

DECEMBER 2021

DELIVERED MONTHLY TO 3,405 HOUSEHOLDS

THE DALHOUSIE

DIGEST

THE OFFICIAL DALHOUSIE COMMUNITY NEWSLETTER

AGM - TUESDAY
JANUARY 25, 2022
7:00 PM



Dalhousie
Community
Association



Help us help them

We are a social enterprise that trains & provides jobs to those who have intellectual disabilities, including brain injuries, mental illnesses, spectrum disorders, PTSD, etc.

We have fully-trained painters who are safe, insured, and professional

Interested? Learn more:
careersforbraininjured.com
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Calgary Catholic Immigration Society (CCIS)

CCIS is the first point of entry to Calgary for nearly 6,000 Afghanistan refugees over the next few months.

We are looking for:

Clothing Donations
 Please no furniture, appliances, or electronics.

Volunteers
 Who can help sort/pick-up donations and other off-site opportunities.



Please contact
Sandra Bray
sbray@ccissab.ca
 for more information.

Drop off donations at:
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Calgary, Alberta



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5 reasons to **#SupportLocalYYC** over the holidays

You get unique goods and services—in stock!

From everything you need to fill the most eclectic kitchen pantry, to local fashion and multicultural surprises, finding one-of-a-kind treasures is a gift in itself when you shop local.

You support the local economy

Small businesses make up more than sixty per cent of the retail sector in Calgary. Local businesses generate about four times more economic activity than larger corporations. And support for local businesses means support for local jobs.

It helps protect the environment

Less time and resources shipping products grown and made nearby means fewer emissions are associated with every purchase. Local foods, which support area farmers, can be even more beneficial.

Your money stays in Calgary

Not only does a dollar go further when spent at a local level, it also keeps on giving. Over half of every \$100 earned by local businesses ends up recirculating in the Calgary economy. It's a win-win for our neighbourhood businesses when you think local.

You support your neighbourhood's identity

The places we think of as great neighbourhoods can really thank local businesses for putting them on the map. Leave a positive review for the places you love, follow and tag them on social media, and **spread the word about your favourite local businesses with #SupportLocalYYC**

RE open
connect
spend

Dalhousie Indoor Fall and Winter Farmers' Market

We are so excited to move indoors at the Dalhousie Community Centre for the fall and winter and keep offering Dalhousie and NW Calgary a Farmers' Market on a monthly basis. At the market you will find over 23 vendors that are local growers, makers, and food artisans.

Monthly on Tuesdays from 3:30 to 7:30 pm.

Dates are as follows: December 14, January 18, February 15, March 15, April 12.

Currently, the Restrictions Exemption Program (REP) does not apply to our essential programming (Indoor Monthly Public Farmers' Market). We will be implementing capacity restriction to 1/3 fire code occupancy and require masking. To find out more details, please visit our farmers' market page on our website.

You can visit our website to see the list of vendors and more info about the market at <https://www.dalhousiecalgary.ca/farmers-market>.

If you have any questions or suggestions, please contact us at dalhousie.farmersmarket@gmail.com.

Sonja Devauld, Market Manager

Dalhousie Out of School Care Programs

The Dalhousie Out of School Care Programs would like to extend a very warm, heartfelt thank you to all the businesses that supported our Trick or Treating event that was held on Friday, October 29, 2021. Approximately 120 children (plus staff and parent volunteers) from our three locations (Dalhousie Elementary Spanish Bilingual School, West Dalhousie Elementary School, and Main Site – Community Kindergarten) all walked over to the Dalhousie Station dressed in their Halloween Costumes to trick or treat with the stores. The children were over the moon excited and really enjoyed not only the candy and treats but the efforts put in from the businesses to have their employees participate, dress up, and truly role model what community is all about.

We could not have had this huge success without the support received from Starbucks, Ed Williams Men's Wear, Memory Express, Iron Bow Fly Shop, Febeli's, Debearj Jewellers, Boutique Nine, Zest Kitchenware, Your Dollar Store with More, Safeway, First Calgary Financial, Subway, Dalhousie Fine Dry Cleaning, Boston Pizza, Earls, Pet Valu, and VCA Dalhousie Varsity Animal Hospital.

With Sincere Thanks from the children, staff, and families of DOSC.

Sharon Evans-Borricce

Program Director, Dalhousie Out of School Care (DOSC)
doscdirector@dalhousiecalgary.ca | 587-437-8218





Dalhousie Community Association

WWW.DALHOUSIECALGARY.CA

403-286-2555

BOARD OF DIRECTORS 2021-2022

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

DIRECTORS

Petro Babak	Brent Clark
James Reimer	Stephanie Desmarais
Wayne Pennington	

UPCOMING EVENTS

Inn from the Cold – November 12 to December 20

Holiday Lights Competition – December 1 to January 7

Monthly Market – December 14 and January 18

Outdoor Rink – January 2022

AGM Meeting – January 25

All Dalhousie residents are welcome to attend.

