

OCTOBER 2022

DELIVERED MONTHLY TO 4,640 HOUSEHOLDS

# THE DALHOUSIE

## DIGEST

THE OFFICIAL DALHOUSIE COMMUNITY NEWSLETTER



**Colin Ongyerth**

B Comm. (Finance)

**403.690.9677**

[colin.ongyerth@shaw.ca](mailto:colin.ongyerth@shaw.ca)

Top Selling Agent in the Community for 2021  
Sold over 10 detached homes in 2021  
#1 Agent in 2021 for detached home sales



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# Adoption Event

In collaboration with:

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**Come meet adoptable  
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**Saturday,  
October 22**  
1pm - 5pm



7026-2060 Symons  
Valley Pkwy NW  
587-230-3188  
[petvalu.ca](http://petvalu.ca)



[WWW.DALHOUSIECALGARY.CA](http://WWW.DALHOUSIECALGARY.CA)

**Contact Us: 403-286-2555**

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

## BOARD OF DIRECTORS 2022-2023

NAME	POSITION
James Reimer	President
Ron Cornish	1 <sup>st</sup> Vice President
Jonathan Maynard	2 <sup>nd</sup> Vice President
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John Piera	Board Member
Stephanie Desmarais	Communications Committee
Petro Babak	Board Member
Sue Nicholls	Board Member
Rochelle Lamoureux	Community Engagement
Jen Henderson	Board Member

### COMMUNITY OFFICE STAFF

General Manager	<a href="mailto:gm@dalhousiecalgary.ca">gm@dalhousiecalgary.ca</a>
Finance	<a href="mailto:finance@dalhousie.ca">finance@dalhousie.ca</a>
Community Programs/ Events/Rentals	<a href="mailto:admin@dalhousiecalgary.ca">admin@dalhousiecalgary.ca</a>

**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.

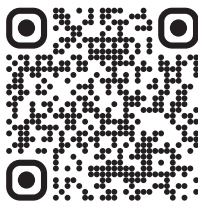
### To View Additional Community Content

#### INCLUDING

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

and More...

**SCAN HERE**



# OFFICIAL

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## Heterochromia

Have you ever seen a person or animal with two different eye colours? Heterochromia is the medical term for this phenomenon. It's caused by a lack of the pigment melanin in one eye or a portion of it. Interestingly, heterochromia is more common in animals than humans!



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Dalhousie  
Community  
Association



*we want your feedback!*

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ENGAGEMENT SURVEY



<https://forms.gle/ti1Mtme1rqwHUwoa9>

## Good Food Box Program

([www.ckpcalgary.ca/goodfoodbox](http://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)
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@dalhousiecalagry.ca](mailto:admin@dalhousiecalagry.ca).

## 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.

## Get Outdoors: Disc Golf



Looking for a fun, non-strenuous way to enjoy the outdoors this fall? You might want to give disc golf

a try! Disc golf (or Frisbee golf) is a sport developed in the 1970s but came to Calgary about 10 years ago. Participants use flying discs instead of clubs and a ball, to play a course. Like golf, players start at a tee-off area and can choose differently weighted and sized discs to make drives and putts, with the goal to get the disc in a basket in as few throws as possible. Disc golf is a game for players of all ages and abilities, and most courses in Calgary are free! Unlike traditional golf, disc golf can be played throughout the year. There are two Disc golf courses near Dalhousie: the Edgemont course has 11 holes and is located at Edgemont Drive and Edgemont Blvd, and the Baker Park course has 18 holes and is at 9333 Scenic Bow Road NW. There are almost 20 public courses in and around the Calgary area to explore and enjoy.



# Ongoing Programs at the DCA

Activity Name	Contact for Registration
Banzai Karate	banzaikaratedojo@gmail.com
Calgary Folk Club	www.calgaryfolkclub.com
Calgary Sketch Club	www.calgarysketchclub.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
Girl Guides of Canada, Guides and Pathfinder Programs	204-471-4672
Karuna Yoga	info@karunayoga.ca
Mommy Connections Calgary	katherinemcyyc@gmail.com
Stagecoach Theatre Arts Calgary	stagecoachschools.ca
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
Weight Watchers	weightwatchers.com/ca/en/find-a-workshop/1022241/ ww-studio--calgary-nw-calgary-ab

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

## World Food Day



The United Nations World Food Programme marks World Food Day every year; this year, it is on October 16, 2022. World Food Day is recognized to highlight the fact that, although enough food is produced to feed everyone on Earth, millions of people still suffer from malnutrition (imbalances in someone's energy intake and/or nutrients from food), and food insecurity (unstable/unpredictable access to food) due to cost and access of nutritious food.

The problem has many contributing factors, including the COVID-19 pandemic, conflict, climate change, inequality, rising prices, and international tensions. People around the world are suffering from the domino effects of challenges that know no borders.

