

NOVEMBER 2021

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# THE DALHOUSIE

## DIGEST

THE OFFICIAL DALHOUSIE COMMUNITY NEWSLETTER

**AGM - TUESDAY**  
**JANUARY 25, 2022**  
**7:00 PM**

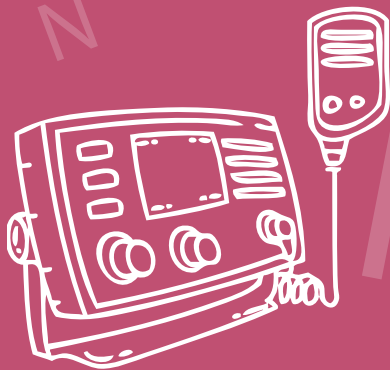


**Dalhousie  
Community  
Association**



# N for November

The NATO phonetic alphabet is a very cool way to clarify what you are saying when communicating from far distances, or across devices. November is actually used in the 26-letter alphabet and is the only month of the year to be included.



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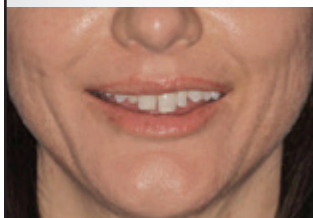


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# Dalhousie Community Association

WWW.DALHOUSIECALGARY.CA

403-286-2555

## BOARD OF DIRECTORS 2021-2022

NAME	POSITION
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Jonathan Maynard	Vice-President
John Piera	Secretary
Marilyn Lambert	Treasurer

### DIRECTORS

Petro Babak	Brent Clark
James Reimer	Stephanie Desmarais
Wayne Pennington	

## UPCOMING EVENTS

**Farmer's Market** – November 16

**Christmas Craft Sale** – November 27

**Veteran Food Bank Drive** – Donations accepted present to November

**Inn from the Cold** – Donations accepted November 12 to December 20

**Farmer's Market** – December 14



### Fall Community Office Hours

Monday to Friday: 9:00 am to 3:00 pm (open later depending on rentals)

Saturday: 9:00 am to 4:00 pm

Sunday: 9:00 am to 1:00 pm

The Community Centre washrooms are only open to users of the building at this time!

### Community Office Staff

**General Manager:** gm@dalhousiecalgary.ca, 403-286-2555 ext. 3

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

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

**Programs/Events/Communication/Rentals:** admin@dalhousiecalgary.ca, 403-286-2555

**All Dalhousie residents are welcome to attend.**

**Our Board Meetings are always the second Tuesday of the month at 7:00 pm!**



## mybabysitterlist

### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

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## Let's Show Our Appreciation to Veterans Through Food Donations



The Dalhousie Community Association will once again collect donations of non-perishable food items for the Veterans Food Bank of Calgary. This food bank is operated by the Calgary Veterans Services Society, a charitable organization that serves Calgary and area by providing a variety of support services to veterans. This includes individuals who have served in all branches of the Canadian Armed Forces, the Reserves, and first responders (fire, police, and EMS).

Each year, our community gives generously, and we typically take several truckloads of food to their warehouse in Calgary. Can you organize a mini food drive amongst your neighbours or help spread the word? Donations can be dropped off at the DCA Community Centre during regular office hours. Please donate and help support our community's amazing spirit of giving.

*Tracey Woods and John Piera*

## The Season for Giving is Right Around the Corner

Now that the October rush and trick or treating is over, and the shelves have been re-stocked with Christmas decorations, it is time to think about the December holiday season and our community. The Dalhousie Community Association has an Inn from the Cold donation box in the lobby for those interested in donating and giving back. Inn from the Cold is a charitable organization that supports up to 70 families at any given time in Calgary and to be successful, Inn from the Cold relies on donations from the community.

Specifically, during the holiday season, Inn from the Cold is seeking donations in the form of gifts for their families. The age range for gifts is typically kids 3 to 17 years of age. Inn from the Cold will sort the donations and allocate them to the families as applicable. During the holiday season their support includes helping those families receiving their services by providing a Santa's Gift Shop. Each family member has a chance to select and wrap a gift for their other family members so that everyone has a magical morning and something special to look forward to. The joy of being able to give a present is very much a part of the magic and excitement of this event.

