, we have been collecting new toy donations for Inn From The Cold! We have annually supported this Calgary organization for many years, and it never gets old giving to families and children that are in need. Inn From The Cold was very happy to receive items that were on their "urgently needed" list and to provide families with joy during the holidays. Everyone deserves to have a happy holiday!



We would also like to extend a HUGE thank you to Tom and Barry of the Dalhousie community for repairing the outdoor rink and maintaining the flooding during the cold months! We are so thrilled to have the rink in earlier than usual and to have it be used as often as it has. It takes a lot of work, timing and detail to get an outdoor rink in as good of condition as the DCA's! *Please remember to follow Alberta Government guidelines when on outdoor rinks, as well as the DCA rules that are now posted outside our rink.* <https://www.alberta.ca/enhanced-public-health-measures.aspx>



RENTAL SPACE AVAILABLE AT THE DCA!



Weekly, Bi-weekly, Monthly or One-Time – we are open for select bookings during these difficult times. We are open for renters that run registered programs and one-time bookings that are able to adhere to current Alberta Government gathering guidelines, the City of Calgary by-law, and DCA guidelines.

We currently have the following rooms available during the said dates and time frames:

Mondays

- Auditorium: 9am-6pm
- Phoenix Room: 9am-9pm
- Sunrise Room: 1230pm-9pm
- Conference Room: 9am-9pm
- Dance Studio: 9am-330pm
- Multi-Purpose Room: 4pm-9pm

Tuesdays

- Auditorium: 9am-6pm
- Phoenix Room: 9am-9pm
- Sunrise Room: 9am-9pm
- Conference Room: 9am-9pm
- Dance Studio: 9am-5pm & 730-9pm
- Multi-Purpose Room: 4pm-9pm

Wednesdays

- Auditorium: 245pm-545pm
- Phoenix Room: 9am-9pm
- Sunrise Room: 1230pm-9pm
- Conference Room: 9am-9pm
- Dance Studio: 9am-4pm
- Multi-Purpose Room: 4pm-9pm

Thursdays

- Auditorium: 9am-630pm
- Phoenix Room: 9am-9pm
- Sunrise Room: 9am-9pm
- Conference Room: 2pm-9pm
- Dance Studio: 9am-430pm
- Multi-Purpose Room: 4pm-9pm

Fridays/Saturdays: ALL DAY

Sundays

- Auditorium, Conference, Sunrise, and Phoenix: 1pm-1am
- Dance Studio & Multi-Purpose Room: All Day

Here are the current capacities with the minimum social distancing for each room:

Auditorium - 70
Conference Room - 8

Sunrise Room - 10
Phoenix Room - 10

Multi-Purpose Room - 15
Dance Studio - 20

Check out our website www.dalhousiecalgary.ca for FAQ, prices, and photos. If you have further questions or inquiries email admin@dalhousiecalgary.ca

HOLIDAY LIGHT CONTEST!

It is time to vote! The DCA Holiday Light Contest is officially LIVE for voting on our website! We have had many nominations from around the community, and we are thrilled to host this event this year! The house with the most votes will win a prize! Go to www.dalhousiecalgary.ca for more information on how to vote.

CLASSIFIED ADS

Are you planning an Event (Weddings, Corporate Parties, Birthdays, Community Events, etc...)? Do you require exceptional music that will wow your guests? DJ RECKLEZZ could be a part of your event at the Dalhousie Community Association. Come experience the professionalism of the Disk Jockey World. Email borrice1@hotmail.com for further details and mention "CODE DCA" for applicable discounts.

Looking to place classified ad?
Email
admin@dalhousiecalgary.ca for
more information!

CASINO VOLUNTEERS NEEDED!



