

# *The Dalhousie Digest*

5432 Dalhart Rd NW T3A 1V6 403-286-2555 admin@dalhousiecalgary.ca

www.dalhousiecalgary.ca

*Happy  
Valentine's  
Day*

**Snow Angel Applications Open!**  
**Employment Opportunities Available!**

Check our NEW website at [www.dalhousiecalgary.ca](http://www.dalhousiecalgary.ca) for Community Center programs and services, general community information and more.



**Dalhousie Community Association**

5432 Dalhart Road NW • 403-286-2555 • admin@dalhousiecalgary.ca

The next DCA Board Meeting will be  
**Tuesday, February 9th, 2021 at 7:00 p.m.**  
All Dalhousie residents are welcome to attend.



### Winter Community Office Hours

*Closed December 19th-January 3rd for holiday break*

Monday-Friday: 9:00 a.m. – 5:00 p.m.

Saturday & Sunday: Dependent on Rentals

The Community Centre is open for allowed renters and rental groups, however it is not open to the public at this time

### Community Office Staff

General Manager: gm@dalhousiecalgary.ca, 587-437-8217

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

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

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



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## In Our Community

# A Message From The Board Of Directors

As February approaches, the feeling of optimism has never been stronger. We are leaving behind the days of when Alberta had the highest per capita infection rate. Vaccinations are rolling out and many health care workers and seniors have already been inoculated. Over the next few months, paramedics, teachers and others who work with the public will get their vaccines. By the summer, businesses will resume and our lives will return to normal.

For Dalhousie, there are additional reasons for optimism. We have a new General Manager in Doug MacDonald who brings over 25 years of management experience in the non-profit sector. As of the Annual Meeting, we have a few new faces on the Board of Directors which bring fresh ideas and enthusiasm. The DCA buildings that have been closed will reopen to the public as soon as we are allowed to do so. Programs offered to the community members will restart. Those who have been putting off weddings and other celebrations will finally have the opportunity to gather with loved ones, family and friends. Hopefully by September, things will be back to normal.

So this February, show some love on Valentines Day and Family Day, knowing that our community is healing and things are getting better.

*Sincerely,*  
**The DCA Board of Directors.**

## Did You Know... These Facts About February

- The birthstone of February is Amethyst.
- The birth flower is the Primrose.
- The two zodiac signs in February are Aquarius (January 20 - February 18) and Pisces (February 19 - March 20)
- February has 29 days in leap years, when the year number is divisible by four. In common years the month has 28 days.
- February is black history month.
- Rumor has it, the Roman emperor Augustus took one day off February and added it to August, the month named after him.



# Dalhousie Preschool News

Registration is now ongoing for the 2021/2022 school year, please check our website [www.dcpreschool.ca](http://www.dcpreschool.ca) for more information or contact our registrar: [registrar@dcpreschool.ca](mailto:registrar@dcpreschool.ca)

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.

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:

- February 12 Teachers Convention – no classes
- February 15 Family Day

### Skip the Depot:

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:

1. Download the Skip the Depot app <https://app.skipthedepot.com/dcpreschool>
2. Schedule a pick up time and leave your bags outside
3. 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](mailto:registrar@dcpreschool.ca) or visit [www.dcpreschool.ca](http://www.dcpreschool.ca) for more information.

# Registering for Kindergarten

## Are You (and your child) Ready?

January was registration month for kindergarten programs across the city (even though a new school year seems quite far away!) In some cases, it seems hard to imagine that your child is ready for their first formal school experience, and you may wonder how to tell if your child is ready. Other families are comfortable with that decision, but many may still have questions about choosing the right program. Whatever your questions may be, we would be happy to chat with you!

Kindergarten is a time for your child to experience social interaction, to develop communication skills, and learn through discovery and exploration. It is definitely a fun and exciting time, and we hope all families have a wonderful experience with their Kindergarten year.

