



DALHOUSIE NEWSLETTER

April 2021 Newsletter

EXECUTIVE DIRECTORS

President, Ron Cornish.....403-247-2575
Vice President, Jonathan Maynard.....jgmaynard@gmail.com
Vice President, Vacant.....
Treasurer, Marilyn Lambertmarilyn Lambert007@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 (DOSCC).....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

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

COMMUNITY OFFICE STAFF

General Manager: gm@dalhousiecalgary.ca, 403-286-2555
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, APRIL 13TH, 2021 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**

Our Fall Parade of Garage Sales and Parking Lot Sale was a HUGE success for both vendors and a record turn out! It was so great to see many people following COVID measures and guidances, and many people wearing masks outdoors. It is great to see you were all taking care of each other and being cautious! We are awaiting confirmation from governing bodies, however we are tentatively planning to go ahead as planned for our spring Parade of Garage Sales and Parking Lot Sale that will be held in Dalhousie on May 29th and 30th, 2021. If allowed, registration will open on May 10th both online and in person, with the option again to borrow a garage sale sign with a stake with a refundable damage deposit. More information about the event will come in our Digests, E-newsletters, social media and website! We are excited for a bright and fun future of events in Dalhousie!





DALHOUSIE BINGO SCAVENGER HUNT!

March 29th – April 6th, 2021

The DCA has organized fun Bingo Scavenger Hunt for the community over Spring Break and the long weekend! The Bingo Scavenger Hunt is open to 2020-2021 DCA members of all ages to participate in and involves different Dalhousie and area businesses, green spaces, and other fun activities that can earn you a square on the Bingo Card! Bingo cards will be available on our website at www.dalhousiecalgary.ca as well, you can ring the doorbell at the DCA during business hours and we will provide you with a Bingo card.

Bingo cards can be submitted anytime between March 29th and April 6th. They can be submitted via email or place in our mailbox outside the Dalhousie Community Centre. Once all submissions are collected, the DCA will cross reference to ensure that all entries are members and to confirm lines on card. You can submit one Bingo card per person that is indicated on your membership form you submitted to received your membership, however if there are multiple submissions per membership, you must use different versions of the Bingo cards that are available. For example, a family of 4 with 4 participating members can complete Bingo cards A, B, C, and D. They could not complete (4) Bingo cards labelled A and so forth. Bingo cards are available for download by March 25th on our website.

Each line on your bingo card is one entry into the draw for a \$50 DCA Credit to your account, which can be used for almost anything including Out of School Care fees, Camp fees, rental fees and more. It however cannot be used for any deposits towards child care or a rental.

If you have questions, please email admin@dalhousiecalgary.ca!

WHY IS THERE A “MORLEY TRAIL” IN DALHOUSIE?

Dalhousie history as part of Alberta history is fascinating. There is overwhelming evidence that less than 20,000 years ago, our community was covered in hundreds of feet of ice. You can still find fossils of shells and other sea life along the Bow River valley. The first evidence of people is less than 10,000 years ago. Buffalo Jumps have been excavated not only at Head Smashed in Buffalo Jump but as close as Big Hills Springs Provincial Park, just west of the city.



The Tsuut'ina (formerly known as Sarcee) Nation lived near the confluence of the Bow and the Elbow Rivers, the Nehinaw (formerly known as Cree) Nation lived farther to the north and east of Calgary, the Niitsitapi (formerly known as Blackfoot) Nation lived to the south, and the Nakota (formerly known as the Stoney) Nation lived in the Foothills. Occasionally they would war with each other and occasionally there would be peace and they would trade with each other.



There were trails established between the Indigenous communities and these trails became the basis for our modern roads. You might ask why the trail between the Tsuut'ina and Nakota veered so far north of the Bow River all the way to current Dalhousie. It is because it was impossible to walk beside the river the whole way due to places where there are sheer cliffs right down to the water (ie. In Silver Springs). If you chose to walk along the top of the buff, there were too many places where water had eroded the ground into valleys resulting in many hills and difficult terrain to walk. Only when you went farther away from the river, do you come to gradually rising and falling terrain which was easy to travel.

There are remnants of Morley Trail in Brentwood, Dalhousie and farther west. Morley is an English word that is derived from “mor” or marsh, and “leah” or clearing in the woods. In 1930, it was paved and renamed #1 (Trans-Canada) Highway. In 1954, the new Trans-Canada Highway was built on the south side of the Bow River in its current location, and the road was renamed again to the “1A Highway”. It remained a two-lane highway without shoulders until in 1969, when it was renamed again to Crowchild Trail in honour of David Crowchild, chief of the Tsuut'ina Nation. Crowchild Trail. Now it is a four to six lane highway, but the original path that is Morley Trail remains as part of Dalhousie.

