

# *The Dalhousie Digest*

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

www.dalhousiecalgary.ca

*Happy New Year*

**New Year, New Board, New Management!**

**AGM Meeting January 25th 7pm**

**Outdoor Rink Open!**

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, January 12th, 2021 at 7:00 p.m.**  
 All Dalhousie residents are welcome to attend.  
 The next Annual General Meeting (AGM)  
 will be held on **January 25, 2021 at 7:00 p.m.**



### 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

# The Dalhousie Community Association AGM

The Dalhousie Community Association AGM is set for January 25th, 2021 at 7pm in the Auditorium of the Dalhousie Community Centre (5432 Dalhart Rd. NW)! This is a great opportunity to come out and ask questions and be informed of what the DCA has been up to, our goals, and other ways we are involved and looking to get involved in the community. We are looking to change by-laws in regards to voting during virtual meetings and to alter our membership terms for the future.

It is a great chance to meet our Board members and even join the Board of Directors of the DCA! We are currently looking for various Board members to join our evolving Board of Directors and new management at the DCC! Not to mention, there are door prizes to be won just for attending the AGM! Please email admin@dalhousiecalgary.ca if you have any further questions about the upcoming AGM

DALHOUSIE COMMUNITY ASSOCIATION

## ANNUAL GENERAL MEETING

FOR DALHOUSIE RESIDENTS TO ATTEND, ASK  
 QUESTIONS, INQUIRE ABOUT JOINING THE NEW  
 BOARD OF DIRECTORS, AND MORE!

DOOR PRIZES TO BE WON!

JANUARY 25, 2021 AT 7PM  
 DALHOUSIE COMMUNITY CENTRE  
 AUDITORIUM  
[WWW.DALHOUSIECALGARY.CA](http://WWW.DALHOUSIECALGARY.CA)

# A Message From The Board Of Directors

Dear Neighbours,

This year has been rough on us all and we would like to send our thanks and appreciation to you for understanding why the DCA was forced to shut down and then limit our programs and events this year. Safety was our number one concern and we worked diligently to follow the City and Provincial guidelines so we could keep some of our programs open and we look forward to the day when everything will be back on again.

We made it our mission to keep the community engaged during these troubling times and when the Dalhousie Digest was forced to shut down, we developed our own newsletter to email out to our members to keep them in the loop of what was happening and what programs and activities we could offer. We decided to re-boot the Dalhousie Digest for the next few months to reach more of our community. Our goal is to inform the community about what Dalhousie has to offer, including local businesses, upcoming events, volunteering opportunities, and more! We also hope more members of the community will be interested in joining the DCA and working with us towards our goals.

It is our hope that one day we will be able to look back at 2020 and remember the good that came out of this year: people taking care of people, neighbors checking up on one another, parents inventing new ways to entertain the kids at home, families driving around Alberta and exploring the wonders in our province, and spending quality time together and understanding what's really important in our lives.

We wish you all a very Happy New Year! Stay safe, stay strong, stay positive, and keep in touch with you neighbors.

*Sincerely,  
The DCA Board of Directors.*

## 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)!*

# Free Learn To Skate Program!

We are very pleased to offer our Learn to Skate program this year! We have had great, positive experience from previous years with our program, and are looking forward to helping others to learn how to skate on ice. Starting in early 2021, we will be having a 5 week FREE (purchase of 2020-2021 DCA Membership required) Learn To Skate program for children aged 5-18! Tentative Dates and Times: January 26 and February 2, 9, 16, and 23rd, 2021 from 6:30 p.m. – 7:30 p.m., with optional personal tips and training 15 minutes before and after the class time. Please email [admin@dalhousiecalgary.ca](mailto:admin@dalhousiecalgary.ca) if you are interested in registering for this FREE program, would like more information!

## Casino Volunteers Needed

**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: 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: 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](mailto:rmckellar@procyconenergy.ca) for more information casino volunteering!