The Dalhousie Community Kindergarten program is independently operated and has a proven history as a unique and cherished program. We are proud to foster a strong sense of community. We provide a well-managed program with over 30 years of experience. Our kindergarten program is publicly funded for students who are 5 by Dec 31. We emphasize early literacy and language learning, with an introduction to letters, sounds, sight words, numbers and math concepts, science, art and music! Our unique focus on an enhanced learning environment means your child will benefit from an exciting variety of unique activities and learning experiences. We play outside every day we can, take swimming and skating lessons, rock climb and welcome so many interesting visitors to our class! With only 18 students, and experienced teacher and teacher's aide, our children benefit from a low teacher to student ratio. Our families can also take advantage of the in-house Out of School Care Program provided by the Dalhousie Community Association.

Alternatively, our Junior program follows a curriculum that is adapted for those children who are not yet ready for ECS because of their age or development. Children must be at least 4 years of age by September for this 5 day/week tuition-based program.

Visit our website at [dcakids.com](http://dcakids.com) and use our "Contact Us" page if you have questions or would like to hear more about our program. You can also call us at (403) 288-1050. Kindergarten registration is currently ongoing, and Junior kindergarten registration opens on Tuesday February 2 on a first come, first serve basis.

# Out of School Care Message

The Dalhousie Out of School Care Program has recently upgraded our Programs and Services to better accommodate our families within the community. Now you can access Full Time Care, Part Time Care and Innovative Child Care Service Options with ease. Please visit our website for further information at <https://www.dalhousiecalgary.ca> or contact the Out of School Care Director via email at [doscdirector@dalhousiecalgary.ca](mailto:doscdirector@dalhousiecalgary.ca). Space is limited and on a first come, first served basis so don't delay, reach out and inquire today!

### What Component of Care do you require?

#### Before School Care ONLY – Grades 1 to 6

- *Five (5) Days per Week – Monday to Friday*
  - Dalhousie Elementary School = \$407.00 per month (\$20.35 Daily Rate)
  - West Dalhousie School = \$165.00 per month (\$8.25 Daily Rate)
- *Three (3) Days per Week – Monday, Wednesday & Friday ONLY*
  - Dalhousie Elementary School = \$300.00 per month (\$25.00 Daily Rate)
  - West Dalhousie School = \$120.00 per month (\$10.00 Daily Rate)
- *Two (2) Days per Week – Tuesday & Thursday ONLY*
  - Dalhousie Elementary School = \$216.00 per month (\$27.00 Daily Rate)
  - West Dalhousie School = \$96.00 per month (\$12.00 Daily Rate)

#### Before and After School Care – Grades 1 to 6

- *Five (5) Days per Week – Monday to Friday*
  - Dalhousie Elementary School = \$520.00 per month (\$26.00 Daily Rate)
  - West Dalhousie School = \$520.00 per month (\$26.00 Daily Rate)
- *Three (3) Days per Week – Monday, Wednesday & Friday ONLY*
  - Dalhousie Elementary School = \$384.00 (\$32.00 Daily Rate)

*West Dalhousie School = \$384.00 (\$32.00 Daily Rate)*

- *Two (2) Days per Week – Tuesday & Thursday ONLY*
  - Dalhousie Elementary School = \$280.00 (\$35.00 Daily Rate)
  - West Dalhousie School = \$280.00 (\$35.00 Daily Rate)

#### After School Care ONLY – Grades 1 to 6

- *Five (5) Days per Week – Monday to Friday*
  - Dalhousie Elementary School = \$407.00 per month (\$20.35 Daily Rate)
  - West Dalhousie School = \$407.00 per month (\$20.35 Daily Rate)
- *Three (3) Days per Week – Monday, Wednesday & Friday ONLY*
  - Dalhousie Elementary School = \$300.00 per month (\$25.00 Daily Rate)
  - West Dalhousie School = \$300.00 per month (\$25.00 Daily Rate)
- *Two (2) Days per Week – Tuesday & Thursday ONLY*
  - Dalhousie Elementary School = \$216.00 per month (\$27.00 Daily Rate)
  - West Dalhousie School = \$216.00 per month (\$27.00 Daily Rate)

#### Kindergarten Care

- *Five (5) Days per Week – Monday to Friday*
  - Dalhousie Elementary School = \$875.00 per month (\$43.75 Daily Rate)
  - Dalhousie Community Kindergarten = \$875.00 per month (\$43.75 Daily Rate)
- *Three (3) Days per Week – Monday, Wednesday & Friday ONLY*
  - Dalhousie Elementary School = \$576.00 per month (\$48.00 Daily Rate)
  - Dalhousie Community Kindergarten = \$576.00 per month (\$48.00 Daily Rate)
- *Two (2) Days per Week – Tuesday & Thursday ONLY*
  - Dalhousie Elementary School = \$400.00 per month (\$50.00 Daily Rate)
  - Dalhousie Community Kindergarten = \$400.00 per month (\$50.00 Daily Rate)

## 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](mailto:borrice1@hotmail.com) for further details and mention "CODE DCA" for applicable discounts.