Position: Cashier

Responsibility: exchange casino chips for cash under the supervision of the Casino Advisor

Shifts: February 2,2021 12-7 PM or 7-3 AM or February 3,2021 12-7 PM or 7- 3 AM (two people needed per shift)

Position: General Manager/Chip Runner

Responsibilities: open and close tables by entering data into a computer under the supervision of a casino employee, bring chips to tables, drop off and pick up paperwork

Shifts: February 2,2021 12-7 PM or 7-3 AM or February 3,2021 12-7 PM or 7- 3 AM

Position: Banker

Responsibilities: enter data into a computer as instructed by the Casino Advisor

Shifts: February 2,2021 12-7 PM or 7-3 AM or February 3,2021 12-7 PM or 7- 3 AM

Position: Cash Counter

Responsibility: count cash

Shifts: February 2, 2021 11 PM-3 AM or February 3, 2021 11PM-3 AM (two people needed per shift)

Contact John Piera 403-202-0640 or Ron McKellar at rmckellar@procyconenergy.ca for more information casino volunteering!

CURRENT OPPORTUNITIES AT THE DCA!

ZUMBA INSTRUCTOR

The Dalhousie Community Association is looking to hire an experienced and certified Zumba instructor for our program we have at the DCA! At this time, we are looking for two classes a week – dates and times can be negotiable. Please respond with your resume and other related information to admin@dalhousiecalgary.ca. Starting at \$45/hour

FREE SIDEWALK CHALK!

We have free sidewalk chalk kits that are available for pick up at the Dalhousie Community Center. If you are interested in receiving free chalk for your family or friends, please email admin@dalhousiecalgary.ca to set up a time to contact-free pick up your bag of chalk today!



January 2021

OUT OF SCHOOL CARE

We are looking for staff to work in our Out of School Care program on an ongoing basis.

Please email Sharon at doscdirector@dalhousiecalgary.ca for more information.

IN NEED OF CHILD CARE?

We would love to know more about what our Dalhousie residents are interested in us offering. Are you a parent, or maybe know someone, who would be interested on weekdays (early morning, early evening) or weekend child care while you work? We would love to hear your input if you have a need for this service or are interested in learning more if it is something we are able to offer in the future.



Please email doscdirector@dalhousiecalgary.ca if you are interested in learning more about our future possibilities.

Dalhousie Community Association



Emergency Medical Services (EMS) respond to a number of cold weather emergencies every winter. However, you can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress with warm insulating layers closer to the body and cover with wind and waterproof layers on the outside. Don't forget a toque. Carry an emergency road side kit in your vehicle containing extra clothing, blankets, and emergency supplies. Make sure that your cellular device is completely charged.



Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

STAY WARM AND STAY SAFE!

DCA KINDERGARTEN

Kindergarten has completed 3 successful months of classes and we continue to be a happy place to explore and learn with our friends. Our program has 4 tuition based openings available for the remainder of this school year. These openings are available for either kindergarten or junior kindergarten students. In January, we will begin accepting registrations for the upcoming 2021-22 school year. More information can be found on our website at www.dcakids.com, including information about our Open House (either virtual or socially distanced) on January 12.

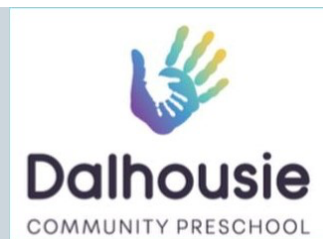


The kindergarten class has been enjoying the snow around the community centre and look forward to soon practicing their skating skills on the outdoor rink!

**STAY WARM AND
STAY SAFE!**



DCA PRESCHOOL



We have been busy here at Dalhousie Preschool! In October we had a Halloween party with pumpkin carvings, costumes and treats! The children have also been learning all about apples in our Apple unit and we have moved on to talking about family, feelings and emotions. If you are ever around the Dalhousie Community Centre please come take a look at our outside window to see the beautiful art made by the children! They sure do work hard!

The children love spending time outside on our awesome playground, it's a great way to get some exercise and shake some silly's out!! We are also planning more special events for the children inside on days when it might be too cold. With the holiday season right around the corner there will be lots of exciting things happening at our preschool! Dalhousie Preschool is a co-operative, parent run preschool that operates under the umbrella of the Dalhousie Community Association. It offers a warm and accepting environment with dedicated teachers for your child to begin his or her school career. Our Reggio Emilia inspired play based program has been serving the community for over 30 years!

