



DALHOUSIE NEWSLETTER



February 2021 Newsletter

EXECUTIVE DIRECTORS

President, Ron Cornish.....403-247-2575
Vice President, Jonathan Maynard.....jgmaynard@gmail.com
Vice President, Vacant.....
Treasurer, Marilyn Lambertmarilynambert007@gmail.com
Secretary, John Piera.....403-202-0640

ELECTED DIRECTORS

Brent Clark.....brentclark@yahoo.ca
Petro Babak.....petro@ualberta.ca
Lisa Gibson.....
James Reimer.....

GROUP REPRESENTATIVES

Dalhousie Out of School Care (DOSC).....587-437-8218
Kindergarten & Jr. Kindergarten.....www.dcakids.com, 403-288-1050
Playschool.....403-286-2339
Dalhousie Soccer.....info@soccertech.ca, 403-286-2555
Guiding - Guide Centre.....403-283-8348
Scouting - Maurice.....maurice_shevalier@shaw.ca, 403-286-0459

ELECTED REPRESENTATIVES

Councillor - 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 NEXT DCA BOARD MEETINGS WILL BE
TUESDAY, FEBRUARY 9, 2020 AT 7PM
ALL DALHOUSIE RESIDENTS ARE WELCOME TO
ATTEND. MORE MEETING DETAILS TO COME
ON OUR WEBSITE!

**THE DALHOUSIE COMMUNITY CENTER
REMAINS CLOSED UNTIL GOVERNMENT
RESTRICTIONS ARE LIFTED**



BE A SNOW ANGEL!

How to be a Snow Angel -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!



A MESSAGE FROM COUNCILLOR SEAN CHU

Greetings Ward 4 Residents,

Make sure your home's smoke and carbon monoxide (CO) alarms are in good working condition by pressing the test button this spring, when the time changes to daylight savings, in addition to moving your clocks ahead.

Working, and properly placed, smoke and CO alarms save lives. Have working smoke alarms on every level of your home, both inside and outside every sleeping area and have working CO alarms on every level of your home, close to sleeping areas. These are two of the easiest things you can do to keep your family safe.

CO is called the invisible killer because you cannot see or smell it. This poisonous gas can come from many sources, including cars, malfunctioning fuel-burning appliances like furnaces, ranges, water heaters and room heaters; as well as engine-powered equipment like portable generators. Burning charcoal in fireplaces or in barbeque grills inside a home, or in semi-enclosed areas can also result in lethal carbon monoxide levels.

At low levels, CO poisoning symptoms include dizziness, headache or flu-like symptoms. At high levels, they can cause mental confusion, vomiting, and even death. At extremely high levels, it is possible to lose consciousness suddenly without experiencing any other symptoms. Sustained exposure can quickly incapacitate and kill you.

Smoke alarms alert you to any smoke in your home. Replace the batteries in your alarms according to the manufacturer's recommendations and test alarms once a month to make sure they are working.

For more information, and other fire safety tips, visit calgary.ca/csps/fire/safety-tips/fire-safety-and-prevention.html

Also: For more fire safety tips visit: calgary.ca/fire.

- Install smoke alarms in every bedroom, outside each separate sleeping area and on every level of the home. Interconnect all smoke alarms throughout the home so that when one sounds, they all sound. Test smoke alarms at least once a month.
- Be sure your home has both photoelectric and ionization smoke alarms or combination ionization and photoelectric alarms, also known as dual sensor smoke alarms.
- Practice your home fire escape drill

Thank you for your attention,
Ward 4 Councillor Sean Chu

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 Cres NW. 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



THANK YOU, THANK YOU, THANK YOU!

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-9pm
Multi-Purpose Room: 4pm-9pm

Wednesdays

Auditorium: 245pm-545pm
Phoenix Room: 9am-9pm
Sunrise Room: 9am-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: 9am-6pm
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

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

BE A PART OF THE SOLUTION: REPORTING COMMUNITY ISSUES TO THE CITY

Have you stumbled over an uneven sidewalk, noticed a sinkhole or frost heave in the road, or came across hateful graffiti? These are only a few scenarios that can be reported to the City via their 311-application available in the iOS and Android store. The application is easily downloaded and setup. Once setup, citizens can use the application to geo-tag and flag issues for the City to follow-up on. Our City is big and our community relatively small, so bringing our items of concern to the City's mind will help in as much as "the wheel that squeaks the loudest is the one that gets the grease."