*Looking to place a classified ad? Contact [admin@dalhousiecalgary.ca](mailto:admin@dalhousiecalgary.ca)!*

**Would you like to receive this e-newsletter on a regular basis?**

Please email [admin@dalhousiecalgary.ca](mailto:admin@dalhousiecalgary.ca) to ensure you receive upcoming e-newsletters!

# Dalhousie Development

### Guidebook for Great Communities

The City of Calgary's updated Guidebook for Great Communities is now available at [www.calgary.ca/guidebook](http://www.calgary.ca/guidebook). The Guidebook will be presented January 13th, 2021 to Council's Standing Policy Committee on Planning and Urban Development as an overview and final update and then on February 3rd for recommendation. On March 22nd, 2021 the Guidebook will be presented to Council for approval. This will include a public hearing where members of the public will have the opportunity to speak directly to Council on this topic.

### Dalhousie Community Planning (U of C Student Project)

Dalhousie has been selected to partner with students from the University of Calgary School of Architecture, Planning and Landscape. Starting in January, a team of students from the program will begin to undertake an analysis of our community, starting with current conditions and building a map towards how our community could develop into the future. In order to make this project a success, students will be looking for input from residents, businesses and community groups to try and understand our needs and our community's opportunities. This input will be collected on an ongoing basis from January through to early April via an online platform at <https://nextcalgary.ca/ds21w>, with the portal for Dalhousie going live January 16th. There are also plans for facilitated online meetings with businesses and community groups scheduled for January 26th and 28th respectively, followed by community workshops in early February and again in early March. Past project examples can be found at <https://sapl.ucalgary.ca/professionalplanningstudio/projects>. We hope you will join us and be a part of this exciting opportunity!

We will endeavor to provide ongoing updates to the community on events and how to participate via our newsletter, the Planning and Development webpage (<https://www.dalhousiecalgary.ca/development/>), (the Dalhousie Community Association Facebook page and Twitter (@dcayyc).

### Call for Volunteers:

Do you have an interest in planning, development or transportation? Do you want to help guide your Community through its ongoing evolution? If so, consider joining the Dalhousie Community Association Planning and Development Committee. If you want to find out more, you can email us at [pd@dalhousie.ca](mailto:pd@dalhousie.ca) or check out the Planning and Development section of the

Dalhousie Community Association website <https://www.dalhousiecalgary.ca/development/>.

The City of Calgary is in the process of developing and rolling out the Guidebook for Great Communities. This is a comprehensive policy document that will shape how our communities evolve and grow. Find out more about the Guidebook and give your input here <https://engage.calgary.ca/guidebook>.

## Winter Outdoor Activities

There are two ways to approach life in northern climates: make winter an opportunity for awesome, or get snowed. Let's choose awesome.

- **Try it:** Learn to pilot a dogsled and experience the best of winter exhilaration from behind six trained huskies.
- **Only here:** The light, dry snow in Alberta is the perfect powder for skiers and snowboarders. It lends itself to flawless snow tubing, too.
- **Relax:** No matter how good the powder is, you've got to sleep eventually. Cozy mountain lodges originally built by pioneering railway companies are unbeatable digs for watching the snow fall.

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Tourism Canmore Kananaskis

# DCA Outdoor Rink Information and Rules

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](mailto:admin@dalhousiecalgary.ca) for more information on this opportunity.