Upcoming Dates:

December 16 last day before Winter Break

January 4 classes resume

January 29 PD Day- No classes

If you would like to support our community preschool, you can easily do so by donating your empty cans and bottles! We have teamed up with Skip the Depot to help raise funds for our non for profit preschool!

It's super easy:

Download the Skip the Depot app <https://app.skipthedepot.com/dcpreschool>

Schedule a pick up time and leave your bags outside

Receive your refund and donate to the school

This is a really simple, zero contact way to support the school, while decreasing your to-do list! Any donations would be greatly appreciated!

If you have any inquiries or questions about the preschool please contact : registrar@dcpreschool.ca or visit www.dcpreschool.ca for more information.



COMMUNITY SCHOOL PROFILE: WEST DALHOUSIE SCHOOL

West Dalhousie School (WDS) is one of our community's three elementary schools, teaching grades K to 6. You may know this school for their accessible playground that features a rubberized playground surface and equipment designed to accommodate students with mobility needs. This, along with a naturalization project at the front of the school are examples of projects undertaken by the school's parents and supported by the community at large.

One unique feature of WDS is that classes are organized as multi-aged "blended" groups: Kindergarten, Grades 1/2, 3/4 and 5/6. This allows for wonderful opportunities for mentoring and lends itself well to the school's approach to teaching. Teachers within those blended grades collaborate as part of a teaching team, and students are grouped within their grade group in further flexible groups for learning. "Community" is a pervasive concept within the school, as students are challenged to consider their role in learning and the world around them. Those who have been a part of the WDS community know well that their teachings and daily ways of being are centered around the three Pillars of Care: Care For Yourself, Care For Others, and Care For This Place. They further organize their curriculum each year around a unique significant question that helps students think critically, and make connections to their lives beyond the school walls. Their current question is "How Do You Know?" This year, the school has enrolment of 294 students. They are the designated English language CBE elementary school for all of the Dalhousie community. WDS also has two CBE special needs classes called 'Enhanced Educational Support' classes. These students are from various areas in the North West quadrant of Calgary. One challenge the school has faced this fall has been extreme and dangerous levels of vandalism. They ask the community to keep an eye on things after hours and in particular on the weekends. If you see people on the school roof or any suspicious behavior in the parking lot or behind the school, please do not hesitate to call the Calgary Police on their behalf.

The students and staff at WDS wish everyone in the community a happy and safe New Year!



BEST PLACES TO TOBOGGAN IN AND AROUND DALHOUSIE

When winter comes, I don't fight it and complain that it's cold outside, rather I dress up in layers and embrace what winter has to offer like skating, tobogganing, down hill skiing, snowboarding, cross country skiing and snow shoeing. It's great exercise, refreshing and fun to spend time with family or friends.

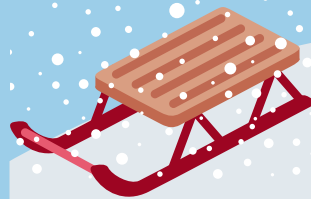
When it comes to tobogganing, you want to pick a hill where there are no obstructions like trees, cars, or even small things like manhole covers from top to bottom because those are the things that cause injury. Nothing but snow on a grassy base is best.

Dalhousie located on a gentle, gradual slope from north to south and therefore doesn't have any challenging toboggan hills. The best place in Dalhousie is between the upper field and lower field behind the Dalhousie Community Centre. It is only a drop of about 5 meters which is good for children under the age of 6.

The best toboggan hill near Dalhousie is the Varsity ravine, which is located south on 53 Street and can be accessed by either Vallance Crescent or Varsity Ridge Terrace. It is a drop of about 25 meters which is fun for all ages.

The best toboggan hill in NW Calgary is the St. Andrew's Hill which can be accessed from St. Andrew's Place or University Drive. This is a drop of about 100 meters and is great fun for the brave!