Written by John Piera

SPRING IS HERE - PROTECT YOUR BIKES!


COVID has resulted in a boom in bike use across the city. As we head into spring, remember to keep your bikes locked up or securely stored. You can also help protect your bike by registering it online through bikeindex.org. Bike Index is an online registry tool used by Calgary Police Service to help return stolen bikes to their owners since 2019. In May 2020, officers returned over \$12,000 worth of bikes to Calgarians with the help of this online program. Bike Index is a free, voluntary database used by bike owners, bike shops and police services. If a registered bike is stolen, an owner can login and make note that their bike is missing. In the event it is recovered by police, or looked up by an unsuspecting buyer, its status on Bike Index will appear as stolen and alert those searching that serial number. If you are buying a bike you can also look up the serial number to verify it has not been reported as stolen. If you are selling a bike that you have previously registered, you can transfer registration to the new buyer.

To use Bike Index to register a bike, you will be asked to provide information like the make, model, colour, serial number and other defining characteristics of your bike. If you are reporting a bike as stolen, you can provide photos and need to provide a phone number or email for police to contact you should your stolen bike be recovered. The most important piece of information for the data base is a serial number. All bikes should have one. Most have their serial number engraved beneath their bottom bracket (where the crank arms connect to the frame) or above the front fork. If you find more than one number on your bike, enter all of them.

The website is easy to use and offers support if you are having difficulties. Take a few minutes and protect your bikes by registering them today!




Bikeindex.org



Alberta Health Services

Emergency Medical Services

Bicycle Helmet Safety



Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

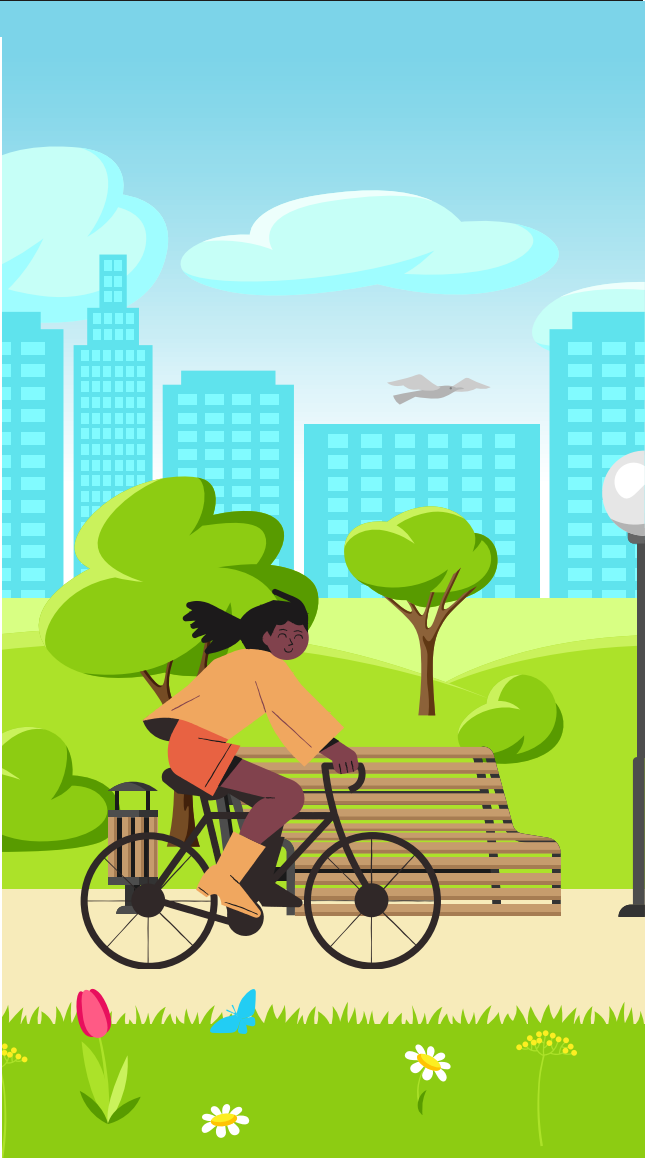
- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

*Parachute Canada
<http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>

www.albertahealthservices.ca



CONSTANTLY RE-EVALUATING TO MEET THE CHANGING NEEDS OF DALHOUSIE

The Dalhousie Community Association (DCA) exists to improve the quality of life of residents in the Dalhousie Community. That is accomplished through the construction and maintenance of facilities, offering DCA run programs, and working in cooperation with other organizations to offer non-profit programs and for-profit programs in our community.