# Dalhousie Preschool News

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:

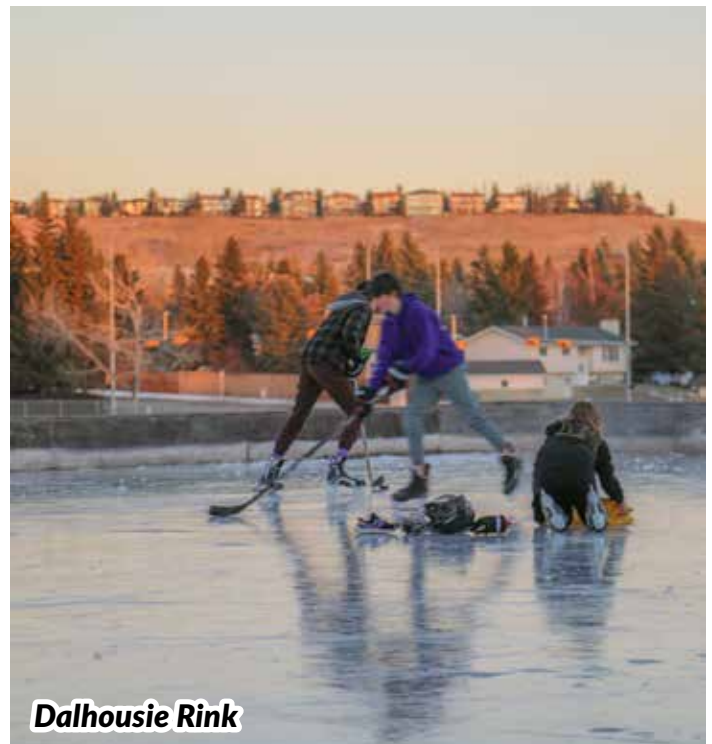
1. Download the Skip the Depot app <https://app.skipthedepot.com/dcpreschool>
2. Schedule a pick up time and leave your bags outside
3. Receive your refund and donate to the school

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.

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





# Dalhousie Kindergarten News

### The Kindergarten Year is Going Great!

You may not have often heard how great things are going in 2020, but despite the fact that we too have had our fair share of challenges, here at the Dalhousie Community Kindergarten we truly are very grateful for how well things have gone.

We have just finished parent teacher interviews which are an opportunity to connect with our families and reflect upon everything we've accomplished in the last 3 months. We all started in September with questions about being back in class. Our staff spent a great deal of time planning how to best adapt our classroom and establish new routines and procedures. It was important to balance safety within a classroom that continued to allow for creativity, discovery and healthy social interactions.

In typical Kindergarten fashion, our students adapted quickly, and our parents have been supportive and (as always) a positive part of our experience. Our location has always been one of the core benefits of our program, and more than ever, our community centre has proven to be an ideal place for our small and happy cohort.

When in-person learning ended last spring, our teacher and teacher's aide very quickly jumped in with creative ideas for virtual learning and fun. Our program sent home craft supplies and activities for our students and connected daily both as a group and individually. This year, we have continued to offer regular video links so that we can share parts of our day with both parents (who regrettably have been unable to experience the joys of classroom volunteering) and students (who may have had to miss classes due to slight sniffles). This has helped with communication and promoted a better understanding with our families of the learning that is taking place.

Many things have remained the same - we have taken a field trip, had in-class special events, and we are planning for skating lessons in the new year. We play outside every day, and have added outdoor singing to our playground time. We have built on our natural ability to be a good friend, and grown confident in sharing, asking questions and making decisions. We have gone on nature walks, played in piles of leaves, tobogganed and played in the snow. And through it

all, we have learned so many new things about letters, sounds, shapes, colours, counting and patterns! So yes, things really are going great in our kindergarten, and we can't wait to see where the new year takes us! (More information about our program, including our January 2021-22 registration dates can be found at [dcakids.com](http://dcakids.com))

## 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).



# 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)



# 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](mailto: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](mailto: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.escrimemeetings.com/filestream.ashx?DocumentId=135142>

Land Use Amendment in Brentwood (Ward 4) at 5111 Northland Drive NW, LOC2019-0142 ([escrimemeetings.com](https://pub-calgary.escrimemeetings.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](mailto:gm@dalhousiecalgary.ca) with details.

**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!



# City Hall News

Here is some valuable information from the office of Ward 4 Sean Chu:

- **Project Name:** Green Line
- **Session Type:** Online - Workshop
- **Description:** In Segment 2 we are moving through a process called functional planning. This is where we better understand the unique engineering requirements and any specific issues that need to be addressed to develop detailed functional plans for the project. In the North Zone, this workshop will focus on the North Mobility Study, North Central BRT & Bow River Bridge.
- **Public or Invite:** PUBLIC
- **Where:** Online
- **When:** Saturday, December 5, 2020
- **Time:** 2:00 pm – 3:30 pm
- **ERU Contact:** Emma.MacIsaac@calgary.ca
- **Website:** [www.engage.calgary.ca/greenline/planningnorthzone](http://www.engage.calgary.ca/greenline/planningnorthzone)

Green Line is developing a Business Support Program to help businesses and communities prepare for and manage the potential impacts of Green Line LRT construction. Visit [www.engage.calgary.ca/greenline/business-support](http://www.engage.calgary.ca/greenline/business-support) to learn more about the Business Support Program and to provide your input.