So, put on some layers, brave the cold weather and get out and enjoy winter! And when you are finished, a cup of hot chocolate or soup tastes so much better!



WHAT IS THE BEST TOBOGGAN?

There are lots of options when it comes to what to use as a toboggan. If you're not concerned about what other people think, even a 2 meter long piece of cardboard will slide really well on snow. Another cheap option is a "crazy carpet" which is a thin foldable piece of plastic available for about \$5. The downside of these options is that you can feel every single bump on the hill including indentations left by foot prints of other tobogganers.

Stepping up a notch are one person rectangular or circular plastic (also known as magic saucers) sleds.

These will run you \$10- \$20 and are durable if you weigh less than 50 kilograms.

Another option is a seat or platform raised off the ground set on two or three short skis. Some look like a tricycle on skis and others look like a luge. They are better at steering than other options, but because your centre of gravity is higher, you are more likely to tip before you reach the bottom of the hill. These range in price from \$50- \$100.

The king of the hill is the wood or aluminum toboggan with the curved front that seats 3 or 4 people. Half the fun of tobogganing is going down the hill with at least one other person at the same time and this is the best option to maximize your fun. These are durable for more than 100 kilograms, but the price will run you as much as \$150. Look to second hand websites like Kijiji or Facebook Marketplace for used ones which will run \$20-\$40.

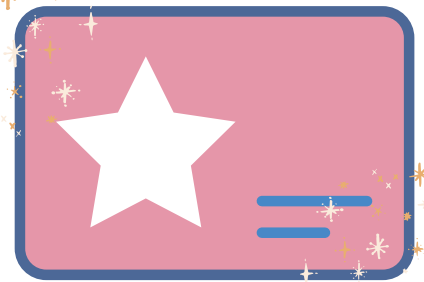




FREE DCA MEMBERSHIP!

The DCA is feeling extra generous this year, and offering free DCA 2020-2021 DCA Memberships! All you have to do is email admin@dalhousiecalgary.ca with your name(s), phone number, address and email address(es) that you would like

associated with the account. What does a DCA Membership get you? It covers you and those indicated on your membership with insurance in all of our DCA programs and events. We are working towards collaborating with Dalhousie and other Calgary businesses to be able to offer discounts and deals at their business. Check out www.dalhousiecalgary.ca under the Memberships to get our updated list of partners!



If you have already purchased a membership for the 2020-2021 year, you will receive a free membership for the 2021-2022 membership year!

Please note: DCA Membership years run from September 1st to August 31st of each year.

Added Bonus! - Starting in September, if you show your 2020-2021 DCA Membership card at The Hangar Flight Museum you receive 10% off admission!

Is there a recreation program that you would like to see brought to the DCA? Email admin@dalhousiecalgary.ca with suggestions on programs you would like to see in your community!

CALLING ALL 2021 BRIDES!

Did you know the DCA has an Auditorium, with attached Conference Room and Commercial Kitchen with a bar for rent? We can host up to 250 people seated at tables (depending on other layout requests)! There is no need to worry about setting up or taking down the tables, our staff do that for you. You can rent the space up until 1:00 a.m.. We also have microphones, speakers, projector and screen, a portable bar and more available to you as well.

Here are Saturdays available between May 2021 and September Long Weekend 2021:

May 8, 15, 22, 29

June 5, 12, 19, 26

July 10, 17, 31

August 14, 28

September 4

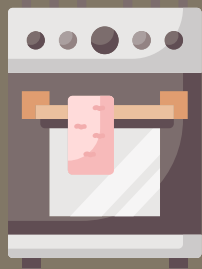
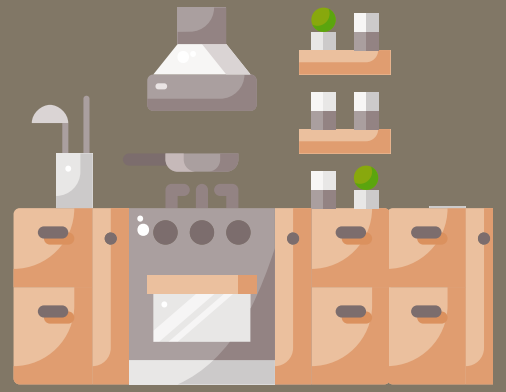
A refundable damage deposit of \$550 for the Auditorium/Conference Room and \$250 for the Commercial Kitchen (if applicable) is required to hold the space for your special day.

