

SEPTEMBER 2022

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THE DALHOUSIE

DIGEST

THE OFFICIAL DALHOUSIE COMMUNITY NEWSLETTER



Colin Ongyerth

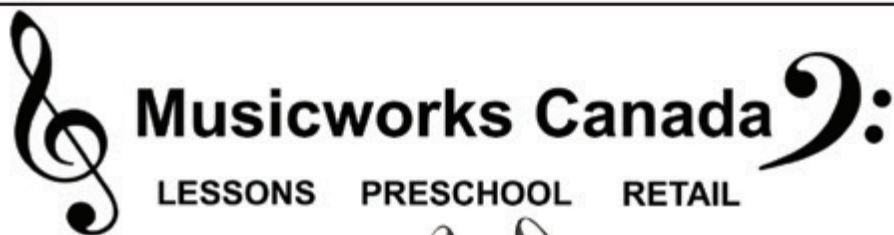
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for the most up-to-date events and times.**

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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 third Tuesday of
the month at 7:00 pm!**

Mission: The Dalhousie Community Association provides programs and services that reflect the varied interests of the community by engaging and supporting staff and volunteers.

Vision: Our vision is to ensure Dalhousie is a vibrant, dynamic, and inclusive community that promotes involvement.

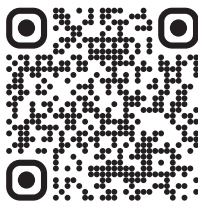
To View Additional Community Content

INCLUDING

- **News and Events**
- **Real Estate Statistics**
- **Crime Statistics**

and More...

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TAKE THE COMMUNITY ENGAGEMENT SURVEY



<https://forms.gle/ti1Mtme1rqwHUwoa9>

Good Food Box Program

(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 pickup is at Dalhousie Church (5511 Baroc Rd NW) between 1:00 and 4:00 pm. Late pickup and limited delivery available upon request.

Small Box \$25 | 20 to 25 lbs.

Medium Box \$30 | 30 to 35 lbs.

Large Box \$35 | 40 to 45 lbs.

ORDER DATE (TUESDAY)	DELIVERY DATE (WEDNESDAY)
September 13	September 21
October 11	October 19
November 15	November 23

Follow Us!

Follow us on Facebook, Instagram, and Twitter
@dcayyc.

Who's at the DCA

At the DCA, many different user groups have found a home. We have opened our doors to church members, dance clubs, Yoga, Zumba, cardio training, Scouts, Girl Guides, weddings, birthdays, baby showers, and engagement parties. We are engaging with the community on many different levels as we discover the new interests of our guests and renters. Let us know if you're interested in joining or if you would like to be a renter and offer your own event. Contact us at admin@dalhousiecalgary.ca.



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Land Acknowledgement

The DCA gratefully acknowledges that we live, learn, work, and play in the traditional territories of the people of Treaty 7, as well as the Métis people of Alberta.

Ongoing Programs at the DCA

Activity Name	Contact for Registration
Anthroposophical Society of Canada	anthroposophy.ca
Banzai Karate	banzaikaratedojo@gmail.com
Calgary Folk Club	www.calgaryfolkclub.com
Calgary Sketch Club	www.calgarysketchclub.com
Calgary Toy Show	www.calgarytoyshow.com
Cosmic Coders	www.cosmic-coders.com
Dalhousie Community Kindergarten	dcakids.com
Dalhousie Out of School Care	dalhousiecalgary.ca
Dalhousie Senior Drop-in Cribbage	dalhousiecalgary.ca
Dalhousie Community Preschool	DCPreschool.ca
Dance Beyond Borders	www.dancebeyondborders.com
Dynamic Karate	dynamickarate.ca
Engineering For Kids	engineeringforkids.net
Essentrics™ by Vital 1 Fitness	Vital1.ca
Girl Guides of Canada, Guides and Pathfinder Programs	204-471-4672
Heart to Core Fitness	thoilesg@gmail.com
Karuna Yoga	info@karunayoga.ca
Laurie Bee's Artisan Chocolates	www.lauriebeeschocolates.com
Mad Science	calgary.madscience.org
Mom Market	themommarket.co.com/calgary
Mommy Connections Calgary	katherinemcyyc@gmail.com
One Step Ahead Dance Studio	onestepaheaddance.com
Polyglots	polyglots.ca
Redeemed Christian Church	livingspringchapel.ca
Scouts Canada	www.scouts.ca
Second 60's Outdoor Club	secondsixties.ca
Stagecoach Theatre Arts Calgary	stagecoachschools.ca
Soul Temple Wellness	www.soultemplewellness.com
Spanish for Beginners	www.kerbycentre.com
Spring Life Dance	xwzhang88@gmail.com
Raymond Wong / Tai Chi / Kung Fu	403-650-9191
Take off Pounds Sensibly (TOPS)	www.tops.org
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True North Education	tnjeduserVICES@gmail.com
Weight Watchers	weightwatchers.com/ca/en/find-a-workshop/1022241/ ww-studio--calgary-nw-calgary-ab
Young Rembrandts	www.youngrembrandts.com