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



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

DCA Holiday Hours and Closures

The DCA will be closed from December 24, 2021, to January 2, 2022.

We would like to take this time to wish all our friends and
neighbours a safe and joyous holiday season.

Emergency contact: 403-286-2555, ext. 103.

Christina Erikson
Registered Massage Therapist

Text, call, or email to book
780-233-5524
inquire@freedomflowwellness.com

Special Offer to Neighbours:
\$10 off 1st massage
for Dalhousie residents!



freedom flow
Wellness

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~ Use it before you lose it!
Most insurance plans expire Dec. 31st ~

Deep Tissue ~ Sports Massage
Major & Minor Injury Recovery
Cupping ~ Relaxation ~ Prenatal

Reiki, meditation, and aromatherapy
available upon request

Donation Opportunity

Inn from the Cold

November 20 to December 20

Canned Items: Oysters, Sardines, Corn Beef, Chili/Stew, Mushrooms, Tomatoes, Veggies, Ham, Soups, Sliced Potatoes.

Perishable/Fresh: Eggs, Hotdogs, Chicken, Hamburger, Milk 1% & 2%, Cheese, Butter, Ass't Meats, Potatoes, Cheese Slices, Garlic (minced), Bacon.

Dry Goods and Gluten Free: Boxed Potatoes, Flour, Yeast, Brown Sugar, Side Kicks, Peanut Butter, Pasta, Spices, Soya Sauce, Juice 1L, Protein Bars, Cereal, Juice boxes, Pancake Mix, Mac and Cheese, Coffee (Instant and Pods), Hamburger Helper.

Other Essentials: Dishwasher Soap/Pods, Shower Luffa, Body Wash, Disinfecting Wipes, Shampoo, Garbage Bags (all sizes), Liquid Soap, Bar Soap, Hair Conditioner, Mouthwash, Nail Clippers, Toothbrushes (all), All Purpose Cleaner, Q-Tips, Window Cleaner, Unscented Hand Lotion, Unscented Body Lotions, Anti-Bacterial Cleaner, Soap, Unscented Fabric Softener, Unscented and Scented Laundry, Toilet Paper (package or Roll), Grocery Store Gift Cards, Men's and Ladies' Under garments (all sizes) Undershirts (all sizes), Parchment Paper, Plastic Wrap, Tin Foil, Bandages.

Dalhousie Community Association Annual General Meeting

Tuesday January 25, 2021, 7:00 pm

All DCA Members and community members are invited to attend our annual general meeting to:

- Receive the annual report
- Review the annual financial statements
- Appoint the auditors for the next fiscal year
- Elect the Executive and Directors
- Hear about our new strategic plan, and
- Deal with any other business of the association

We are looking for additional Board members to join the team. We are looking for Directors who can help make the goals of our strategic plan a reality. There are opportunities to be involved in communications, facilities, programs, and events. If you are interested in more information about the Board of Directors, please email nominations@dalhousiecalgary.ca.

COVID-19 FAQ

The Dalhousie Community Centre is a public space under the Alberta Public Health Act.

Renters are expected to have read the Province of Alberta's General Guidance For COVID-19 and Other Respiratory Infections (Published September 2021) and developed a plan to minimize transmission of respiratory infections, including COVID-19, influenza, and common colds.

The best practices to minimize transmission include proper hand hygiene and respiratory etiquette, emphasizing cleaning and disinfecting, and staying home when sick.

The Province of Alberta instituted new restrictions for non-essential services, activities, and events on September 15, 2021. These restrictions limited occupancy and prohibited several services and activities.

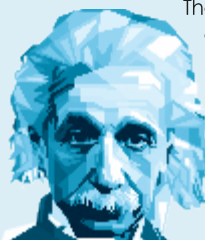
On September 20, 2021, the Province of Alberta instituted the Restrictions Exemption Program (REP). The REP excuses businesses and community organizations from many of the restrictions if they agree to require proof of vaccination, recent negative COVID-19 test, or valid medical exemption letter to gain entry.

The City of Calgary Vaccine Passport Bylaw 65M2021 requires many businesses and organizations, including the Dalhousie Community Association, to require proof of vaccination, a recent negative COVID-19 test, or valid medical exemption letter to gain entry.

The Dalhousie Community Association will verify that everyone ages 12 and up admitted to the community centre has proof of vaccination, a negative COVID test (within 72 hours), or have a vaccine medical exemption letter from a physician or nurse practitioner.