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!

THE DCA HAS A NEW LOGO!

Thank you to everyone that had submitted a piece for the DCA new logo contest! The DCA Board and Staff have voted on a winner!



Thank you, Andrew and other participants of the contest!

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.

CURRENT OPPORTUNITIES AT THE DCA!

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.

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



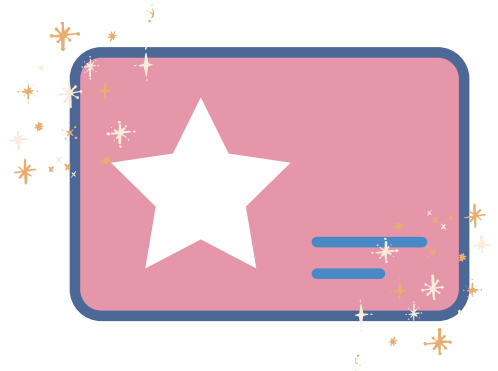
FREE DCA MEMBERSHIP!



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

KEEP YOUR RECYCLABLES LOOSE

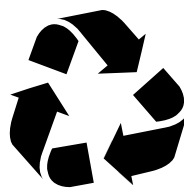
Put your recyclables in your blue cart loose. Make sure your recyclables are not packed too tightly or they will not fall out of the cart during pickup. The only recyclables that should be in bags are bagged plastic bags and bagged shredded paper.

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 for more tips on how to prepare your recyclables properly.



CAN YOU RECYCLE CLOTHING, SHOES AND TEXTILES?



Yes you can! As you start your spring clean, don't put textiles in the garbage! There are many ways to keep clothing, shoes and textiles out of the City landfills.

Donate usable clothing and shoes to local charities or drop-off charity bins near you. Be sure to contact them first to find out what types are accepted. If the charity bin is full, don't leave it outside - only materials in the bins are accepted. Instead, hang onto your donation or take it to another bin.

Recycle clothing and textiles for free at a City landfill, even if it's damaged. Our Throw 'N' Go accepts a variety of textiles including outerwear, shoes, reusable shopping bags, purses and backpacks, and more. Just make sure fabrics are clean and dry and place items in a bag before dropping off. If you bring other garbage in your load, landfill charges will apply.

Repurpose old cotton shirts by cutting into rags for household chores such as cleaning or automotive work.

Textiles also make great projects and crafts with many patterns available online: sew quilts from denim and flannel, handkerchiefs from old t-shirts, or cushion covers from curtains.

Not sure how to properly dispose of an item? Visit calgary.ca/whatgoeswhere for answers to hundreds of items.

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



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!



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)

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

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:

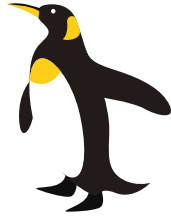
- The number of people using the pathway in winter
- The amount of risk in using and clearing the pathway; e.g. areas that are steep and/or tend to ice up
 - Proximity to LRT stations, schools, business districts or recreation centers
 - Connections to cycle tracks or bike lanes

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.



THINGS TO DO THIS FEBRUARY!

CALGARY ZOO PENGUIN WALK



The king penguin colony heads out on zoo grounds for a daily enrichment walk in the winter months to keep their brains and bodies healthy and visitors get to experience the fun! This incredible program allows visitors to get an up-close look at the group of king penguins as they explore, exercise, and waddle their way through the zoo.

This event will be held from January 15th through mid-March 2021 at the Calgary Zoo (COVID modification have been applied).

Purchase your tickets online at www.calgaryzoo.com/events/penguin-walk



MPTF FREE MUSIC LIVE STREAM

The Music Performance Trust Fund provides free music live streams so you can enjoy the concert from home! Visit www.musicpf.org/mptf-live-streams/ for more info!



OUTDOOR WALKS IN CALGARY

There are many beautiful pathways, bike trails, cross-country ski tracks, and more to discover within Calgary's outdoors! From Glenmore Park to the river paths to Nose Hill Park, there are so many new paths for you to explore – while still keeping your safe distance during self-isolation and getting some exercise!