We would love to host your wedding any day of the week that is available! If you have an inquiry about a different date or any rental question, please email admin@dalhousiecalgary.ca

DCA RENTALS

We have a our commercial kitchen available to rent! The commercial kitchen boasts 4 large stainless steel counter spaces, 4 commercial grade sinks, a large freezer, a large 3 door cooler and two smaller coolers, ice machine, dishwasher, stove and oven, convection oven, and other additions!

We have two rental options: \$250 for the day or \$40/hour, with a minimum 2 hour rental and an additional \$250 refundable damage deposit



Please note as it is a commercial kitchen, there are no dishes, pots and pans, cutlery, etc. The kitchen must also be cleaned before the end of your booking, and your booked time must include your time you allocate to clean the kitchen.

For further questions, please email admin@dalhousiecalgary.ca

REMEMBER TO TAG YOUR EXTRA GARBAGE BAGS!

Starting October 1, if you have an extra bag of garbage that won't fit in your City black cart, you'll need to **buy a garbage tag**. Tags are \$3 each and available at participating convenience and grocery stores or online. See the full list at calgary.ca/garbagetag.

We encourage everyone to look at what you are buying and throwing away to find ways to reduce waste. Sorting materials correctly helps maximize the use of all three carts (blue, green, black). Learn more at calgary.ca/garbagetag



COMMUNITY CLEAN UP DATES

Dalhousie's Community Clean Up dates will be posted in **early 2021** for Spring and Fall dates



20 THINGS TO DO IN THE NW CALGARY IN THE NEW YEAR

1. BUILD A SNOWMAN
2. HIKE NOSE HILL PARK
3. VISIT CALGARY OLYMPIC PARK FOR SOME OUTDOOR FUN
4. WALK ALONG THE RIVER NEAR BOWNESS PARK

5. GO TOBOGGANING AT THE DALHOUSIE COMMUNITY CENTRE
6. WATCH A MOVIE AT THE NEW LANDMARK CINEMAS 5 LOCATED BESIDE MARKET MALL
7. MAKE SNOW ANGELS
8. VISIT DALTON PARK

9. SKATE AT THE OUTDOOR RINK AT THE DCA
10. WALK THE PAVED WALKING TRAILS THROUGHOUT THE COMMUNITY OF DALHOUSIE

14. TOBOGGAN AT THE VARSITY RAVINE PARK
15. VISIT WINSPORT OR THE ALBERTA SPORTS HALL OF FAME
16. CHECK OUT BUTTERFIELD ACRES!
17. CHECK OUT THE LION'S FESTIVAL OF LIGHTS

11. SHOVEL A NEIGHBOUR'S DRIVEWAY FOR THEM
12. PLAY AT THE WEST DALHOUSIE SCHOOL PLAYGROUND
13. HAVE A PICNIC AT THE DCA PLAYGROUND PICNIC TABLES

18. GO TO THE DCA'S AGM MEETING ON JANUARY 25TH AT 7PM - DOOR PRIZES TO BE WON!
19. GO GEOCACHING IN MANY PLACES IN CALGARY
20. DONATE TIME OR RESOURCES TO A LOCAL CALGARY CHARITY



PROGRAMS AND SERVICES AT THE DCA



The Dalhousie Community Centre is an important hub in the community with many programs and services to offer! We have a variety of different rooms to rent, where many of our third-party renters host their programs. Third party programs include, but are not limited to, a variety of adult exercise classes, children's dance, adult and children's karate and tai chi, Girl Guides, and much more! The Dalhousie Community Association also provides programs and services that the DCA organizes themselves such as Senior's Cribbage, Family Game Night, Adult Zumba, our Learn to Skate program, and more. Our DCA programs are free or low cost with your 2020-2021 DCA membership, which can be purchased online at www.dalhousiecalgary.ca.