## Learn To Skate Program Update

While the DCA has been hoping that we would be able to host our Learn To Skate program, the COVID Alberta Government restrictions that are currently in place at the time of this article, do not allow the outdoor gatherings for group physical activities and training sessions. We are sad we cannot offer the program this year – however we have put together a Learn To Skate package that has detailed videos, fun games to build skill development, tips and more! To receive this Learn To Skate package, please visit [www.dalhousiecalgary.ca](http://www.dalhousiecalgary.ca) and go under Programs to our Outdoor Rink and Learn To Skate tab.



## DCA ODR 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

## HUGE Thank You!

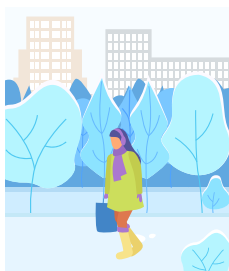
We would like to extend a HUGE thank you to Tom and Barry of the Dalhousie community for repairing the outdoor rink and maintaining the flooding during the cold months! We are so thrilled to have the rink in earlier than usual and to have it be used as often as it has. It takes a lot of work, timing 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>

We would also like to thank our dedicated snow shovelers that tend to the Dalhousie Community Centre and community buildings, as well as all the friendly neighbors that continue to keep their sidewalks and back pathways clear of snow and ice – it is that much safer to enjoy the outdoors in these conditions!



## Walkways

Living in Dalhousie, you are no doubt aware of the network of walkways spanning our community, behind and alongside our properties, and providing residents an easy and direct means to travel throughout our community to visit friends and family, go shopping, access transit, get to school or simply take a stroll to get some exercise. Thank you to all of you who have helped to make sure these walkways and back pathways are clear of snow and ice and remain accessible through the winter!



The walkways in West Dalhousie were a great idea in the 1960's and 1970's by the developer "NuWest". They were designed to increase the sense of community and interaction between neighbours. NuWest didn't put in building code restrictions that other communities put in place. Instead, they just put in "recommendations" which are not enforceable by law. As a result, most property owners in Dalhousie have opted to maximize their space and security by building built 6' high wooden fences inches from the backyard sidewalks.

Visit <https://maps.calgary.ca/PathwaysandBikeways/> for a map of all Snow Removal for Pathways and Bikeways in the City of Calgary! Please call 311 or submit an online report via the link above if there is a pathway or sidewalk that isn't cleared on time.

### How Does The City of Calgary Decided Which Pathways To Clear?

The following criteria is used to determine which pathways are cleared of snow:

- The number of people using the pathway in winter
- The amount of risk in using and clearing the pathway; e.g. areas that are steep and/or tend to ice up
- Proximity to LRT stations, schools, business districts or recreation centres
- Connections to cycle tracks or bike lanes

Some sections of pathway, due to slope steepness or site conditions, aren't suitable for winter use due to safety concerns for users and the crews who maintain them. Citizens are discouraged from clearing pathways that are steep and unsafe for snow removal, and may become icy during melt/freeze conditions.

## Word Search

AFFECTION	HEART
ARROW	HUGS
BEMINE	KISSES
CANDY	LOVE
CELEBRATE	POEM
CHOCOLATES	RED
CUPID	RING
FEBRUARY	ROMANTIC
FLOWERS	ROSES
FRIEND	SWEET
GIFT	VALENTINE

Q	D	W	M	B	J	C	I	T	N	A	M	O	R	D	M	V	Y
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# 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: 9:00 a.m. – 6:00 p.m.
- Phoenix Room: 9:00 a.m. – 9:00 p.m.
- Sunrise Room: 12:30 p.m. – 9:00 p.m.
- Conference Room: 9:00 a.m. – 9:00 p.m.
- Dance Studio: 9:00 a.m. – 3:30 p.m.
- Multi-Purpose Room: 4:00 p.m. – 9:00 p.m.

### **Tuesdays**

- Auditorium: 9:00 a.m. – 6:00 p.m.
- Phoenix Room: 9:00 a.m. – 9:00 p.m.
- Sunrise Room: 9:00 a.m. – 9:00 p.m.
- Conference Room: 9:00 a.m. – 9:00 p.m.
- Dance Studio: 9:00 a.m. – 5:00 p.m. & 7:30 – 9:00 p.m.
- Multi-Purpose Room: 4:00 p.m. – 9:00 p.m.