The Alberta Restrictions Exemption Program does not apply to masking. Masks are still required in all public spaces.

Aw, He's Got Your Eyes



The Star Wars character Yoda is allegedly modelled after Albert Einstein. The special effects artist, Stuart Freeborn, said he was inspired by a poster of Einstein's face that was in his office, and modelled Yoda's character after it! So, if Yoda's eyes looked a bit familiar, now you know why!

Expanded Outdoor Rink at DCA

We would like to thank all the volunteers who were involved in this project.

This new and improved ice rink is 75'w x 126'l. (22.86 meters by 38.40 meters. That makes it 877.82 m².) This rink is ideal for those looking to learn to skate and have some family fun. There is no charge to use the rink, however, we do ask that trash and waste be picked up and disposed of – please use the waste bins provided. We highly recommend that appropriate equipment be worn (no bike helmets) to prevent head injuries. The DCA is not liable for any injuries or theft at/around the outdoor rink.



Community Information 2021 FAQs

Used Christmas Tree Drop Off Locations/Dates?

Bring your tree to one of the temporary drop off locations at Bowness, Confederation Park, or Spyhill Landfill from December 26 to January 31 (visit calgary.ca/christmastree for more details). Christmas trees can also go in a green bin (visit calgary.ca).

Pebble Rock is Free for Sanding

Use to prevent or remove ice buildup on your sidewalks. Available at your nearest fire station (visit calgary.ca).

What Are the COVID Requirements?

Masks and face coverings in businesses (visit calgary.ca).

Have You Renewed Your DCA Membership?

With the DCA membership you and your family members (if applicable) are covered under insurance while participating in the DCA programs and while in the DCA parking lot.

All memberships are valid from September 1, 2022, to August 31, 2023.



Confederation Park 55+ Activity Centre

NEW LOCATION

Triwood Community Centre
2244 Chicoutimi Dr NW

Register for 2022 memberships and winter classes: exercise, dance, arts and crafts, music, bridge, learning, clubs & events.

**Stay Active. Stay Involved.
Enjoy Every Moment!**

☎ 403-289-4780

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Seeing is Believing

One of the opportunities to give that the DCA has supported for years is the Canadian Lions Eyeglass Recycling program. We have a collection box in our foyer where people can drop off gently used eyeglasses. From there, they are brought to the recycling center, which for Canada is right here in Calgary! The glasses are inspected, and those which are in good condition are then analyzed by an autorefractor. This machine measures the prescription of each lens which is then printed on a piece of paper and placed with the eyeglasses in a protective cover. The glasses then go to the international sorting facility in Los Angeles, California, USA.

Meanwhile, volunteer optometrists and ophthalmologists visit third world countries all over the world and assist people who are having vision problems. Once the required prescription of the patient is identified; that information goes to the international sorting facility to see if there is a match. If there is a match, the eyeglasses are sent to the patient at no cost to them.

The process is quite amazing. Your glasses that are no longer used could end up helping a person in a different part of the world to see better! So far, over 6,000,000 people living in third world countries have received new glasses! If you have a pair of glasses you would like to donate, just drop them off in the box by the office in the DCA building.



Calgary Confederation
Len Webber, MP
2020 10 St NW, T2M3M2
☎ 403-220-0888
✉ len.webber@parl.gc.ca

Make A Difference

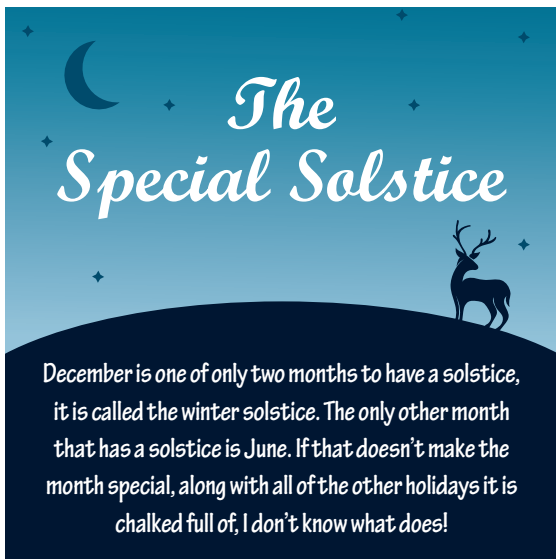
In Parliament, each Member of Parliament may have the opportunity to introduce a piece of legislation through a process known as a Private Member's Bill. While there are no limits on the subject of the legislation, it can not be used to call on the government to introduce additional spending. What would you propose?