In addition to our main DCA building beside H. D. Cartwright J.H.S., we also operate a smaller building on Dallyn Street beside Dalhousie Elementary. Dalhousie is also fortunate to have over 20 parks, 10 playgrounds, 6 full size soccer fields, 5 fastball/baseball diamonds, 6 tennis courts, two off-leash parks, one outdoor ice rink and miles of paths! There is also a full-size gym in West Dalhousie Elementary, and smaller gyms in H. D. Cartwright J.H.S, Dalhousie Elementary, St. Dominic's Elementary and Dalhousie Community Church that are available for rent. We are truly fortunate to have so many facilities at our disposal.



Programs have been more of a challenge for the past year due to the Corona Virus. Provincial and municipal restrictions have forced many programs to close or open at a fraction of the previous capacity. The board of directors are constantly putting out feelers to see if there is interest or need for a program that is currently not being offered. Most recently, we asked the residents if there was interest in a Blockwatch Program or a farmer's market. There was no interest in one and very little interest in the other which is okay. We also used to run a "Triple A" program for seniors, but that shut down a couple of years ago due to declining interest. But we'll keep on asking and we hope that you will keep on letting us know what programs we can offer so that we can continue to improve the quality of life for residents in Dalhousie.

Written by John Piera

DALHOUSIE COMMUNITY CLEAN UP!



The City of Calgary has approved the Dalhousie Community Center to be host of one of the annual Community Clean Ups! This is a very highly anticipated and well attended event in the NW – it will be held on June 20th, 2021 from 9am-2pm. More information on what items can be disposed and recycled at the event will be available in coming weeks on our website, Digest and E-newsletters, and social media.

We will be looking for volunteers for this event. We prefer volunteers to be over the age of 18, with steel toed or close toed shoes, and a good work effort. It is a busy day but a very fun day in the community! If you are interested in volunteering, please email admin@dalhousiecalgary.ca!

For a list of all City of Calgary Community Clean Ups, please visit www.calgary.ca and search "Community Clean Ups".





DALHOUSIE'S TENNIS AND PICKLEBALL COURTS



Did you know that Dalhousie had their Tennis/Pickleball court surface replaced 3 years ago? The playing ground have really improved and you will be able to formally book courts through the City of Calgary! If you don't book, it is first come first serve and you may not be guaranteed a court. You can check the City of Calgary website to see if a court is available or not – if it is not available, it is booked by someone else. The DCA does not book/reserve courts for participants, nor are we mediators for anyone using the courts. If you have questions or concerns about the usage of the courts or participants, please call the City of Calgary at 311 or in case of an emergency call 911.

The DCA has had Introduction to Pickleball workshops that are free for those that have a current DCA membership! Keep an eye on our website and social media for information on if and when this workshop will be offered this year. We are hoping to offer as many opportunities and we safely can once COVID measures have been eased and it is safe to move forward for everyone involved.



YOUTH SOCCER IN DALHOUSIE



Are your children looking to join in some safe and fun soccer this year? The Dalhousie Community Association, in correlation with SoccerTech, are offering a soccer season this year! Registration is online through SoccerTech. You will need a valid 2020-2021 DCA Membership card and will need to enter your number at registration. If you don't have a card yet, don't worry – the DCA Board has generously provided free memberships for the remainder of the membership year (expires August 31, 2021 at 11:59 p.m.)! To get yours, email admin@dalhousiecalgary.ca!