We also provide options for child care for those registered and not registered in our Dalhousie Out of School Care program, during select times of the year – (you don't have to live in Dalhousie either)! We have our DCA Summer Day Camps that operate throughout the course of the summer, as well as there are many third-party day camps that operate within our center as well. We also offer Winter and Spring Day Camps during school breaks if enough interest is projected. Registration and other inquiries can be sent to admin@dalhousiecalgary.ca. However we also do have several third-party summer camps each summer as well, ranging from robotics and engineering, musical theatre, cooking camps, and more! Registration and information for any third-party programs and services is conducted and can be found through the appropriate contact as displayed on the Program Guide and/or on their website. Any DCA programs and services information can be found under its designated tab on our website, www.dalhousiecalgary.ca, or you can email any inquiries to admin@dalhousiecalgary.ca.

DALHOUSIE COMMUNITY ASSOCIATION PROGRAMS AND SERVICES FOR DALHOUSIE AND SURROUNDING AREA

Activity Name	Person	Contact for Registration	Day & Time
Banzaï Karate	Chris	banzaikaratedojo@gmail.com	Tuesdays 6:00pm-7:00pm Thursdays 7:00pm-8:00pm
Cause and Effect Foundation – PUF Program (Alberta Education funded)	Willa	contact@causeandeffectfoundation.com 403-523-0150	Mon- Thurs Sept 14/20 – June 7/21 (enrollments close Sept 30/20)
Dalhousie Community Kindergarten		dcakids@telus.net 403-288-1050 dcakids.com	Monday-Friday 8:45am-11:45am
Dalhousie Community Preschool		info@dcpreschool.ca 403-286-2339	Please Contact For Program Details
ESSENTRICS by Vital 1 Fitness	Marcia	info@vital1.ca 403-208-3307	Contact for up to date information
Girl Guides of Canada, Guides and Pathfinder Programs	Linda	linda.j.pic@gmail.com 204-471-4672	Mondays 6:30pm-8:00pm
hardCORE fitness	Megan	megankmacdonald@yahoo.ca	Wednesdays 6:15pm-7:15pm and 7:30pm-8:30pm
Mommy Connections Calgary - Mom & Baby Program	Katherine	katherinemcyc@gmail.com 587-899-6547	Wednesdays 10:00am-11:30am
One Step Ahead Dance Studio	Melinda	office@onestepaheaddance.com 403-247-3607	Monday and Thursday Evenings
Stagecoach Theatre Arts Calgary	Rahim	403-604-0047 calgary@stagecoachschools.ca	Saturdays Main Stages Class 2:30pm-5:30pm Early Stages Class 2:45pm-4:15pm
Tai Chi / Kung fu	Raymond	403-650-9191	Contact for Registration
Thrive Church Services with Kids Church Online	Natalie	natalie@thrivocalgary.ca	Sundays @ 10:30am at thrivocalgary.ca

Contact Program Coordinator for Program Details and Registration

DALHOUSIE OUTDOOR RINK!

Did you know that there is an outdoor rink right in Dalhousie? It is located behind the Dalhousie Community Center, at 5432 Dalhart Rd. NW! Our approximately 40 ft. by 40 ft. boarded (2 ft. high boards) outdoor rink is the perfect spot for you or your family to get in some ice time outside. Our rink is ideal for those looking to learn to skate, practice figure skating skills, a small hockey game, broomball, or a fun skate! There is lots of parking in our parking lot, just off of 53rd Street! There is no charge to use the rink, however we do ask that you are mindful of the trash and recycling that you may bring – please use the waste bins provided. With the current COVID guidelines, there would not be washrooms available for use during our office hours, as we are not yet open to the public – therefore you would not be able to enter the building at this time. There are benches to sit on to tie your skates, take a break, or have a snack. We highly recommend that people that use the rink wear appropriate helmets that protect your entire head to prevent concussions and other injuries. The Dalhousie Community Association is not liable for any injuries or theft at/around the outdoor rink. The DCA does not have any skates, hockey/ringette sticks or pylons to rent out – however we do have broom ball sticks and a ball if you are interested in renting the sanitized equipment! Please email admin@dalhousiecalgary.ca for more information on this opportunity.



