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AGM JANUARY 25 AT 7:00 PM

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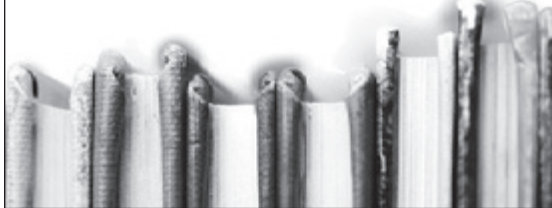


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The Brenda Strafford Foundation presents the
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The Memory and Aging Program is a brain health workshop facilitated by a clinical neuropsychologist and designed for older adults experiencing normal age-related changes in memory, or anyone interested in how memory processes change as we age. Complimentary afternoon tea will be provided. Limited spaces available.

Course format: 5 weekly 2-hour sessions

Date and time: Tuesdays, January 25 to February 22, 2022, 2:00-4:00 p.m.

Program registration: Free (presented by The Brenda Strafford Foundation)

Materials cost: \$20 for the purchase of participant workbook

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Capricornus

One of the Zodiac signs for January babies is the Capricorn. The word 'Capricornus' means goat in Latin, which may be why the symbol for the Capricorn is the sea goat. This blend of animals represents these individuals' ability to climb from the farthest depths to the highest heights.



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Dalhousie



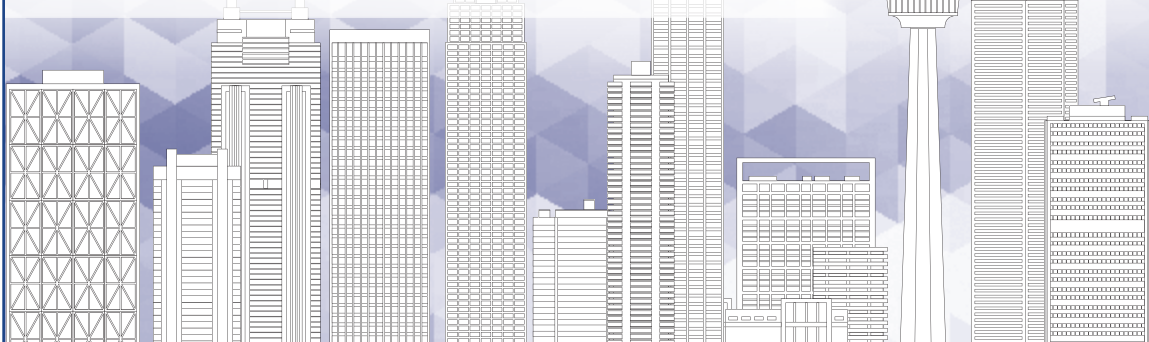
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Dalhousie

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COMMUNITY OFFICE STAFF

General Manager	gm@dalhousiecalgary.ca
Finance	finance@dalhousie.ca
Community Programs/ Events/Rentals	admin@dalhousiecalgary.ca

All Dalhousie residents are welcome to attend.

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

Coming Soon – Zumba 2022

We are happy to let you know that Zumba is returning to the DCA.

Classes will begin mid-January. More information will be available after the new year.

We are looking forward to seeing you there!

<https://www.dalhousiecalgary.ca/programs>.

Contact admin@dalhousie.ca for registration/information.



Dalhousie Indoor Monthly Farmers' Market

We are excited to announce that we are now an Alberta Approved Farmers' Market.



**Farmers'
Market**

Monthly Tuesday Market Dates:

January 18, February 15, March 15, April 12 from 3:30 to 7:30 pm

Currently, the Restrictions Exemption Program (REP) does not apply to our essential programming (Indoor Monthly Farmers' Market).

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

If you have any questions or suggestions, please contact us at market@dalhousiecalgary.ca.

Sonja Devauld, Market Manager

Pet Lovers in the Community



If you have a pet and are struggling to make ends meet, "Pet Food Help and Support" can help you out. This organization is a Facebook group that welcomes help to everyone and is dedicated to feeding hungry pets – one pet at a time. Join this Facebook group today for assistance. Once you reach out for help, an arrangement can be made to get you a monthly supply of much needed food for your fur babies.

Please visit our Facebook page at <https://www.facebook.com/groups/albertapethelp> for more information, and to sign up today!

New Fence Along a Portion of John Laurie Blvd

Special thanks to the DCA Planning and Development Committee led by Brent Clark, the staff at the Planning and Infrastructure department of the City of Calgary, and Councilor Sean Chu for making this happen so quickly.



John Laurie Blvd NW Restoration and Reconstruction (Shaganappi Tr. to 14 St.) Project Update

We are pleased to let you know that crews have concluded remaining construction activities as part of John Laurie Boulevard NW restoration and reconstruction, and the project is now complete, on time and on budget.