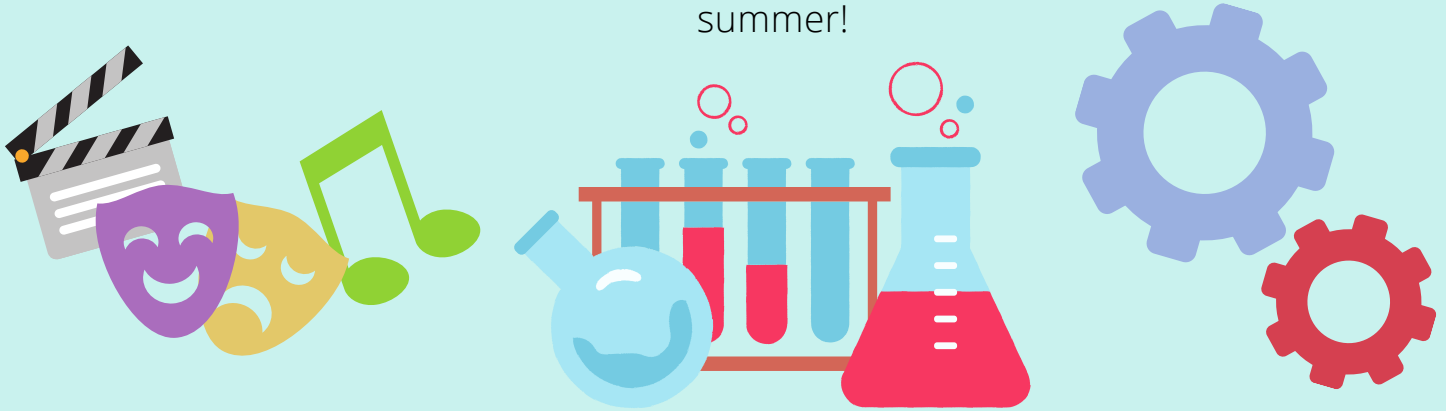


At this time of this publication, we do not have set days and times for the soccer season, however it will be updated on our website and social media as soon as we have the details.



CHILDREN'S SUMMER DAY CAMPS!

Pending the Government COVID measures, Dalhousie will be host of many fun and exciting Day Camp opportunities for children! We will have our awesome Dalhousie Day Camps which are operated through the DCA, as well as the highly anticipated musically theatre camp with Miss K with this year's theme being "Jambo To The Jungle". We also have Mad Science, Engineering For Kids, and more coming to the Dalhousie Community Centre this summer!



For more information about camps, please look below for contact information on how to register:

- DCA Day Camps and Musical Theatre Camp: admin@dalhousiecalgary.ca
- Mad Science – madscsab@telusplanet.net
- Engineering For Kids - calgary@engineeringforkids.net

Keep watch on at dalhousiecalgary.ca for updates on our camps, themes, dates and more!



CLASSIFIED **ADS**

DJ RECKLEZZ

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.

PRESCHOOL GYMNASTICS

Are you looking for a fun, new and exciting activity for your preschooler? Varsity Gymnastics Club is now taking pre-registrations for the Spring session March 1st – May 22nd pending COVID restrictions lifting. Visit varsitygymnastics.ca or call today (587)432-8846 to register.

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

CONSTRUCTION ON JOHN LAURIE BLVD



As part of The City's life-cycle maintenance and major roads restoration program, we're completing pavement reconstruction and restoration work on John Laurie Blvd. N.W. Improvements will include road restoration and rehabilitation of John Laurie Blvd. from Shaganappi Tr. to 14 St., as well as full intersection reconstruction at Brisebois Dr. This project will improve roadway operation, safety and surface characteristics of the roadway between Shaganappi Tr. and 14 St. and help to ensure the road continues to be safe, functional and in great condition for years to come. Work will commence in Spring 2021 and continue through Summer 2021, with a scheduled completion in Fall 2021. Regular project updates will be available and a link to subscribe to the project newsletter is posted on www.calgary.ca/johnlaurieblvd.



HOW RESIDENTIAL SPEED LIMIT CHANGES WILL AFFECT DALHOUSIE

On February 1, 2021, the City of Calgary voted to implement a new speed limit law which will go into effect on May 31, 2021. It means any road that does not have a posted speed limit is assumed to have a 40 km/hour speed limit. This will affect almost all roads in the community of Dalhousie. Further details can be found at www.calgary.ca/transportation/roads/traffic/traffic-safety-programs/residential-speed-limits.html Included is a Ward 4 map which shows which streets in Dalhousie are deemed to be "collector roads" and will remain at a 50 km/hr speed limit. It looks like only Dalhousie Drive, 53rd Street, and portions of 66th Avenue, Dalton Drive and Dalcastle Drive will have signs posted allowing vehicles to drive 50 kms/hour. Have a look at the map, and see how you might be impacted.

Our Councillor, Sean Chu, was one of 4 Councillors who voted against the change. He also requested that this issue be put to the voters as a plebiscite, but this was voted down by Council. The City of Calgary keeps records of the locations of all traffic incidents which can be found at "data.calgary.ca/transportation-transit/traffic incidents/35ra-9556". This includes incidents of all kinds including single vehicle, multiple vehicles, pedestrian, cyclist or other.