DCA OUTDOOR RINK RULES

The DCA is proud to be able to offer the community a boarded outdoor rink to use throughout the winter!

While not all activities are able to happen due to Alberta Government COVID 19 restrictions, there are a few activities that can still happen for Albertans despite the pandemic – find out the most up to date information here: <https://www.alberta.ca/enhanced-public-health-measures.aspx>

Here are additional rules for the DCA Outdoor Rink that are to be followed by all visitors of the outdoor rink area:

- Hours: 7:30 a.m. – 10:30 p.m.
- Helmets **REQUIRED** for users under the age of 18 (no bicycle helmets)
- Children under the age of 12 must be accompanied by an adult
- Limit of 10 skaters at a time, 1 hour time limits when at capacity
- Keep a 2-meter distance between other family cohorts
- No organized sport or activities, including hockey
No sticks, pucks, etc. between 10am-11am daily
- Passing of pucks, while at a distance, allowed – no slapshots or raised pucks allowed
- Be respectful of everyone's space and skating abilities
- Face masks are recommended when on/around the rink
- No social gatherings in the DCA parking lot or on/around the DCA rink

FREE LEARN TO SKATE PROGRAM!

We are hopeful that following the current restrictions, that we are able to safely have our Learn To Skate Program by the end of January, but we are prepared to post-pone the start date of the program, if necessary, until it is safe to do so as per the Government of Alberta and as long as the weather and ice conditions permits us to move forward.

If we are able to run the program as planned, the start date will be January 26 and run until February 23, 2021. It is a **FREE** program with your DCA membership!

If you are interested in this program, please email admin@dalhousiecalgary.ca with your children(s) name, age and DCA membership number!





Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common signs of a heart attack

(Any, or all, of these signs & symptoms *may* occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw;
- May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men, women & the elderly.

Heart attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

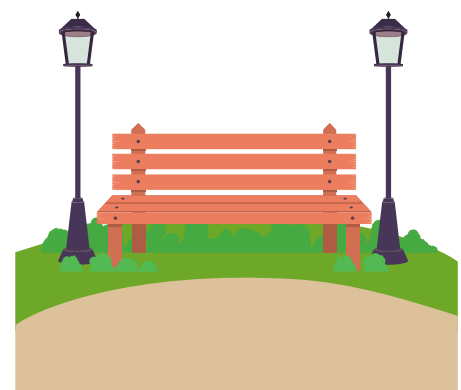
- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life & death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



DALHOUSIE AND NOSE HILL PARK BY ANNE BURKE

1972 - At a public hearing of City Council at City Hall, plans were considered for a development on Nose Hill. Representatives from Dalhousie and Huntington Hills Community Associations spoke against the development, arguing the case for a major natural environment park as a backdrop to the City. City Council authorized a Nose Hill Park Steering Committee.

1981 - The Nose Hill Park Communities Board was formed. Dalhousie was one of the communities represented. Members were officially appointed by their Community Associations. They received no remuneration for their service. The Board met regularly with extra meetings when required for special issues. A representative from the Friends of Nose Hill was invited to attend regularly. The group was also involved in fund raising activities to help pay for operating expenses and for approved projects in the Park in relation to the Nose Hill Park Master Plan. The Board was permitted to campaign under the Public Contribution Act, during the City of Calgary's Centennial, 1994. The papers of the group 1981-2002 are at the University of Calgary Archives. Beginning in 1997, Dalhousie also played a major role on the Nose Hill Management Advisory Committee, whose members were appointed by City Council.