Check our website or call for the most up-to-date events and times.

PRESIDENT'S MESSAGE

Hi everyone,

Here we are headed into fall! I know I'm looking forward to the crisp air, hauling out my old sweaters, and hockey season! Here at the DCA, we're excited about seeing all the children making friends and enjoying fun activities as they attend the Dalhousie Out of School Care program (DOSC) before and after school. My own son attends the program and is always talking about the good times he has there and how much he loves the staff.

The DCA has some fun and exciting stuff planned for the fall, including a Harvest Market, Beer Fest, and when it gets cold enough, filling the ice rink that we expanded to 2/3 NHL size last year. Check out our website for a whole list of additional activities and programs that you might find interesting and engaging.

Did you know that our Planning and Development committee helps keep an eye on the community to make it a safer and more livable place? Things like advocating for better spaces, biking, walking, to safety and helping make sure that we get the attention we need from the City. These are just some of the many things that the DCA does for Dalhousie. The community association is an active group of volunteers and staff that are passionate about helping Dalhousie be a vibrant and inclusive community that enriches people's lives.

Do you have a passion for an event, program, or activity that you want to see happen, or do you want to get involved in some of the amazing things already on the go? Do you have an idea that you want to share about how to help the community be better? Drop us a line at 403-286-2555, visit our website at <https://www.dalhousiecalgary.ca/>, or email us at admin@dalhousiecalgary.ca.

We live in a great community with great people. I look forward to seeing many of you at our events and in our programs. Here's to a great fall!



Dalhousie Out of School Care Program

The Dalhousie Out of School Care Program is a Licensed and Accredited Childcare Service, catering to families who live and/or interact within the community of Dalhousie. We provide a high quality Before and After School Care Program for children in kindergarten through to Grade 6.

The Dalhousie Out of School Care Program is committed to providing a safe, caring, healthy environment for children. We support the developmental needs of children by providing a balanced program of planned activities together with free play and exploration designed to promote social, emotional, intellectual, and physical growth and creativity.

Days and Hours of Operation

The hours of operation for all program locations are from 7:00 am to 6:00 pm, Monday through Friday.

We currently have spaces available for our Before & After School programs. If you are interested, please contact the Directors Shelley or Saima at 587-437-8218 or doscdirector@dalhousiecalgary.ca.



Dalhousie
FARMERS
MARKET

Weekly Summer
Farmers' Market

Alberta Approved Farmers' Market with products
that are made, baked or grown.

Thursdays 3:30-7:30pm
May 26 - Sept 15

For more info, visit dalhousiecalgary.ca/farmers-market

Dalhousie Craft Beer Festival

Join us on October 1st,
3:00pm-10:00pm, to enjoy some
local craft beers, food, music and
prizes at the Dalhousie Community
Centre.

*Save the date! Tickets on sale now! Go to
Dalhousiecalgary.com or call the DCA office.
We welcome everyone 18+ to stop by and
share a cold one.*



**September 13,
5-8 pm**

9th Annual
Dalhousie Show & Shine 2022



Saturday September 10, 2022

Registration opens 9 am, \$10 per entry

Show 10-2pm

Trophy presentation 1:45



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engage.calgary.ca/RouteAhead

YOUR CITY OF CALGARY

Safely Keeping You Moving: Online Map Shows Calgary's Traffic Information

Back to school time is here and that means Calgary's roads will be getting busier. To help citizens as they return to their regular schedules after the summer, a map is available that shows the location of construction projects, road closures, traffic incidents, and traffic cameras within Calgary. The information in the traffic information map can help you plan your route and look for alternative routes if needed. It is located at <https://maps.calgary.ca/TrafficInformation/>. To view more City of Calgary maps, please visit the Map Gallery at <https://maps.calgary.ca/>.