It will be interesting to see how this change impacts our neighborhoods. Maybe, as we adjust our driving habits, our streets will become more of a shared space. What do you think?

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.

DALHOUSIE CRIME RATES LOW- BLOCKWATCH PROGRAM ON HOLD

Each community is assigned a liaison officer from the Calgary Police Service (CPS) and ours made a presentation at the February 2021 Dalhousie Community Association (DCA) meeting. He reported that in Dalhousie in the month of January, there were 0 residential break-ins, 1 commercial break-in, 0 auto thefts, 4 car prowling's, 0 robberies, 0 home invasions, 2 assaults and 21 calls to the LRT station. He reminded residents to report all crimes even if nobody was injured or if no property was stolen. The CPS "Graffiti Patrol" has been dissolved and if you see any graffiti it should be reported to the City of Calgary through the 311 operator.

On March 2020, we had a presentation from the Blockwatch Coordinator of Country Hills who offered to help us set up a Blockwatch program here in Dalhousie. The DCA put articles in the Dalhousie Digest for two successive months and posted the article on the website putting out feelers to find out if there was interest for such a program in Dalhousie. Only one person responded that they would be interested which was insufficient interest to pursue this program. It will be put on hold until there is more of a need or more interest.

The CPS recommends that one of the most effective methods to reduce crime is for residents get to know their neighbours so they can watch out for each other. Other security measures that you can practice is to lock your home, garage and vehicles, don't store tools or other valuables in your vehicle, have sufficient lighting on the exterior of your house, cut back shrubs and trees around your house and install security devices like cameras. Stay safe!

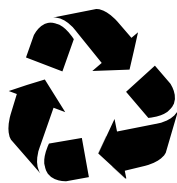
John Piera

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.



WEEKLY GREEN CART RETURNS END OF APRIL



Weekly green cart pickup is returning at the end of April. Visit calgary.ca/collection to check your schedule and sign up for reminders, or download the [Calgary Garbage Day](#) app.

Here are some tips for using your green cart:

- All food scraps, food-soiled paper, pet waste and yard waste go in the green cart.
- Use only certified compostable bags or paper yard waste bags in your green cart – no plastic bags.
- Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed and set at least two feet to the side of your green cart.
- No plastic plant pots or bedding trays in the green cart. Rinse out and recycle in your blue cart instead.

Compost giveaway: Compost will be available for pickup, by appointment only, from May 10 to June 26. For details visit calgary.ca/compost.

DALHOUSIE AND NOSE HILL PARK BY ANNE BURKE



In 1993, Dalhousie was one of the 18 communities (plus a member from the Federation of Calgary Communities) on the Nose Hill Park (NHP) Communities Board. Any additional Community Association which indicated a desire to serve on the Board was welcomed. Each Association represented on the Board was responsible for the appointment of its members and alternate members. All members were officially appointed because they were authorized to speak for their organizations on routine matters and therefore represented their communities on issues regarding Nose Hill Park. As such, they were required to solicit input and direction on various Park management issues. Each member was asked to find an alternate representative through their respective community associations to attend meetings, particularly in their absence.

The Board could and did ask for input from any individual, organization, or City department considered necessary in order to arrive at an informed position on any issue. Members were informed on the issues and concerns, including the values and goals of the NHP Communities Board. To provide information, members were expected to submit articles to community newsletters, have regular communication with their Community Association Board of Directors, and maintain informal discussions with neighbors, friends, and community members. In addition, they were expected to serve on various subcommittees that were required, from time to time, in order to meet the goals and objectives of the Communities Board.



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.



Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

www.windowssafety.ca

www.albertahealthservices.ca



Feeding Your Baby

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



Mealtime Struggles to Mealtime Success

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





APRIL FOOL'S DAY

As many know, April Fool's Day comes around every year on April 1st. Often, radio show, news anchor, and friends and family use this opportunity to try and trick people with funny (but maybe true?) news and pranks that will leave you laughing!

For those that are not aware, April Fool's Day spread throughout Britain in the 18th century and had become a two day event in Scotland – which included that tradition of starting with “hunting the gowk”. This meant, people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or “kick me” signs on them.



**STAY
SAFE**

It is important to make sure you think through your prank or “fake news” announcements, as you wouldn't want to physical injury anyone, damage property or intentionally make someone feel very upset.