Improvements as part of this project include:

- Pavement rehabilitation and restoration of 4.5 kms of John Laurie Boulevard NW.
- Installation of high-tension cable barriers in the median.
- Replacement of deteriorated catch basins, manholes, and streetlights.
- Realignment of the entrance to the Many Owls Valley parking lot at Nose Hill Park to provide safer access.
- Pathway upgrades at the 19 Street and 14 Street interchange and a new pathway connection at the northwest corner of Shaganappi Trail and John Laurie Boulevard NW.
- Pre-installation of underground infrastructure for potential future traffic signals at the Brisebois Drive, Charleswood Drive, and 19 Street NW intersections.

Please note that minor, localized lane closures may occur over the next two weeks as final inspections are underway.

We thank you for your patience and support throughout construction.

Veterans Day Food Drive Donations for MLA Prasad Panda

8th Annual Veterans Food Drive

We had hundreds of volunteers who helped with the 8th Annual Veterans Food Drive and thousands of Calgary-Edgemont residents who provided donations.

We filled 36 pallets this year - a new record! With each pallet weighing in between 1,000 and 1,500 lbs., we estimate this year's total was over 20 metric tons.

Thank you to all the communities who participated and dropped off donations.



BLAST
That Music

We have all heard the name "Alicia Keys". She is an incredible singer and performer born in New York, USA, and her birthday is actually in January! I can't think of a better way to celebrate than blasting your favourite Keys album this month!

DALHOUSIE COMMUNITY ENGAGEMENT COMMITTEE

Dear Neighbours,

I must start with a confession. When we first met in April of 2021, we had no idea what we were doing.

We knew that we wanted there to be a Farmers' Market in Dalhousie, but none of us had any real experience organizing such a thing. We were just a group of neighbours/moms/ residents/ enthusiasts. And we all really liked Farmers' Markets.

After a whirlwind of research (and licensing requests, applications, many City of Calgary conversations, a lot of support from the DCA board, meeting with other community market organizers, and contacting hundreds of vendors), we opened on a beautiful Thursday afternoon with all our approvals in place.

I must confess (again) that my biggest worry was that no one would come. We had promised so many vendors that it was worth their time and money to take a chance on our small market, during COVID when so many vendors were struggling to stay open. I had visions of tents lining the field and three or four people meandering through. Our whole committee worried that all the hundreds of hours of work we had done would be for nothing.

Thankfully, my fears were completely unjustified. Dalhousians came. In spades.

I still get a little teary-eyed when I think of those first few moments. We opened our first market to a long lineup of people who couldn't wait to get in. And they just kept coming. First by the fifties, then by the hundreds. At a certain point in the day, I turned to my husband and said, "Is this my greatest accomplishment?!!!" (As in, can anything else I do in life top this awesomeness).

We had over a thousand people attend our first market. Many vendors sold out completely. Our beloved Market Manager, Sonja, was run off her feet! On average, since opening, there has been regular attendance of 800 to 1,000 each week. Huge credit must go to Sonja (said beloved Market Manager) who "flew" with our committees' vision and planning and helped our market to be considered "one of the best-organized markets in the city". (We have heard this repeatedly from several market vendors). With her help, the market was moved indoors over the winter and we have become a certified Alberta Farmers' Market!

After we handed the reins of the market over to Sonja and the DCA, we realized that (as a committee) we wanted to work further with the DCA to build more wonderful things for our community. If COVID has taught us all anything, it is the incredible value of our neighbourhood! When the world shut down, we could still chat (albeit from a distance) with our neighbours while we meandered through our beautiful system of back pathways. My kids still found joy in the playgrounds and fields near our home. The Farmers' Market became the social epicentre of my week. Instead of spending weekends exploring the city; we spent our weekends close to home, seeking adventure nearby, and discovering for the first time (in some cases) the many delights that Dalhousie has to offer.

So, we have officially formed a Community Engagement Committee. We aim to "engage residents in the delights of Dalhousie, one project at a time". On the horizon, we have the beginning plans for a Winter Festival event. Be on the lookout for more information in the months to come (right now, we are aiming for the Family Day weekend in February). We are also in the beginning stages of plans for a wonderful new community garden (hoping to open this Summer 2022).

We can not do this alone! We are a small but mighty group of volunteers, and we would love your help!! You can contact us at engagement@dalhousiecalgary.ca to give us your feedback and to participate in planning these community events. Above all else, we want to hear from you, the delightful residents of Dalhousie! Please stay in touch!

Rochelle Lamoureux (on behalf of) the Dalhousie Community Engagement Committee (Iris Hau, Alexandra Campbell, Anna Kjellqvist, Christina Erickson, and Rochelle Lamoureux).