A NEW BUILDER IS COMING TO U/D

University District is excited to announce Dean's Landing, a new residential project by Rohit Communities.

Meet the builder and experience their presentation centre to learn more about housing opportunities in our award-winning community.

September 17, between 12-5 p.m.
University District Discovery Centre
4410 University Avenue NW

For more information visit
myuniversitydistrict.ca



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Stampede Thank You!

Dear neighbours,

Yahoo! Thank you to everyone who attended our wonderful Stampede BBQ, Concert, and Film Screening! We had so much fun at this sold-out event! It couldn't have happened without our wonderful volunteers, so thank you to Sarah, Leo, Sue, Ty, Cindy, Anna, Danielle, Wesley, Cindy, John, Ron, Donna, and Rochelle. The DCA staff were also a huge part of making this event happen, and we are always grateful for their support.

Special thanks go to the amazing Justine Vandergrift for sharing her amazing musical talents. Thank you to the incomparable Cheryl Foggio for honouring us with a special Q&A after screening her wonderful film *John Ware Reclaimed*. In addition, thanks to the Ward Community Fund, we were able to enjoy the adorableness from Butterfield Acres and Terrrrific Face Painting & Entertainment.

As always, our favourite part was connecting with you, our delightful neighbours, and friends!

Cheryl Foggio



The Community Engagement and Community Garden Committee took a well-deserved break from meeting and planning over the summer. Now that September is upon us, we are doing some exciting planning for our upcoming events for the year. One of the core values of both committees, is prioritizing programs and events that you (our neighbours) want. Please have your say:

- Community Engagement Survey: bit.ly/3z3ARLh
- Community Garden Survey: bit.ly/3zvY6PR

We are always delighted to welcome new volunteers, both for our committees and for day-of events. If you would like to get involved, please email Rochelle. lamoureux@gmail.com.

Rochelle Lamoureux

DCA Community Engagement Committee Chair

SAFE & SOUND

Back to School Safety

Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

Catalytic Converter Thefts Are on the Rise – Are You Prepared?

by Sue Nicholls

I was on the “Dalhousie Community Support YYC” Facebook page (which I regularly check for updates on the community) and noticed several posts about catalytic converter thefts in Dalhousie and surrounding communities. It’s something that my husband and I have also been very concerned about. So, I decided to look into it a bit deeper and have shared key learnings below because I didn’t really understand them myself.

What Are Catalytic Converts (CCs)?

They are exhaust cleaning devices that use precious metals, found in the vehicles that we drive. They are small, easy to steal, easy to access, and highly valuable. There’s a large market built around the theft and recycling of CCs.

A CC can be stolen in less than two minutes.

CCs are among the most valuable part of a car and can cost up to \$5,000 (ugh!).

What Can We Do to Prevent Theft of CCs in Our Community?

I reached out to Constable Williams, our Community Resource Officer in District 7, and he had this feedback for me that might be helpful for you to know (I didn’t know the first one at all):

Research your vehicle and identify where your catalytic converter is located. If it is in the engine compartment, it is less likely the converter will be stolen, due to the time and effort it would take the offender to remove. I found a list of the Top 10 vehicles being targeted for CC theft from www.carfax.com:

- 1985-2021 Ford F-Series pickup trucks (F-150, F-250, etc.)
- 1989-2020 Honda Accord
- 2007-2017 Jeep Patriot
- 1990-2022 Ford Econoline vans
- 1999-2021 Chevrolet Silverado pickup trucks
- 2005-2021 Chevrolet Equinox
- 1997-2020 Honda CR-V
- 1987-2019 Toyota Camry
- 2011-2017 Chrysler 200
- 2001-2021 Toyota Prius

Install a catalytic converter theft prevention device. There are a few different styles that can be found by doing online searches.

Park the vehicle in the garage, a well-lit area, or busy location.

Always report suspicious activity in your community. Apparently, it requires more than one person and creates quite a noise. It’s usually done in the night (but not always).

It’s better to be educated, proactive, and vigilant to mitigate theft of CCs (and other theft that regularly occurs from unlocked vehicle doors) not only for us as individuals, but for our community. I hope this helped you at least understand the problem in a bit more detail.