Here is a list of relatively harmless and “easy to clean up” pranks to try on your friends and family:

- Get a fake spider and tape it on the inside of a lamp shade that is often used, when it is turned on it will look like a HUGE spider is inside the lamp
- Fill someone's room, office, or vehicle with balloons that overflow when they open the door
- Attach an airhorn to your spouses at home office chair or your colleague, when they sit down, they will be alerted!
- Instead of caramel dipped apples, try making caramel dipped onions and watch as your friends react to the taste!
- If you have a hand sprayer in the kitchen, take with scotch tape the handle so when someone turns on the tap, they get a surprise spray!



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!

GUIDEBOOK FOR GREAT COMMUNITIES

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

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

Scan the QR code to the right to access the guidebook





CONTRIBUTE TO DALHOUSIE'S FUTURE BY SHARING YOUR THOUGHTS ONLINE EVERY MONDAY.

Activities are fun, and can be completed in as little as 5 minutes per week.

Melody Ma and Travis Dickie are students from the University of Calgary's School of Architecture, Planning and Landscape, and will be working with members of the community to collect feedback on topics like new development, public spaces, amenities and more from January through to April on the NEXTCalgary (<https://cc.nextcalgary.ca/#>) website.

Called The **Future Layers of Dalhousie**, the purpose of this exercise is two-fold. First, the students would like to learn how residents view the community, its amenities and hear some opinions about where they see Dalhousie in the future. Every Monday, the students will be asking for residents to contribute their opinions on key topics using map activities, questionnaires, and fun online exercises. The topics include:

1. Parks and open spaces
2. The pathway network and pedestrian realm
3. Roads, traffic and public transit
4. Residential and commercial developmen
5. Indoor community amenities (IE: community centre, schools)



The second part of this project is to look at some of the ways that Travis and Melody can help bring Dalhousie residents together on short-term projects that matter to them, and do not necessarily require capital funding to achieve.

As students, their job is to bring residents together to work toward common community-level goals. For example, a popular contribution to the first online first exercise is the desire to have a community garden. Travis and Melody would help to bring people together to develop an action plan, develop designs and built a community network that could breathe life into a project like this.

Lastly, there may be barriers for some residents when accessing tools on the internet. The students would like to provide an option to make your thoughts heard using a paper survey, by phone or through other means.

If you have access to email and would like to explore other options for communicating your opinion, please contact travis.dickie@ucalgary.ca to say that you are interested. It is recommended that you try to use the website first, however, as the activities are fun and can show you what some of your neighbors are thinking too.

To visit the website, please visit <https://cc.nextcalgary.ca/#> and select "The Future Layers of Dalhousie" or scan the QR code in this article. If you are having trouble accessing the website tools, please try using another browser (Google Chrome, Microsoft Edge, Firefox or Safari), or try to access the site via a smart phone.

Do you have an interest in planning, development or transportation? Do you want to help guide your Community through its ongoing evolution? If so, consider joining the Dalhousie Community Association Planning and Development Committee. If you want to find out more, you can email us at pd@dalhousiecalgary.ca or check out the Planning and Development section of the Dalhousie Community Association website at <https://www.dalhousiecalgary.ca/development/>

CALL FOR VOLUNTEERS

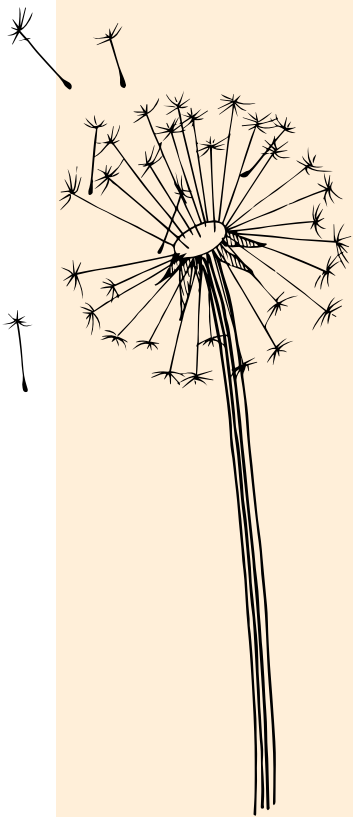




DANDELIONS

Written by John Piera

As April rolls around, the yellow floret of dandelions are obvious to see on lawns, sports fields and city boulevards throughout Dalhousie. Formally known as *Taraxacum Officinale*, views vary and some see them as charming, some see them as good eating, some see them as harmless, some see them as medicinal and some see them as invasive.