### **Wednesdays**

- Auditorium: 2:45 p.m. – 5:45 p.m.
- Phoenix Room: 9:00 a.m. – 9:00 p.m.
- Sunrise Room: 12:30 p.m. – 9:00 p.m.
- Conference Room: 9:00 a.m. – 9:00 p.m.
- Dance Studio: 9:00 a.m. – 4:00 p.m.
- Multi-Purpose Room: 4:00 p.m. – 9:00 p.m.

### **Thursdays**

- Auditorium: 9:00 a.m. – 6:30 p.m.
- Phoenix Room: 9:00 a.m. – 9:00 p.m.
- Sunrise Room: 9:00 a.m. – 9:00 p.m.
- Conference Room: 2:00 p.m. – 9:00 p.m.
- Dance Studio: 9:00 a.m. – 4:30 p.m.
- Multi-Purpose Room: 4:00 p.m. – 9:00 p.m.

### **Fridays/Saturdays:**

ALL DAY

### **Sundays**

- Auditorium, Conference, Sunrise, and Phoenix: 1:00 p.m. – 1:00 a.m.
- 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](http://www.dalhousiecalgary.ca) for FAQ, prices, and photos. If you have further questions or inquiries email [admin@dalhousiecalgary.ca](mailto:admin@dalhousiecalgary.ca)

## Calling All 2021 Brides & Grooms!

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](mailto:admin@dalhousiecalgary.ca)





# DCA Programs

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](http://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](mailto: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](http://www.dalhousiecalgary.ca), or you can email any inquiries to [admin@dalhousiecalgary.ca](mailto:admin@dalhousiecalgary.ca).

## Current Opportunities

- **Out of School Care Staff:**  
email [doscdirector@dalhousiecalgary.ca](mailto:doscdirector@dalhousiecalgary.ca)
- **Zumba Instructor (Certified)**  
email [admin@dalhousiecalgary.ca](mailto:admin@dalhousiecalgary.ca)
- **Outdoor Rink Maintenance Volunteers:**  
email [admin@dalhousiecalgary.ca](mailto:admin@dalhousiecalgary.ca)

# Dalhousie and Nose Hill Park

**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.

*By: Anne Burke*

# Christmas Lights Contest

Thank you to all of those that decorated, nominated and voted for our first Dalhousie Christmas Lights Contest! We received many votes for many different houses, however the house with the most votes was located at 5920 Dalcastle Crescent. We look forward to this contest again next year, and are hoping that it will be even bigger and better! Please send any suggestions for next year to [admin@dalhousiecalgary.ca](mailto:admin@dalhousiecalgary.ca)



# The Origins and Traditions of Valentine's Day

The history of Saint Valentine is murky at best, but one of the most popular stories is that during the 3rd century of Rome, Emperor Claudius II announced that single men made better soldiers than those with wives and families, so he outlawed marriage for young soldiers. Saint Valentine was a priest during this time who was outraged at the injustice being done to young men and started performing secret marriages for young lovers. When the emperor found out what Saint Valentine had done, he ordered the saint be put to death.

In North America, we tend to celebrate Valentine's Day with heart-shaped balloons, red roses, teddy bears, chocolate, and romantic dinners. But did you know there are different traditions around the world to celebrate the day of love?

**Argentina** – Instead of one day in February, Argentinians celebrate “the week of sweetness” in July. Lovers exchange kisses and receive chocolates and other sweets.

**South Korea** – Korean couples celebrate a day of love on the 14th of every month! Each month has its own theme, like May is “the day of roses”, June is “the day of kisses” and December is “the day of hugs”. Single people celebrate “the black day” in April by eating black noodles.

**Philippines** – Valentine's Day has turned into an annual gala event where many young couples marry in an event sponsored by the government as a form of public service.

**Wales** – On January 25th, the country celebrates the “day of San Dwynwen”, when lovers exchange unique and beautifully handcrafted wooden spoons to each other, a tradition that has been practiced since the 16th century.

**Romania** – February 24th is known as the day when young couples get engaged. Their celebration is a mix of Valentine's Day and the first day of spring. Young couples go to the forests to pick colorful flowers while other couples wash their faces with snow as a sign of good luck.