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Calling All PARENTS
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News from the Friends of Nose Hill

by Anne Burke

There are upgrades to the parking lot at 14th Street NW across from North Haven community. A Natural Areas Integrated Pest Management (IPM) Technician at the City, who was a student in agriculture at Olds College and has held various positions, was in charge of the project. The site features 17 parking stalls in the high/top parking area which offers a panoramic view of the city. Check out the plan for parking off the lower access road too, with wider turning angles, as well as the new post and cable fence.

Closed since August 2021, the reopening of the lot was delayed from mid-October to late November. To ensure Nose Hill Park is accessible for everyone to enjoy, improvements were made by work crews to increase parking capacity, by re-grading of the lower access road, with paving of a gravel road, as well as a dirt path, and other amenities. www.calgary.ca/csps/parks/construction/Nose-Hill-Park-14-Street-parking-improvements.html.

The city was certified as a Bird Friendly City by Nature Canada and will designate an official bird representative. Bird Friendly Calgary initiated a contest. Treaty 7 First Nations and local environmental groups, such as ours, were asked to nominate bird species. The deadline for submissions was December 6. Each nominator could send up to three bird species. The five to receive the most nominations will make up the short list and Calgarians will vote on them. This will take place in the spring of 2022. The bird species which receives the most votes will then be presented to City Council for official approval. Calgary (like Toronto, Vancouver, and London) holds World Migratory Bird Day events on the second Saturday in May and in October, has a Bird Team, and does promotion on the Municipal website. Visit naturecanada.ca/news/press-releases/first-canadian-bird-friendly-cities/.

Dalhousie Kindergarten Registration Opens January 26, 2022

We Would Like You to Meet Mila

Mila is five years old. She is a big sister and a little sister.

She loves to play and learn. She used to attend our pre-school and is now at the Dalhousie Community Kindergarten. She enjoys skating on the rink behind the community centre.

Mila likes: skiing, summer, and playing with friends.

Mila dislikes: tacos, squares, and being sick.



BRAIN GAMES

SUDOKU

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FIND SOLUTION ON PAGE 15

DCA Out of School Kindergarten Care Program

This is our DCA Out of School Kindergarten Care Program. It provides a balance of free play and structured educational activities designed to meet the developmental needs of the children in this program, based on the interests of the children. From time to time, the program organizes field trips or brings in presenters based on current themes, children's interests, and program goals. Outdoor activities are incorporated into our planning throughout the year. As reflected in the photos, our program is fun-filled!



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:

- **January 3 and 4:** Classes resume
- **January 28:** No classes PD Day

Important Dates for 2022/2023 Registration:

COVID restrictions apply, proof of vaccination required

- **January 4, 2022:** Pre-Registration opens at 9:30 am. Online (Current Families, Alumni, and Kindergarten Families).
- **January 11, 2022:** In person Open House at the Dalhousie Community Preschool from 7:00 to 8:00 pm. (New Families and Adults Only).
- **January 13, 2022:** Online Open House 7:00 to 8:00 pm. (New Families).
- **January 25, 2022:** Open Registration opens. Online at 9:30 am.

More information regarding our registration process can be found on our website

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 not-for-profit preschool!

It's super easy:

1. Download the Skip the Depot app.
<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 or visit www.dcpreschool.ca for more information.



Toboggan Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

Good Food Box

www.ckpcalgary.ca/goodfoodbox

The Good Food Box Program, (GFB) is under the Community Kitchen Program of Calgary whereby anyone can purchase boxes of fresh fruits and vegetables at an affordable price.

Order by noon on Tuesday, January 4. Pickup at Dalhousie Church (5511 Baroc Rd NW) between 1:00 and 4:00 pm on Wednesday, January 12, 2022. Late pickup and limited delivery available upon request. Next order deadline is noon, January 25, 2022, for pickup on February 2, 2022.

Small Box \$25 | 20 to 25lbs

Medium Box \$30 | 30 to 35lbs

Large Box \$35 | 40 to 45lbs



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Gung Hay Fat Choy!

by John Piera

How do you wish someone a happy Chinese New Year? The traditional greeting is “Gung Hay Fat Choy!”, which literally means, “wishing you great happiness and prosperity”. This celebration signifies the beginning of the new year on the traditional lunisolar Chinese Calendar. It always happens between mid-January and mid-February on western Gregorian calendars.

This year, Chinese New Year will be celebrated on February 12, 2022, and will bring in “Year of the Ox”. The ox is the second of twelve animals in the Chinese Zodiac. According to Chinese mythology, the ox lived in heaven and one day the Emperor of Heaven took pity on the starving people on earth. He sent the ox to the people with a message that if they work hard, they will starve no more and would have enough to eat a meal every three days. The ox got the message mixed up and told the people that if they worked hard, they would not starve and they would have enough to eat three meals a day. The Emperor of Heaven was angry with the ox for getting the message mixed up and confined him to live forever on earth to help the people plow the fields and pull heavy loads so the people would have enough to eat.