Well, flowers come in green and pink and red,
And they sleep all day in their little flower beds,
But the little dandelion grows wild and free,
With her uncles and cousins and the whole family tree.

Dandy, dandy, dandy, dandy, dandelion,
There's something pretty dandy about you.

Dandy, dandy, dandy, dandy, dandelion,
I wish that there were more of you!

First I make a wish, then I blow real hard,
And the little dandelions blow all over the yard.
And I wait and I hope for my wish to come true,
Guess there's only so much a dandelion can do.



One thing for sure, not everybody takes such a cheerful, hopeful view of dandelions! Those with perfectly manicured lawns frown when they see the yellow flower pop up, even if it is on their neighbours lawn or on the boulevard. There are easy ways to get rid of them and the most obvious is just use your hand or a knife or a gardening tool and pull them up before they go to seed. A second easy chemical free solution is put a tablespoon of salt on the plant. If there are a lot of dandelions to remove, the easiest solution is use a herbicide which you can buy at our local Canadian Tire.

If you are into eating them, you might be interested to know that according to Medical News Today, people eat the root, stem, leaves and flowers of the dandelion. They are used to make salads, jelly, pesto and wine. The medicinal qualities include providing antioxidants, reducing cholesterol, regulating blood sugar, reducing inflammation, lowering blood pressure, aiding weight loss, reducing cancer risk, aiding digestion and keeping skin healthy.

So whether you love them or hate them, dandelions are part of our community.





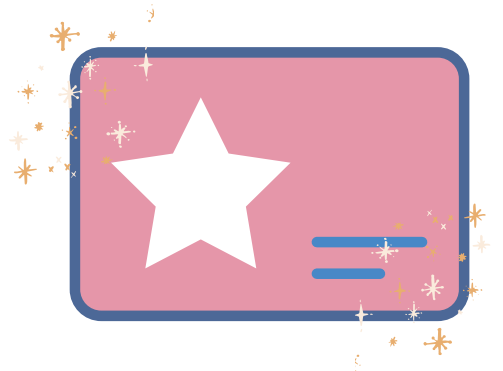
FREE DCA MEMBERSHIP!



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, 24, 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



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

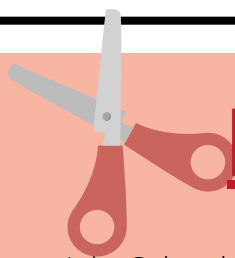


Please note as it is a commercial kitchen, there are no dishes, pots and pans, cutlery, etc. The kitchen must also be cleaned before the end of your booking, and your booked time must include your time you allocate to clean the kitchen.

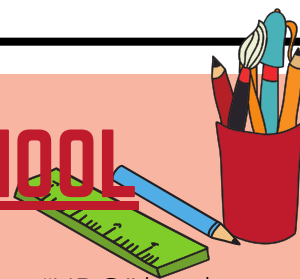
For further questions, please email admin@dalhousiecalgary.ca

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."



HD CARTWRIGHT SCHOOL



H.D. Cartwright School, often known in the community as simply “HD” or “HDC,” has been a junior high school in the heart of Dalhousie since the 1971-72 school year. The school is named after Herbert Daniel Cartwright, a prominent educator and school administrator in Alberta, whose career spanned over four decades between 1918 and his retirement in 1959. Among his other achievements, Mr. Cartwright organized the first junior high school in Alberta (Rideau Park School) and was principal there for four years. It is coincidental that having organized that first junior high school, his namesake, H.D. Cartwright School, is one of the last remaining grade 7-9 junior high schools in the CBE. (Following the transition of most formerly junior high schools to a “middle school” format.) HDC is currently the designated public junior high school for students in Dalhousie, Ranchlands, Nolan Hill and Sherwood. It also hosts two special education programs, the Learning and Literacy program (L&L) and an ACCESS class.

In its first year of operation the school’s principal, Mr. T.G. Allen, wrote of “looking forward to developing a school of which we can all be proud” and one with an “enthusiastic and cheerful atmosphere.” His hopes for the school certainly materialized over the years, and HDC is known for being a friendly, caring, close-knit learning community. With an enrolment of approximately 450 students (including some currently learning online) students and staff often form close connections and relationships with one another. In fact, these positive connections are the focus of much of the work done in the school during what is referred to as “Cougar Community” time. Many past and current students can probably recite the school jingle of “HDC, we’re like a family.”