PLANNING AND DEVELOPMENT NOTES



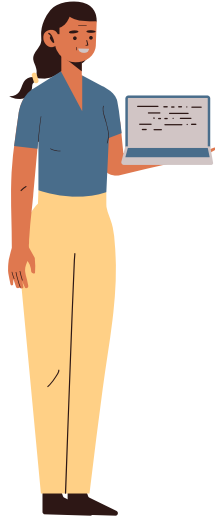
Neighbourhood Speed Limits:

On November 2nd, 2020, Council held a public hearing on the proposal to reduce speed limits on residential streets to 40km/h. Council decided to forgo a decision on reduced speed limits and instead, discuss the possibility of including this question as a Vote of the Electors (plebiscite) in the 2021 municipal election. More information can be found at: <https://www.calgary.ca/transportation/roads/traffic/traffic-safety-programs/residential-speed-limits.html>

Guidebook for Great Communities:

For some time, the City has been developing the Guidebook for Great Communities ("the Guidebook"). The Guidebook is "a policy document that combines existing policies, improved policies and new policies all into one document. It makes for a more inclusive and consistent way to plan a community's local area plan, to make sure it's welcoming for everyone". The intent of the Guidebook is that it "supports the future growth and success of Calgary's communities. It allows for communities to offer people more choice to live, move and gather now and into the future. It balances the needs and wants of current residents, while ensuring our neighbourhoods are appealing to future resident". The Guidebook is scheduled to be debated for a recommendation to Council as part of the Standing Policy Committee on Planning and Urban Development in January, 2021. The Planning and Development Committee is reviewing the Guidebook to determine what feedback, if any, we can provide. Information and the current version of the Guidebook can be found at: <https://www.calgary.ca/pda/pd/current-studies-and-ongoing-activities/guidebook-for-great-communities.html>

We encourage Dalhousie residents to review the document, to share any feedback with our Councillor, Sean Chu at ward4@calgary.ca and to submit comments to Council when it comes to Committee. The Planning and Development Committee also welcomes your feedback via pd@dalhousie.ca.



Major Developments:

Of the two major developments announced for Dalhousie, one is currently underway. Over the past few months, Remington Development Corporation completed demolition on their site at 4739 Dalton Drive (DP2018-1607), near the tennis courts and Dalhousie LRT station and appears to be preparing the site for construction of "the Dells". At this stage, we have not seen any new developments on the Dalhousie Co-op site at 5500 Dalton Drive (DP2016-5075) and information on their website suggests their timeline is undetermined at this time. Nearby to Dalhousie, a proposed plan was presented to Council in July, 2020, for the Northland Mall site aiming to create a mix of retail, residential and office space that creates year round activity through six phases of development.

Coop: <https://www.calgarycoop.com/about/facilities-development-and-real-estate/dalhousie/>
Northland: <https://pub-calgary.escribemeetings.com/filestream.ashx?DocumentId=135142>
Land Use Amendment in Brentwood (Ward 4) at 5111 Northland Drive NW, LOC2019-0142 ([escribemeetings.com](https://pub-calgary.escribemeetings.com))

WHAT MAKES DALHOUSIE THE 6TH BEST NEIGHBOURHOOD IN CALGARY?



Avenue Magazine ranks Dalhousie the 6th best neighbourhood in 2020. The Dalhousie Community Association is part of what makes Dalhousie a great community. We are a lot more than a building and playground. We offer out of school care services, community engagement events (when the global pandemic ends), an outdoor skating rink (thanks to volunteers), and much more. But we need your help to make Dalhousie an even better community!

Where can you help? We need interested parties, whether a Board position or not, to help organize and throw meaningful events that bring us Dalhousians together. The DCA used to host pub nights. We also had an Oktoberfest being planned behind the scenes for this year but it got shelved due to the pandemic.

We need to get the ball rolling on planning more events so that once the pandemic is over we have our ducks in a row. If you have an idea or want to help steer the DCA ship, please email gm@dalhousiecalgary.ca with details.