With over 300 MPs, there is not enough time in four years to debate legislation from each MP. As a result, there is a lottery system used to randomly select the order in which MPs can introduce their ideas. Most MPs will not get the opportunity to introduce their legislation, but occasionally you can get lucky (like I did in 2019) and get selected to go first.

In the last Parliament, I introduced legislation that will add a question to Canada's annual tax returns to allow Canadians to indicate that they wish to register as an organ and tissue donor. This initiative was supported unanimously by all parties and became the law in June 2021 when it passed in the Senate.

With a new Parliament, I may be fortunate enough to get one of the early opportunities to introduce another piece of legislation. At this point, I have not settled on any ideas, and I genuinely welcome your suggestions. As stated earlier, proposals cannot call for additional spending and must fall within federal jurisdiction. To be successful, it is best if any proposals are likely to secure support from MPs in all parties.

If you have an idea you would like to propose, please send it to me as soon as you can. My staff and I can draft the legislation, but it would be helpful if you could provide as much information as possible, including the rationale for your idea. Please send your ideas to len.webber.a1@parl.gc.ca.



*The
Special Solstice*

December is one of only two months to have a solstice, it is called the winter solstice. The only other month that has a solstice is June. If that doesn't make the month special, along with all of the other holidays it is chalked full of, I don't know what does!



Volunteering
is good for the soul



Councillor, Ward 4

Sean Chu

📞 403-268-3727 ✉ ward04@calgary.ca

🌐 www.calgary.ca/ward4

🌐 www.seanchu.ca



MLA Calgary-Edgemont

Prasad Panda

222, 5149 Country Hills Blvd NW

📞 403-288-4453

✉ calgary.edgemont@assembly.ab.ca

Dear Ward 4 residents,

With the new year upon us, and a new City Council, I wanted to reach out to all Ward 4 residents to wish you all a joyous Christmas and a Happy New Years for 2022.

This has been a tough few years for Calgarians, and we have all been impacted in some way by the downturn in energy prices, and then COVID-19. This has been a tough few years for many Calgarians, but there is hope on the horizon with the rise in vaccination rates. There is new sense of optimism with our city moving forward on many projects that will grow Calgary for the next generation.

The Green Line and the Event Centre start construction this year; the BMO expansion is under way; the Arts Common, and the Glenbow Museum renovations are being planned; and there are major changes coming to every main corridor in Calgary. A growth that will make Calgary once again a city that people will want to move to for the high quality of life.

The next Council has some major challenges ahead of it, and I will be there to provide advice to the eleven new faces on Council so that they know the history and the past decisions of Council. I look forward to working with all of them, and the new Mayor.

If you need any help with a city issue, my office is here to help, and I will ensure that you get the help, resources, and answers you need to traverse the many departments that make up the City.

I wish you all a Merry Christmas from my family to yours, and the New Year of 2022 be even brighter and better for all you.

DISCLAIMER:

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As 2021 comes to a close, it's a time to reflect upon this year that has been.

Alberta has been through many challenges this year. I would like to thank everyone for your sustained efforts and sacrifices in helping protect your families, neighbours, and communities as we continue to navigate our way through this pandemic.

I especially want to thank those who contributed food items for Calgary's veterans and their families. This annual food drive was a huge success, and my team was very appreciative for your support.

The Alberta Government has a plan to get through these trying times. Alberta's Recovery Plan is focused on helping people, diversifying our economy, creating jobs, and building for the future. Alberta continues to see economic growth and job creation. We are expected to be the fastest growing economy in Canada over the next several years according to many experts across the country.

While this year has continued to test our resolve, we also have a lot to be thankful for. We've had the best year ever for venture capital investments in technology and other emerging sectors and are on track to see a half billion dollars invested in our province this year alone. These investments are helping put Calgary on the map as a hub for innovation and technology. Alberta is seeing massive growth in oil drilling along with major billion-dollar investments in hydrogen. It's also the best year ever for film and television, with nearly a billion dollars in production value having come to Alberta, creating over 9,000 jobs. This includes HBO's 'The Last of Us', which is the largest production ever to be filmed in the province.

We have a lot more good news to look forward to in 2022. From my family to yours, I wish you a Merry Christmas and a Happy New Year!

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



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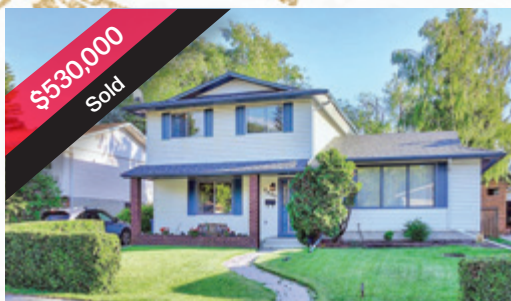
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