As might be expected, the 2020-21 school year is much different than normal, but the school continues the process of providing meaningful learning opportunities through a strong community approach. To keep students in cohort groups, students are not currently taking their ordinary options classes, but circulating through a variety of complementary courses together with their homeroom classmates. For example, Dalhousie community members may have seen students and their Environmental and Outdoor Education teacher doing some geocaching in the neighbourhood this fall. During the pandemic, regular athletics programs cannot be offered, but students are still participating in daily Physical Education classes (often outdoors). We are also keeping school spirit alive through various “House Cup” challenges between homeroom classes. These challenges have involved various socially distanced activities completed together with homeroom classmates to build school and homeroom spirit. HDC has been a part of this community for almost 50 years, and is looking forward to continuing a bright tradition of being, as the school’s motto says, “A Great Place to Learn Together.”

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)

A Glimpse into DOSC

Dalhousie Out of School Care

Are you thinking of signing your child(ren) up for before and/or afterschool care? We serve West Dalhousie Elementary School (Kindergarten through grade 6) and Dalhousie Elementary Spanish Bilingual School (Kindergarten through grade 5).

At West Dalhousie, our Site Supervisor Miss. Christy has been there since September 2019. She has her Childcare Worker Certification and has been in the field for 6+ years with experience working with Children with Special Needs and Exceptionalities. This program currently has capacity up to 45 children.



At Dalhousie Elementary we have two Site Supervisors for kindergarten students.

Miss. Linda who has been with our program for 2 years with her Child Care Worker Certification and Miss. Saima who has been with our program for 5+ years and has her Child Care Supervisor Certification. This program has capacity of up to 30 children.



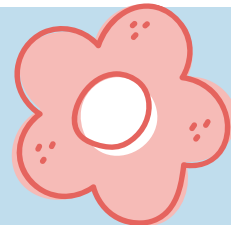
Lastly, our third Site Supervisor for the Dalhousie Elementary Students in grades one through five is Miss. Yang Yang. She has been with our program for 3 years and has her Child Care Supervisor Certification. This program has a capacity of up to 70 children.



Call 587-437-8218 or email doscdirector@dalhousiecalgary.ca to reserve your spot today!



DOSC Licensing/Health Visits were a huge success!



The Dalhousie Out of School Care Program has recently had their Licensing and Health Inspections completed! All sites were visited and all locations passed with flying colours. Even with an unannounced surprise visit at our West Dalhousie School, there was nothing but great reviews all around. If you are interested in finding out more information about our programs, please visit our website at <https://www.dalhousiecalgary.ca> or contact the Out of School Care Director via email at atdoscdirector@dalhousiecalgary.ca. Space is limited and on a first come, first served basis so don't delay, reach out and inquire today!



DCA KINDERGARTEN

Celebrate Kindergarten!



The program at Dalhousie Community Kindergarten is designed to offer a wealth of experiences to our eager learners and we are very proud of the variety of challenges we offer. We believe that our classroom is a place where we can (and should) build a foundation that encourages a lifelong enthusiasm for learning and exploring! In February we celebrated the 100th day of school – how time has flown! This was a day for our students to celebrate much they have learned and how much we have grown – both literally

and figuratively!

Our Kindergarten classroom is definitely the place to bring enthusiasm for trying new things and learning new skills. In February we also started outdoor skating lessons on our community rink. Some of our students were on skates for their first time ever, while others brought established skills. All were enthusiastic about working hard, picking themselves up inevitable slips and falls and supporting each other to learn something new. We send a heartfelt thank you to the volunteers who have built and maintained this little treasure in our community. Given the restrictions of COVID, we were so fortunate to have an outdoor rink option in our backyard.

Our class for 2021-2022 is currently full, but we will be keeping a waiting list, as there are often changes. Please email us or call our office (403-288-1050) if you are still considering options. You can also find information about our program at www.dcakids.com. We always welcome inquiries and would be please to tell you more about our exceptional community kindergarten program.





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

Happy Spring Dalhousie! The days are getting longer and warmer so we have been taking advantage of our playground for some outdoor play, exercise and fresh air! Inside the classroom we have been busy learning about penguins and watched the Calgary Zoo penguin walk. We used the world map to talk about all the places we have been, and also set up an airplane that we could pretend to fly to different places around the world! We have moved on to learning about space and exploring planets, rocket ships and astronauts!

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!

Registration is now ongoing for the 2021/2022 school year, space is limited! Please check our website www.dcpreschool.ca for more information or contact our registrar: registrar@dcpreschool.ca

Upcoming Dates:

April 2nd - Good Friday (no school)

April 5th - Easter Monday (no school)

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.