The City proposes property tax decrease for taxpayers in 2021 and surpasses SAVE program financial targets. The proposed Mid-Cycle Adjustments were informed by the results of previous online public engagement, social media dialogue and research activities. With the release of the proposed adjustments, citizens can provide Council with additional feedback between now and Nov. 23, when Council deliberations begin. The details can be found [here](#).

For more information, please visit [calgary.ca/adjustments](http://calgary.ca/adjustments).

### Public Safety Task Force

Calgary's Community-Based Public Safety Task Force wants to hear your perspectives on public safety in Calgary. Local governments have an important role to play in developing safe and viable communities by continually developing contextually appropriate, community-driven solutions. [www.engage.calgary.ca/publicsafety](http://www.engage.calgary.ca/publicsafety)

### Neighbourhood Streets

The City of Calgary is collecting input to help us understand how neighbourhood streets around the city are used by Calgarians walking, wheeling and taking transit. [www.engage.calgary.ca/exploreyourstreet](http://www.engage.calgary.ca/exploreyourstreet)

2020 Citizen Satisfaction Survey results are in. All surveys were conducted in accordance with The City's competitive bid process.

The City conducts research initiatives and engagement activities throughout the year, many of which are dedicated to dimensions of service delivery and service value to citizens. Calgarians are encouraged to sign up for Citizens' View, Calgary's online panel to have their say on City programs and services at [citizensview.ca](http://citizensview.ca).

The detailed findings of the 2020 Fall Quality of Life and Citizen Satisfaction Survey, along with additional recently released City research, is available at [calgary.ca/CitizenSatisfaction](http://calgary.ca/CitizenSatisfaction).

Ward 4 received 3158 (3483 in Sept) Service Requests created in October 2020.

- 2513 intakes from Phone
- 276 intakes from App
- 331 intakes from Web
- 38 from others (e.g. Ward 4 Office, etc.)

Operation Cold Start

AUTO THEFT PREVENTION

**NEVER LEAVE A VEHICLE RUNNING & UNATTENDED**

INSTALL A REMOTE STARTER OR STAY WITH YOUR RUNNING VEHICLE | DON'T LEAVE KIDS OR PETS IN A VEHICLE

**REPORT SUSPICIOUS ACTIVITY IMMEDIATELY BY CALLING 403-266-1234**

Auto thefts are crimes of opportunity. Do your part to keep your vehicle safe.

CALGARY POLICE SERVICE



# 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.

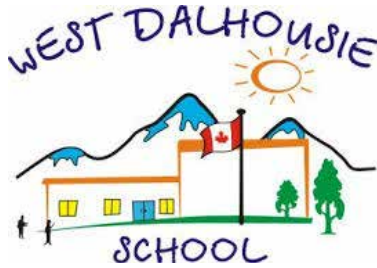
Another option is a seat or platform raised off the ground set on two or three short skis. Some look like a tricycle on skis and others look like a luge. They are better at steering than other options, but because your centre of gravity is higher, you are more likely to tip before you reach the bottom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



# 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!

## Be a Snow Angel!

"Lucky and proud."

That's how a lot of people describe their feelings when they nominate a Snow Angel. Many are seniors without the strength to clear their walks. Others may be on the mend

from surgery or an illness and their physical ability is limited. Sometimes it's a neighbour who is just having trouble coping with added responsibilities in his/her life.

When you pick up your shovel to clear your walk this winter, take a few extra minutes to help a neighbour too. You'll make it easier for everyone to travel your neighbourhood and build a sense of community at the same time. For more information, visit [calgary.ca/SnowAngels](http://calgary.ca/SnowAngels).

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# U of C and Dalhousie Collaborate!