For walking and biking trails, visit <https://maps.calgary.ca/PathwaysandBikeways/>

For outdoor City of Calgary parks, visit <https://www.calgary.ca/CSPS/Parks/Pages/Locations/All-city-parks.aspx>

KEEP YOUR MIND AT WORK WITH FREE ONLINE GAMES

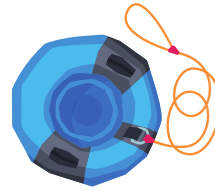


Crossword Puzzles-

<https://www.boatloadpuzzles.com/playcrossword>

Sudoku (All Levels) - <https://www.websudoku.com/>

Word Search Puzzles - <https://thewordsearch.com/>



WINSPORT TUBE PARK

The perfect activity to spend time outdoors with family. WinSport's Tube Park is one of the fastest of its kind in Western Canada. The Tube Park has eight lanes of fun, a magic carpet that brings you and your tube to the top, and washrooms available on site.

For more information and ticket purchase, visit www.winsport.ca/explore-winsport/current-activities/winsport-tube-park/



DIY DELIVERY BY PINNOVATE

Canada's first DIY Studio proudly brings connection and creativity to your homes! Choose a fun DIY craft such as Banner Macrame or Mini-Yahtzee Set and have it delivered right to your door! Visit deliverydiy.com for more information!

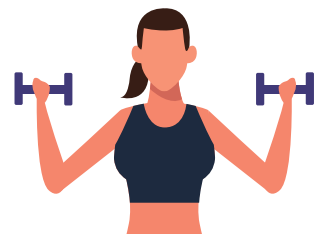


PANDA CAM

Watch the Calgary Zoo's 24 hour "PandaCam" live feed of the giant pandas! While the Zoo may be closed, you are still able to watch these furry creatures from your home!

<https://www.calgaryzoo.com/visit/animals/giant-pandas>

WORK OUT FOR FREE FROM HOME



Zumba -

<https://www.youtube.com/channel/UCQkaczRlyBjI3UKBH59W3XQ/videos>

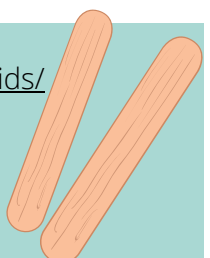
Yoga - <https://www.youtube.com/user/yogawithadriene>

Pilates - <https://www.youtube.com/user/PilatesAnytime>

CHILDREN'S CRAFTS WITH POPSICLE STICKS!

Younger children: <https://fromabcstoacts.com/popsicle-stick-crafts-for-kids/>

Older children: <https://www.goodhousekeeping.com/home/craft-ideas/g4117/popsicle-stick-crafts/>



Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- **1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- **2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

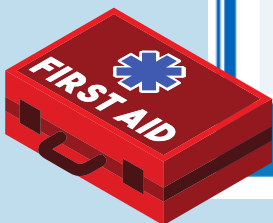
- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, **call 9-1-1**

www.albertahealthservices.ca



Feeding Your Baby



Mealtime Struggles to Mealtime Success

FREE Online Nutrition Class

for parents and caregivers
of infants

Winter 2021 Schedule

January 12th 10:30 am - 12:00 pm
January 27th 1:30 pm - 3:00 pm
February 9th 1:30 pm - 3:00 pm
February 24th 10:30 am - 12:00 pm
March 9th 10:30 am - 12:00 pm
March 24th 1:30 pm - 3:00 pm
April 7th 1:30 pm - 3:00 pm
April 20th 10:30 am - 12:00 pm

A Registered Dietitian will share information and answer your questions on starting solids and first foods, textures, finger foods, timing, amounts, and more!

REGISTRATION:

- birthandbabies.com
- 403-955-1450

FREE Online Nutrition Class

for parents and caregivers of
1 to 5 year olds

Winter 2021 Schedule

All classes 6:30 pm - 8:00 pm
January 19th
February 17th
March 16th
April 14th

Join a Registered Dietitian to learn how to:

- create a positive mealtime environment
- introduce new foods
- cope with mealtime struggles

Easy to attend
evening virtual
classes!

REGISTRATION:

- birthandbabies.com
- 403-955-1450

Dalhousie Out Of School Care

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

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)

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)

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)

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)



DCA KINDERGARTEN



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 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.