**Estonia** – Estonians celebrate February 14th as friendship day, known as Sobrapaev. This amazing festival includes everyone: couples, singles, families, and friends; everyone exchanges gifts and celebrates love.

**Japan** – The ladies of Japan give their boyfriends/lovers/husbands chocolates on February 14th and then on March 14th, White Day, those gentlemen are expected to return the sweet favour by giving their loved ones presents, usually jewelry.

Did you see an interesting tradition that you liked? Try it this year and maybe it will become a new tradition for you and your loved ones!

## Family Day

Family Day was first observed in Alberta in 1990. Its goal was to reflect the values of family and home that were important to the pioneers who founded Alberta and to give workers the opportunity to spend more time with their families. Family Day will be celebrated in Alberta this year on Monday, February 15th. Did you know it is not a national statutory holiday? Family Day is only observed in British Columbia, Alberta, Saskatchewan, Ontario, and New Brunswick. Manitoba celebrates Louis Riel Day, PEI celebrates Islander Day and Nova Scotia celebrates Heritage Day, all on the 3rd Monday in February.



How will you be spending your Family Day? It might be different this year with the safety protocols due to Covid, but here are some ideas that should be safe and fun:

1. Board games
2. Crafts
3. Puzzles
4. Make homemade cards for extended family members
5. Build a snowman
6. Build a blanket fort
7. Have a creative themed dinner (Italian, island, pioneer, jungle, etc.) or make a day out of it.
8. Watch movies or old home movies
9. Bake together (decorate cookies or cupcakes)
10. Winter hike / outdoor scavenger hunt / outdoor bingo (eye-spy)

# Community School Profile: Dalhousie Elementary School

Dalhousie Elementary School is one of our community's three elementary schools, offering a Spanish Bilingual program for grades K to 5. While they formerly served as the designated elementary school for the east side of Dalhousie, they transitioned to becoming a Spanish Bilingual Program in 2008, and the popularity of the program quickly grew. They now serve Dalhousie as well as 18 area communities including, Ranchlands, Edgemont, Arbour Lake, Hawkwood and other "north" communities. Students in this program acquire basic skills of speaking, reading and writing both English and Spanish with curriculum being taught half in Spanish and half in English.

This year, the school has enrolment of 409 students, of which approximately 80 are from Dalhousie. The school's experience this year has been interesting given the ongoing global COVID pandemic, however students, staff and families have shown great resilience and their community adjusted very well to the health directives implemented by AHS. Students are happy to be at school and benefit from not just the academic, but also the social and emotional aspects of being part of a learning community.

Dalhousie Elementary's School Development Plan for this year focusses on the development of oral Spanish amongst their learners as part of the Spanish bilingual program. They also focus on the development of a growth mindset - a belief that through hard work, repeated practice and perseverance, you can succeed at anything. This attitude will serve anyone well in life when faced with an obstacle by turning it into an opportunity. The school is continuing to work on the development of their Learning Commons and a Maker Space as part of our growth mindset goal as well as developing critical thinking skills in our students.

Dalhousie Elementary is supported by an active and involved Parent Society who, through fundraising, support many of the initiatives at the school including various residencies (Alien Inline Skating, Yoga, STEM, Sound Kreations), support of the Learning Commons, the creation of a Nature Space as well as other activities. They will be hosting a casino on February 6 & 7th. The

school's families also supported the Mustard Seed Society in December with donations of essential items.

Spaces in Dalhousie Elementary school are limited and new students in Kindergarten and grade 1 are chosen by lottery each year. For the upcoming school year, registrations are being taken for consideration in the lottery from January 11 to February 9 at noon. Dalhousie families are considered among the higher priority categories for registration in an available spot. The school's Open House will be held virtually this year, on January 13 and 14 at 6pm. Interested families can scan the QR code for more information and to RSVP. Should you have any questions and/or would like to find out more information about Dalhousie Elementary, please call (403.777.6030) or email (dalhousie@cbe.ab.ca) the school.



Come join us at Dalhousie!



## Commercial Kitchen Rental Available!

**W**e 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



# 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](mailto: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](http://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](mailto:admin@dalhousiecalgary.ca) with suggestions on programs you would like to see in your community!*

## Be a Snow Angel!

### How to be a Snow Angel Individual volunteers

To be a Snow Angel, all you have to do is adopt a neighbour's sidewalk and keep it clear when it snows.