Dalhousie has been selected to collaborate with the University of Calgary School of Architecture, Planning and Landscape to examine how the community may evolve into the future, including facing the ongoing impacts of the Covid pandemic and investigating strategies and adaptations in everyday life, organization, services and the built environment to claim back public life in a safe, healthy and happy manner. This collaboration invites participation from the community, including residents and businesses, and will result in a report that will help chart a path for our future development. The process is expected to take place between January and April, 2021 and will primarily be conducted through online engagement. More details will follow and past project examples are viewable at <https://live-sapl.ucalgary.ca/professionalplanningstudio/projects>. We look forward to your feedback and invite you to contact Brent at [pd@dalhousie.ca](mailto:pd@dalhousie.ca) if you are interested in being involved.

## 20 Things To Do In 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. Skate at the outdoor rink at the Dalhousie Community Centre
9. Walk the paved walking trails throughout the community of Dalhousie
10. Shovel a neighbour's driveway for them
11. Play at the West Dalhousie School playground
12. Have a picnic at the Dalhousie Community Centre playground picnic tables
13. Toboggan at the Varsity Ravine Park
14. Visit Winsport or the Alberta Sports Hall of Fame
15. Go to the DCA's AGM meeting on January 25th at 7pm – door prizes to be won!
16. Visit Dalton Park
17. Go geocaching in many places in Calgary
18. Donate time or resources to a local Calgary charity
19. Check out the Lion's Festival Of Lights
20. Check out Butterfield Acres!

## Stay Safe on Ice This Winter

Winter is here! If you're planning to get outside, make plans to be safe. There are things you and your family can do to lower the risk of getting hurt while skating outdoors.

### Look First

- Check with local authorities for information on ice thickness. Thick ice is not always safe. Don't go on the ice unless you are sure it is safe. Obey signs on or near the ice.
- Before walking or skating outdoors on ice, check that the ice is smooth and at least 15 cm (6 in.) thick. If you're taking the entire family, make sure the ice is at least 20 cm (8 inches) thick.
- Check for hazards like pebbles, rocks, and branches.
- Check that the ice is in good shape without any bumps or melting/slushy ice.
- Only skate on ice that is monitored and maintained.
- Teach your child to call for help loudly and clearly if in trouble.

### To stay safe, don't:

- skate on community wet ponds
- skate where there is ice over running water
- walk on ice on or near moving water
- walk on ice when you are alone (use the buddy system)
- let your child play on or near ice unless a responsible adult is watching

### If the ice cracks:

- Call 911 for help.
- Lay down on the ice.
- Crawl or roll back to land.
- If a person is in trouble, push or throw something they can use to get out of the water, or float on, until expert help arrives. If you try to rescue someone from the ice, you can put yourself at risk.

*Alberta Health Services*



# Your 2021 Property Assessment Arrives in January

Annually, The City of Calgary assesses more than 500,000 properties in Calgary in compliance with the Municipal Government Act and regulations set by the Government of Alberta and mails property assessment notices. On January 14th your 2021 property assessment notice will be mailed and the 2021 Customer Review Period will begin. We prepare annual market value assessments for the purpose of fair and equitable tax distribution.

Your 2021 property assessment value will be used to calculate your share of taxes. Your value is based on the real estate market on July 1, 2020 and the physical condition of the property on December 31, 2020.

### ***When you receive your assessment notice be sure to review it.***

If you have questions about your assessed value these steps can help you complete a self-review:

1. Review your notice for factual errors. If found, contact The City and we will correct them.
2. Log on to your secure Assessment Search account ([calgary.ca/assessmentsearch](http://calgary.ca/assessmentsearch)). While logged on you can review your property's details, compare your property's assessed value with similar properties in your area to ensure fairness, and review real estate market trends.
3. Understand your tax implication. The City offers a preliminary property tax calculator to help property owners estimate their upcoming taxes. Please visit [calgary.ca/taxcalculator](http://calgary.ca/taxcalculator).

### **Still have questions?**

We're here to help. Contact us during the Customer Review Period and one of our property assessment experts will help you. Call 403-268-2888 or visit [calgary.ca/assessment](http://calgary.ca/assessment).