Donations can include toys, puzzles, board games, arts and crafts, make-up, gift cards to retailers such as Walmart and Superstore, etc. Please avoid donations that are violent in nature such as toy guns. If you're not able to stop by and donate in person, you can still donate to this worthy cause online at [Innfromthecold.org](http://Innfromthecold.org). Your donations will make a big difference to the families experiencing life changing challenges.

*Jonathan Maynard and Tracey Wood*



## Welcome Terry!

Welcome to our new bookkeeper/accountant Terry Meiyepn! He is a commerce graduate and has the ACCA designation from U.K., his CMA in Canada, and is now a CPA. He has a diverse background

covering many areas in finance, having worked in a number of different companies, including Tax

auditor (Alberta Treasury and CRA), Senior Manager at Price Waterhouse Coopers, and Residence Finance at the University of Calgary.

Terry moved to Canada from Singapore in the 1980s. He and his wife have been living in Edgemont for close to thirty years, and they have four children and four grandchildren. He likes working with people from various backgrounds and volunteers with the YYC White Hatters, Habitat for Humanity, the Edgemont Community Association, and Calgary Crimestoppers. He loves football (soccer), and his favorite team is Liverpool.

Next time you are in the DCA Community Centre, please stop by and introduce yourself to Terry!

*Doug MacDonald and John Piera*



**MLA Calgary-Edgemont  
Prasad Panda**

222, 5149 Country Hills Blvd NW

403-288-4453

calgary.edgemont@assembly.ab.ca



**Calgary Confederation  
Len Webber, MP**

2020 10 St NW, T2M3M2

403-220-0888

len.webber@parl.gc.ca

I want to thank all those who got out to vote in the municipal election and referendum last month. I wish to extend my sincere appreciation to all the candidates who put their names forward and congratulations to those who will be leading the city for the next four years. I look forward to working with the new council to overcome our current challenges and continue to build Calgary as a hub of energy, innovation, and diversity.

The completion of Enbridge's Line 3 pipeline replacement is a significant milestone for Alberta and for our province's economic recovery. The project replaced an aging pipeline with a new pipeline equipped with state-of-the-art technology and safety measures to protect the environment. Line 3 will be able to transport approximately 3.2 million barrels of oil per day out of Western Canada. Our government will continue to fight for all projects that help bring our oil to market because we owe it to Albertans to get full value for our resources. Alberta produces reliable and responsible energy and, through projects like this, we will be able to deliver it.

While we work together to create a prosperous future for Calgary, we must also take time to reflect on how we got to where we are now. November is when our thoughts turn to Remembrance Day. It is a time for us to remember and honour the brave men and women who have served and those who continue to serve in the Canadian Forces.

I encourage all Calgarians to commit to offering our respect and thanks to those who serve our country and those who sacrificed it all for Canada. My 8th Annual Veterans' Food Drive will take place in the riding on Saturday November 13. If you can volunteer, please contact my team at [events@prasadpanda.ca](mailto:events@prasadpanda.ca).

*Prasad Panda, MLA*



### **Take The Time!**

This month we honour the service and sacrifice of those who served Canada. We bow our heads and observe a moment of silence not only to commemorate these brave men and women, but to reflect on the paramount importance of the freedoms for which they fought.

It is important to remember that although our reflections may look different this year, as they did last year, their significance remains constant. Regardless of our circumstances, we can always take the time for a personal moment of silence and reflection to honour their memory.

The last two years have been a struggle for so many Canadians, and veterans have not been exempt from the hardships we have faced. Those already struggling before the pandemic may have found themselves in increasingly difficult situations.

I urge those who can donate or lend a helping hand (safely) to do so.

Of course, the easiest way to do this is to purchase a poppy pin in support of the Royal Canadian Legion. The Royal Canadian Legion offers many ways to assist our veterans which are outlined on their website.

For those who want to make a greater contribution, there are volunteer opportunities with organizations such as the Royal Canadian Legion, VETS Canada, and the Veterans Food Bank of Calgary. As the holiday season approaches, a great way of engaging your family with the local community and learning our history is to volunteer together.