Of note, we are also exploring the opportunity of initiating some type of Neighborhood Watch program in the Dalhousie Community. This type of initiative would require some volunteer support from our Dalhousie residents, but there seems to be quite a bit of interest – so stay tuned!



Dalhousie Community Preschool



Dalhousie Community Preschool is a creative and inspiring start to your child’s education! We offer a play-based program (Reggio Emilia inspired), run by dedicated and experienced teachers.

We have open spaces in our 3-year-old program (Tuesday and Thursday mornings), and limited space in our 4-year-old program (Monday, Wednesday, Friday mornings). Classes start after the September long weekend. For more information, visit our website at www.dcpreschool.ca or contact us at registrar@dcpreschool.ca.

Meals (or Snack Times) Together with Early Learners




Do you enjoy family mealtimes together? Sometimes with the chaos of family life it is difficult to get everyone sitting down together, but the benefits of the conversation and connections made during this time are invaluable and support both the mental and physical health of all of us.

The same is true in our Dalhousie Community Kindergarten (and Preschool) classroom. In September, our focus is on learning new routines and getting to know one another. In a classroom, we naturally build a beautiful little community, and snack time is especially valuable as we all adjust to our new surroundings, make new friends and get to know one another. In our kindergarten class, we have chosen to have a designated time for everyone to sit down together at the same time. This is unstructured time that allows for a bit of “rest”. Just like at home, this time fosters natural conversations between children (and the adults) in the classroom. Relationships and communication skills develop quickly over food, whether it is a family meal or fish crackers!

Snack time is also an opportunity for growth in other ways. Children see what others are eating, helping to expand food interests when they see friends are enjoying something they’ve never tried. (They love to ask each other what they have for snack, leading to quick group surveys of “Who has (insert yummy snack item) today?”) They model and mimic conversation skills and learn both independence and how to ask for or offer help as they tackle opening containers and cleaning up after themselves.

Parents at home who may be seeing some anxiety about attending school this time of year can use the task of choosing and preparing snack items as an opportunity. Involving your child in planning helps them choose something to look forward to at school. Children will also show pride in telling us what they may have chosen or helped prepare, and we welcome the opportunity to show interest and provide positive feedback.

At home, taking a break and sharing food offers families the same opportunities for conversation and connection. Sometimes your early learners might find it hard to put their days into words. It can help to ask your child questions that need more than a yes-or-no answer. Our teacher also provides frequent updates about our classroom activities so you can ask questions about something you know happened in class. But if your child really doesn’t want to talk, it’s also okay to not push too hard or bring up touchy subjects. Sometimes it’s good for your child just to be with their family and listen to other people talking. The idea is to make mealtimes (both in class, and at home) enjoyable and social. For more information about our program, please visit dcakids.com.



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Our government is working hard to ensure parents have the tools they need to secure a safe, happy, and healthy future for their children.

The last two years have been difficult for Alberta kids. That's why we are acting on recommendations from the Child and Youth Well-Being Action Plan - a cross-ministry effort, aimed at supporting the health and wellness of children and youth affected by the pandemic.

As part of this effort, our government announced a \$4 million investment, delivered in partnership with KidSport Alberta and the Alberta Recreation and Parks Association, for the Return to Play program to help subsidize the costs of playing organized sports for families in need.

Further, we are providing \$87 million over three years to improve access to mental health and pediatric rehabilitation supports for children and youth. This will increase access to mental wellness supports and clinical mental health supports in schools, as well as pediatric speech-language, occupational, and physical therapy.

This funding comes in addition to our government's investment of up to \$20 million over the next two years to support increased access to specialized assessments by qualified professionals, including speech language pathologists, physical therapists, occupational therapists, and psychologists for children who may not have had such access during the pandemic.

We have also invested \$110 million over three years in targeted education funding to address mental health in schools, specialized assessments, and learning loss supports. This is in addition to \$1.4 billion in learning supports for vulnerable kids that is provided directly to schools each year.

More initiatives stemming from the Child and Youth Well-Being Panel's great work will be announced in the coming months, as we work towards getting life back to normal for Alberta kids and families.

Until then, I wish the best of luck to all students this coming school year.

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There is no average Calgarian, and Downtown is no average community. A thriving downtown means a thriving city, and The City of Calgary offers programs and services to help businesses get back on track.

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