*City of Calgary*

# What Should I Do If I Think I Have COVID-19?

- If you have returned from travel outside of Canada or have been in close contact with a known case you MUST self-isolate for 14 days following your return/exposure and monitor yourself for symptoms.
- If you have symptoms you MUST self-isolate for 10 days after the onset of symptoms and until your symptoms have resolved (whichever is longer).
- Complete the COVID-19 Self-Assessment to determine if you should receive testing for COVID-19. As of October 14, 2020 drop-in testing is no longer available.
- If you are quarantined because you recently came back from outside the country, or you are a close contact of a confirmed case of COVID-19, you must remain on your own property. Under no circumstance should you leave your property during the 14 days of self-isolation.
- Most of Alberta's family physicians are continuing to provide services during COVID-19.
- Patients should continue to consult with their family physician for non-urgent health concerns, including care for chronic conditions and any new health concerns unrelated to COVID-19.
- Please call your physician's office before attending in person to determine whether in-person or virtual care is the best option. If you do not have a family doctor, please visit [AlbertaFindADoctor.ca](http://AlbertaFindADoctor.ca).
- If your symptoms worsen, have concerns about your health or questions about COVID-19, call 811.
- Call 911 if you are seriously ill and need immediate medical attention. Inform them that you may have COVID-19.

### **If you are in mandatory self-isolation:**

- Do not go outside for a walk through your neighbourhood or park. This includes children in mandatory self-isolation.
- You can get fresh air in your backyard, if you have one, but you must remain on private property not accessible by others.
- If you live in an apartment building or highrise, you must stay inside and cannot use the elevators or stairwells to go outside. If your balcony is private and at least two metres away from your closest neighbour's, you may go outside on the balcony.
- This directive is consistent with the new federal requirements under the Quarantine Act.

*Alberta Health Services*

## DID YOU KNOW??

The New Year is the oldest of all holidays, as it was first observed in ancient Babylon as many as 4000 years ago.





# What is Seasonal Affective Disorder (SAD)?

Seasonal affective disorder, or SAD, is a type of depression that occurs during the same season each year. You may have SAD if you felt depressed during the last two winters but felt much better in spring and summer. Some people may have SAD during the summer months.

Anyone can get SAD, but it's more common in:

- Women.
- People who live far from the equator, where winter daylight hours are very short.
- People aged 15 to 55. The risk of getting SAD for the first time goes down as you age.
- People who have a close relative with SAD. SAD is sometimes called winter depression or seasonal depression.

## What causes SAD?

Experts aren't sure what causes SAD. But they think it may be caused by a lack of sunlight. Lack of light may:

- Upset your "biological clock," which controls your sleep-wake pattern.
- Cause problems with serotonin, a brain chemical that affects mood.

## What are the symptoms?

If you have SAD, you may:

- Feel sad, grumpy, moody, or anxious.
- Lose interest in your usual activities.
- Eat more and crave carbohydrates, such as bread and pasta.
- Gain weight.
- Sleep more but still feel tired.
- Have trouble concentrating.
- Symptoms come and go at about the same time each year. Most people with SAD start to have symptoms in September or October and feel better by April or May.

## How is SAD diagnosed?

Seek medical advice from your doctor. It can sometimes be hard to tell the difference between SAD and other types of depression because many of the symptoms are the same. To diagnose SAD, your doctor will ask if:

- You have been depressed during the same season and have gotten better when the seasons changed for at least 2 years in a row.
- You have symptoms that often occur with SAD, such as



being very hungry (especially craving carbohydrates), gaining weight, and sleeping more than usual.

- A close relative—a parent, brother, or sister—has SAD.
- You may need to have blood tests to rule out other conditions that can cause similar symptoms, such as low thyroid (hypothyroidism).
- Your doctor may also do a mental health assessment to get a better idea of how you feel and how well you are able to think, reason, and remember.

## What can you do on your own to feel better?

Regular exercise is one of the best things you can do for yourself. Getting more sunlight may help too, so try to get outside to exercise when the sun is shining. Being active during the daytime, especially early in the day, may help you have more energy and feel less depressed.

- Moderate exercise such as walking, riding a stationary bike, or swimming is a great way to get started. But any activities that raise your heart rate—including daily chores—can help, especially if you can do them outdoors or near a sunny window.
- Try to do muscle-building exercises at least two times each week, such as weight training or stair climbing.

Moderate exercise is safe for most people. But it's always a good idea to talk to your doctor before you start an exercise program.

Albertans can also access services by calling the Addiction Helpline at 1-866-332-2322, Mental Health Helpline 1-877-303-2642 or visiting [www.ahs.ca/helpintoughtimes](http://www.ahs.ca/helpintoughtimes).

**Alberta Health Services**