Of course, with COVID-19, we must be very mindful of following public health guidance when volunteering with vulnerable populations. However, you can always donate food and household necessities to the Veterans Food Bank of Calgary.

Whether you commemorate together or alone, please know that you are joining millions of folks across Canada to reflect on the sacrifices of our veterans. Lest we forget.





## Sharpen Your Skates!



The winter season is upon us which can only mean a couple of things; the temperature is going to drop, and water will turn to ice, which means skating and hockey comes alive.

This year, the DCA Board has decided to take the plunge and expand the ice rink behind the community centre. The current rink is 75 x 75 but will expand to cover the entire width of the building. The boards will still remain 2 feet high, which is more enjoyable for pleasure skaters and beginner hockey enthusiasts. The work is scheduled to be completed by the end of October and will be ready for new ice as soon as it is cold enough to flood the rink.

With the increased size comes increased responsibilities. Currently, Tom and a few other people have been doing most of the rink maintenance, but the larger size will require more help, especially after a large snow fall. Shannon Wiens was nice enough to donate a large snow blower that needed only a bit of maintenance to get it working again. Having this snow blower will be a great help with snow removal but we should have another one, so if you know of a blower sitting around collecting dust that is a larger size, please let the DCA know so we can put it to good use.

Once the temperature drops, Tom will be needing help to maintain the rink. His goal is to clear and flood at least a couple times a week with a crew of three or four people. If you are willing to help for a regular shift or two, please contact Tom at [thmsgood@gmail.com](mailto:thmsgood@gmail.com). Even if you aren't able to commit to regularly helping, the rink will need extra helpers after every large snow fall.

Last winter the rink was used regularly by a large number of Dalhousie residents, and we anticipate more of the same this year with the increased rink size. We hope to see you out this year and please consider helping to maintain this great local resource.

*Barry Olsen and John Piera*

## Good Fences Make Good Neighbours



Have you ever had the opportunity to walk along the informal footpath running along the south side of John Laurie Boulevard between 53rd Street and Shaganappi Trail NW? This footpath is a popular walking, running, or cycling access route to Nose Hill Park from our community. If you've travelled along it lately, you likely noticed that a portion of the fence which is on public property has fallen and been temporarily replaced by orange plastic snow fencing. The Dalhousie Community Association ("DCA") flagged this to the City of Calgary and our Councilor's office, requesting replacement of the fence and asking that any solution ensure continued access to the footpath. While a number of options were proposed, including a combination chain-link and "living fence" (trees and/or shrubs), constructive dialogue between the DCA and the City, along with the support of Councilor Chu, have resulted in a decision to replace the most severely damaged section of this fence with a similar style of fence.

*Brent Clark and John Piera*

## Sadie Hawkins Day

HAVE YOU EVER HEARD OF THE SADIE HAWKINS DANCE? THIS TRADITION SWAPS NORMAL GENDER ROLES WHERE A MAN ASKS A WOMAN TO A DANCE, AND INSTEAD, THE WOMAN ASKS A MAN. THIS CONCEPT HAS BEEN BROADENED TO ACTUALLY HAVE ITS OWN DAY, WHICH JUST SO HAPPENS TO BE IN NOVEMBER. NOVEMBER 13<sup>TH</sup> IS WHEN SADIE HAWKINS DAY IS OBSERVED.





## Preschool

It's hard to believe we are already in the month of November! The preschool has been very busy the past two months as we are settling into the daily routines in the classroom, making new friends, and having fun! We have had lots of fun in October with our Halloween dress up, pumpkin painting, and cookie decorating. We will continue getting outside to our wonderful playground daily as long as the weather is warm and dry enough!

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:

• **November 11: Remembrance Day - 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 at <https://app.skipthedepot.com/dcpreschool>.
2. Schedule a pickup time and leave your bags outside.
3. Funds will automatically be donated to the Dalhousie Preschool.