There are a number of ways to join in the celebrations. Fireworks are set off, Chinese music is shared, and there are Dragon Dances. People wear red and hand out little red envelopes filled with cash called “lucky money” to those who are younger than themselves. You can exchange a gift which is typically food or sweets. Some will put up a sign or poster on their front door wishing “Happy New Year” or hang lanterns. But the most common way to celebrate is to eat Chinese food, either in one of the many Chinese restaurants or simply by ordering out and eating in the comfort of your home.

101 Dalmatians

The popular Disney movie “101 Dalmatians” was first released in the United States on January 25, 1961. It is hard to believe that such a memorable movie was created over 50 years ago...if only we were able to say thank you 101 times!



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Councillor, Ward 4

Sean Chu

403-268-3727 ward04@calgary.ca

www.calgary.ca/ward4

www.seanchu.ca

Greetings Ward 4 Residents,

With winter in full force, snow is inevitable here in Calgary. The City of Calgary has a Snow and Ice Control Priority Routes map that outlines which Calgary streets are priorities for snow removal. Priority 1 routes are cleared within 24 hours, while priority 2 routes are cleared within 48 hours following a snowfall. Knowing which routes are cleared and when will help ensure a safer commute. This map is located at <https://maps.calgary.ca/SNICPriorityRoutes/>.

To view more City of Calgary maps, please visit the Map Gallery at [maps/calgary.ca](https://maps.calgary.ca).

Every winter some Calgarians experience frozen water pipes, which can result in water outages. Houses close to the river or in older communities tend to be at higher risk for this happening. Other major factors that impact risk are the depth of your water service pipes, river water temperature, and frost depth.

Taking steps to reduce your risk for frozen household pipes:

1. Look for cold drafts in unheated areas where water supply lines are located. This includes basements, crawl spaces, attics, garages, and under kitchen and bathroom cabinets.
2. Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
3. Insulate your hot and cold water pipes that are located in cold areas.
4. Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
5. Keep the heat set to at least 15 degrees Celsius.
6. Make sure the water line to outside faucets, garden hoses, pools, or decorative water features is turned off, disconnected, and drained.
7. If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
8. Regularly run water in your pipes through everyday use. You can also run a continuous pencil-width stream of water, but you will be responsible for any increase in water charges unless you received an official notice from The City of Calgary instructing you to do so.

Find out more at calgary.ca/frozenpipes.

Thank you for your attention,

Ward 4 Councillor Sean Chu



Calgary Confederation

Len Webber, MP

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len.webber@parl.gc.ca

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This comprehensive work-study program employs recent university graduates, allowing them the opportunity to meet with the country's leading academics and policymakers. The Interns have many exciting opportunities beyond their offices, including writing an academic research paper; organizing and participating in work-study trips to Europe, the US, and different parts of Canada; and meeting with the country's leading federal, provincial, and municipal policymakers.

This highly regarded Programme began in 1970 as a training opportunity for exceptional young people interested in political work. Over the last fifty years, the Programme has hosted over 500 young people who went on to be Members of Parliament, Senators, Ambassadors, academics, public servants, political staff, and more. The Programme is designed to provide an in-depth understanding of Parliament and welcomes people from all different backgrounds who can bring unique perspectives. Most importantly, it provides the opportunity to make lifelong friends with young people from across Canada and around the globe.

There is no better way to gain a deep understanding of the political issues of the day than being able to experience them from all sides. I would encourage any recent graduate who is interested in experiencing Parliament firsthand to apply, regardless of their political experience. Applications are available at pip-psp.org and are due January 31, 2022.



Dalhousie Community

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BRAIN GAMES

SUDOKU

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Top 10 Agent in 2020



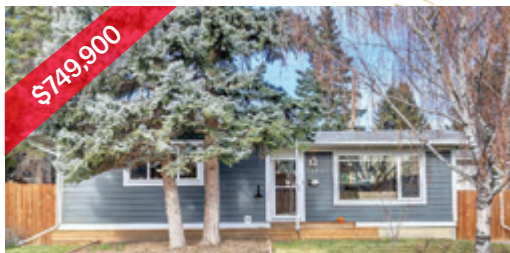
HAPPY NEW YEAR

I wish you a safe and prosperous 2022!



\$564,500

5728 Dalmead Crescent NW



\$749,900

Renovated Varsity Bungalow



\$530,000
SOLD

5603 Dalwood Way NW



\$549,900
SOLD

123 Dalcastle Close NW



\$599,000
JUST SOLD

5563 Dalhart Hill NW



\$629,000
SOLD - 0 DOM

6107 Dalcastle Crescent NW

REMAX Real Estate (Mountain View) Suite 222, 4625 Varsity Dr. NW, Calgary, AB T2T 0E3