Watch for elderly people or individuals with mobility issues in your neighbourhood who could use help removing snow and lend them a hand.



### Recognize a Snow Angel

You can recognize your Snow Angel by:

1. Requesting a certificate online. Please include your home address in the first information box that appears. We'll mail you the certificate to give to them.
2. Downloading and printing the Snow Angel certificate to give to your Snow Angel
3. Calling 311 to request a certificate for your Snow Angel
4. Sharing your Snow Angel story on social media using #YYCSnowAngels

Please note that due to privacy concerns, The City does not mail certificates to Snow Angels directly. The City will send you the certificate to give to your Snow Angel. Thank you for your understanding and for recognizing your Snow Angel.

Snow Angel Nominations are now open for the 2020-2021 season!

## Recovering from COVID-19

Nutrition is important when it comes to recovering from COVID-19. Here are a few suggestions from the team at Alberta Health Services:

- Try to eat every two-three hours, and include a protein when you eat. Try a higher-fat milk than usual, or a higher-fat cheese. Or choose Greek or Icelandic yogurt instead of regular yogurt.
- Remember to drink enough fluid. Try water, milk, broth, sports drinks or nutrition supplement drinks. Take sips every few minutes if you cannot drink all at once.
- Keep liquids by your bedside so you can sip them if you wake up at night. Try water, fruit juice or sports drinks.
- Even a small increase in protein may help you maintain or gain weight and strength. Choose nuts or trail mix as a snack, add nut butter to crackers or toast, or add skim milk powder or protein powder to smoothies.
- A healthy diet helps keep your immune system at its best. Your body needs more protein and calories when fighting an infection such as COVID-19. Try adding extra beef, chicken or tuna to casseroles, stew, vegetable dishes or soups.

If you are struggling, 211 Alberta is a free, confidential service that offers info on food hampers, free or low-cost meals and school meal programs. Call 211 or text INFO to 211 or go to [www.ab.211.ca](http://www.ab.211.ca) and click on "live chat."

**Alberta Health Services**

# Oh No! Not another Groundhog Day!

Yes, February 2 is just around the corner and we will again celebrate another Ground Hog Day. The celebration originated with the Dutch settlers in Pennsylvania and is a superstition that if a badger sees its shadow, winter will continue for another 6 weeks. Over the years the tradition evolved from a badger to a groundhog and Punxatawney Phil was the original groundhog. I don't think anybody in their right mind would put their hand down a badger burrow and pull one out because they would probably lose their hand! The tradition has spread to many cities throughout the world and Canadian versions include Wiarton Willie and Balzac Billy.

What is a groundhog and are they any in Calgary? Groundhogs are part of the Sciuromorpha family which includes squirrels, chipmunks, marmots and prairie dogs. In Dalhousie you will find squirrels and the Richardson Ground Squirrel (also known as gophers or prairie dogs) but not groundhogs. They do live in Alberta, but only in the Peace River area.

Is there any truth to the superstition? While a groundhog may come out of its burrow early February if it senses prolonged warm weather indicating an early spring, it is probably irrelevant if it sees its shadow on that day. Animals can be predictors of changing season or changes in immediate weather patterns, but only in a general sense.

So don't be like the character Phil Connors played by Bill Murray in the motion picture "Ground Hog Day" and end up in a monotonous, unpleasant, repeating situation. Break out of the monotony and use your time to learn a new skill or show some kindness.

*"Once you replace negative thoughts with positive ones, you'll start having positive results."  
- Willie Nelson*

# Keep Your Recyclables Loose

Put your recyclables in your blue cart loose. Make sure your recyclables are not packed too tightly or they will not fall out of the cart during pickup. The only recyclables that should be in bags are bagged plastic bags and bagged shredded paper.

Don't put recyclables in black garbage or blue recycling bags. The recycling facility isn't set up to unbag recyclables and they need to be loose to be sorted by the machines. For the safety of workers, garbage bags are marked as garbage and are not opened.

Visit [calgary.ca/recycle](http://calgary.ca/recycle) for more tips on how to prepare your recyclables properly.

*City of Calgary*