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

If you have any inquiries or questions about the preschool, please contact [registrar@dcpreschool.ca](mailto:registrar@dcpreschool.ca) or visit [www.dcpreschool.ca](http://www.dcpreschool.ca) for more information.

## Dalhousie Community Kindergarten:

### Defining and Designing for Success

Starting kindergarten is a major milestone for 4 and 5-year-olds (and their families!). Children take in an amazing amount of new information and experiences during this year. In particular, the first few months bring an avalanche of challenges, and we are so proud of the progress that each child makes. November will be our student's third month on this new adventure.

As a kindergarten program, how do we help our students experience success? We do this partly through the design of each day. Our program is a play-based program, which means we ask our students to explore and learn through a wide variety of activities. We choose ones that give them lots of room for creativity and innovation. However, structure is also important. Routines create a predictable environment which helps children feel confident and experience success. Activities that stay largely the same each day (such as reviewing the calendar each morning at the start of class) are one of the purposeful things we do to help our students develop confidence in their ability to independently navigate within the classroom.

Our kindergarten class has academic goals to achieve, but an important objective is to help children develop a strong sense of their identity, self-esteem, and confidence. They do this by exploring their environment, experiencing successes when they try something new, and sharing experiences with their classmates, teachers, and their family at home. This all happens easier with play – where activities are fun and combine lots of learning dimensions. In turn, children build both self-awareness and an understanding of how they fit in and successfully interact with others. Our program took a field trip to Bowness Park several weeks into the start of the year. This is a great example of a learning activity that also helps our students build confidence in their own abilities via a new activity and environment. In the bigger picture, this is just one of the many ways that we foster important development outcomes.

Behaviours that show us that children are feeling safe and confident, such as easily coming into the classroom, showing and sharing honest emotions and feelings about our activities, and asking for help when they need it are all signs of success at this point in the year. We love to see this developing. If you know a kindergarten student who has been gamely heading off to school each day, please take some time to congratulate them on their outstanding success!



## Writer's Block

The *Journal of Applied Behaviour Analysis* really outdid itself when it published a paper titled "The Unsuccessful Self-Treatment of a Case of 'Writer's Block'". This paper was published in 1974 and was completely empty. Having no words definitely gave a vivid and realistic representation of writer's block, that's for sure!



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## News from the Friends of Nose Hill

by Anne Burke

There have always been snakes on Nose Hill. A shelter called a "hibernaculum" is occupied during the winter by a dormant animal.

Since they are cold blooded, they move to hibernation when it turns chilly.

The Nose Hill Park Bio-Inventory is a project which aims to record observations made by park users. Please avoid observations of humans and pets. So far, 371 observers have contributed 4,369 observations of 585 species (so far 577 were identified). Some of the most monitored species have been: the prairie crocus (107), great blanket-flower (92), white-tailed deer (73), sticky purple geranium (70), western stonecrop or lemonweed (64), and false lupine (60). There is a satellite map of sightings, full-colour photos throughout, and the relevant information is kept up to date. Visit: <https://www.inaturalist.org/projects/nose-hill-park-bioinventory>.

In Calgary, there were 267 individuals who shared their viewings on iNaturalist from April 30 to May 10, 2021. Together over 660 species were reported and many still to be identified at a species level. You could make observations without a photo, but no one can help ID or confirm a finding without a photo. Users all volunteered their time to identify reports. Those which you know are not wild were marked as "captive/cultivated". Children and their families can engage in nature and share discoveries with the digital community.

With 6,689 observations to date, Calgary holds the Canadian record for the most City Nature Challenge observations ever made during the event! It was not only the best year ever for participation, species, and studies but there was tremendous growth in the distribution of observations across the city. The provincial iNaturalist community continued to grow. Edmonton, Lethbridge, Camrose, and Red Deer participated. Across Alberta, 10,000 observations (925 species by 468 observers) were contributed. Visit <https://citynaturechallenge.org/collective-results-2021/>.

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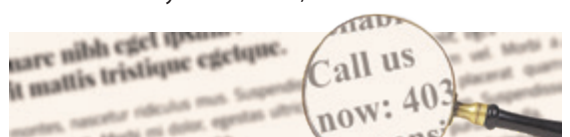
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