DCA PRESCHOOL



PRESCHOOL
registration

Registration is now ongoing for the 2021/2022 school year, please check our website www.dcpreschool.ca for more information or contact our registrar: 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 12th: 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

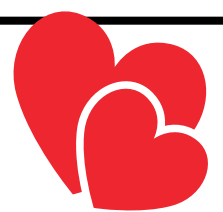
This is a really simple, zero contact way to support the school, while decreasing your to-do list! Any donations would be greatly appreciated!

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





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?

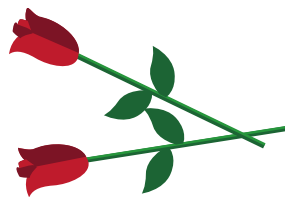
ARGENTINA

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.



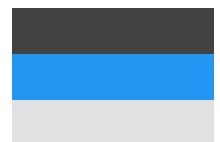
ROMANIA

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.



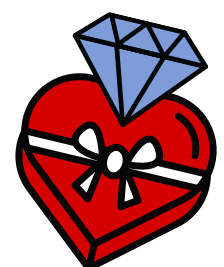
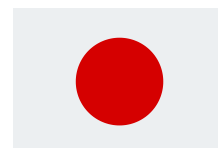
ESTONIA

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 partners 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!



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
Banzai 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 <u>Sept</u> 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 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 and go under Programs to our Outdoor Rink and Learn To Skate tab.





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.



DEVELOPMENT NOTES

Hello Dalhousie! Our community has been chosen to be part of a planning project conducted by students from the University of Calgary School of Architecture, Planning and Landscape. Throughout the project, running from now until about the end of March, students will be looking for input on our community from residents, businesses and community groups. This input will help the students better understand our community as they work towards developing a picture of how our community might evolve into the future.

Role of the Community - As a resident, business or community group, you are invited to share your knowledge and insights with the students via their online platform <https://cc.nextcalgary.ca/>.

Role of the Community Association - Through the Planning and Development Committee, the DCA is helping to promote the project and encourage community participation. We will also be providing our own thoughts and ideas to the students.

Anticipated outcomes - The students will develop a comprehensive report that can be used as a reference for the DCA and residents in shaping the growth and evolution of our community.

Past projects reports: <https://sapl.ucalgary.ca/professionalplanningstudio/projects>

Providing Your Input Go to <https://cc.nextcalgary.ca/> and click on Dalhousie, or go directly to <https://cc.nextcalgary.ca/dalhousie-ds21w-vision>. An interactive map allows you to provide your input by selecting to drop a pin, dragging it to the map and typing your comments.

Hints for using the map:

- On the left side of the map, you will see a "+" icon, click on this to add a pin
- Click on the pin marker and drag it to the desired location on the map.
- Type your comments and click "submit"



There is an option to register to provide comments. You will be asked for some information to complete the process. You can provide input without registering, though it appears you still need to provide an email address. Your comments will be public on the map along with your login or screen name. It does not appear that your email is public. There is a "Terms of Use" and "Privacy" policy, which we encourage you to read. Please note, though the Dalhousie Community Association is helping to promote this project, we have no role in administering the project or the NEXTCalgary website, nor in receiving resident feedback provided via the website or any matters related to terms of use or privacy.

Important Community Dates - While the online feedback remains open throughout the research period, there are a handful of targeted opportunities to provide input:

- 2021-01-26 Business groups meeting
- 2021-01-28 Local interest groups meeting
- 2021-02 (early month) Online community workshop 1 - Details to follow
- 2021-03 (early month) Online community workshop 2 - Details to follow

We will endeavor to keep you up to speed on this project as it progresses. Thanks for your help!

PLANNING AND DEVELOPMENT NOTES



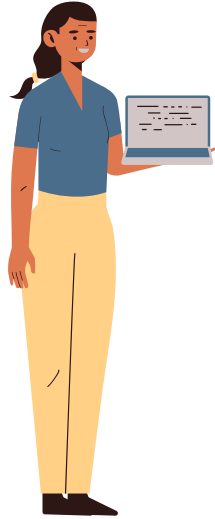
Neighbourhood Speed Limits:

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.

Time to vote, Dalhousie! Calgarians can nominate and vote for their favourite places and things in more than 30 categories, including parks, recreational areas, community initiatives, public art and more! <https://www.avenuecalgary.com/neighbourhood-gems-ballot/#!/>