According to a recent CBC article, over 20% (more than 1 in 5) of Albertans said they struggled to put food on the table in 2021. This is the highest rate of food insecurity of all provinces. These numbers are from the PROOF program, an

interdisciplinary research study looking at effective policy approaches to reduce food insecurity (PROOF.utoronto.ca).

This World Food Day, we can all take action to help our neighbours in need. If you are experiencing food insecurity, or if you are able to donate, here are some ideas:

Contact the Calgary Food Bank at calgaryfoodbank.com or 403-253-2059. The Food Bank takes non-perishable and fresh donations (produce, milk, and meat), as well as personal hygiene products and supplies for birthday party kits.

Donate while you shop! There are non-perishable donation bins at most major grocery stores in Calgary, with donations going to the Calgary Food Bank.

Consider using or donating to a community pantry, such as the Coventry Hills Little Free Pantry or Calgary Community Fridge at 902 Centre Street NE. If you're interested in creating a Little Free Pantry closer to home, check out the initiative at littlefreepantry.org.

For University of Calgary students, the Student's Union runs a Campus Food bank. Contact them to donate or if you are in need at su.ucalgary.ca under the "Programs and Services" tab, or phone 403-220-8599.

## MESSAGE FROM THE TREASURER

Greetings Neighbours!

Over the spring and summer, your board prepared an operating budget for the new fiscal year, which officially started on September 1. Our Ways and Means Committee did feasibility studies on childcare fees and room rental fees in surrounding NW neighbourhoods to help us decide if we should raise our fees, and by how much, while still making sure we were competitive and offering high quality programs and rentals. And as most of you can relate to, we also had to consider the increasing costs of utilities and insurance. But we managed to put together a balanced budget. We are very excited for the upcoming year as we have plans to expand our Out of School Care program, keep growing the Farmer's Market, build from the success of our newest events (Winter Carnival and Stampede BBQ), and work on some new events and summer programs. A huge thank you to all our volunteers – they have made all this possible! We are always looking for residents with a passion for improving our community, so if you have any interest in joining the board, joining a committee, or are willing to be on an email volunteer list when there is a need for specific events, please let us know! The more people we have, the more we can do!



### Take our Community Garden Survey



<https://forms.gle/5D6P1cE1VtqAYyv7>

## Dalhousie Out of School Care (DOSC)

### Days and Hours of Operation

All program locations run from 7:00 am to 6:00 pm, Monday through Friday, including professional development days. We provide care to children on location at West Dalhousie School, Dalhousie School, and in the kindergarten program at the Dalhousie Community Centre.

Currently, space is available for children attending West Dalhousie School and the community kindergarten program, with a waitlist for children attending Dalhousie school. For more information, please call the DOSC Directors, Shelley or Saima, at 587-487-8218, or email [doscdirector@dalhousiecalgary.ca](mailto:doscdirector@dalhousiecalgary.ca).

## Meet Samuel Agostini



Hello Everyone!

My name is Sam, and I am the new Community Centre Coordinator here with the DCA. I am a 27-year-old Venezuelan Canadian that has found a home in Calgary these past nine years. I recently graduated from the University of Calgary with a Bachelor of Urban Studies and Sustainability Studies, and I'm passionate about community engagement, planning, and how to make our local communities more sustainable for their current residents as well as for future generations.

Recently, I ended a contract with the Federation of Calgary Communities, where I took a leading role in planning the Federation's events and helped manage funding opportunities as an Engagement Coordinator. I am also a part-time engagement street member for the Calgary Municipal Land Corporation in East Village. And outside of work, I am an avid cyclist and community-minded person who enjoys exploring new restaurants in the inner city.

## Dalhousie Community Preschool



Happy October!

We have completed our first month of school here at the Dalhousie Community Preschool. All our students are settling in and enjoying our classroom and each other! It's so nice to see new friendships forming and some of our returning students getting to reconnect!

Registration for the 2022/2023 School Year is ongoing! We are currently accepting registration for both our 3- and 4-year-old programs.

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

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.

### Upcoming Dates:

October 7 – PD Day, no classes

October 10 – Thanksgiving, no classes

### 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!

1. Download the Skip the Depot app
2. Schedule a pickup time and leave your bags outside
3. Funds will automatically be donated to the Dalhousie Preschool

This is a 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.

## August's Fundraiser Supports this Winter's Outdoor Rink



On August 12, an evening performance by the Tragically Hip tribute band, "The Hip Replacements" was supported by over 200 people. The event was held as a fundraiser for the Community Association's outdoor rink and resulted in over \$5,000 being raised for maintenance and improvements. The response to the event was enthusiastically positive and plans are underway for a return performance in September 2023. We sincerely thank everyone who attended and volunteered, as well as Dalhousie's Boston Pizza who donated food for the volunteers and band.

The outdoor rink (which is located behind the community centre and offers a free use outdoor skating surface) was enlarged by volunteers in the fall of 2021. For this upcoming season, new snow removal equipment and water hoses have been purchased. The community centre continues to work with the City of Calgary to implement future improvements and build upon the Outdoor Rink Fund. Future plans include improving the skate changing area, incorporating a fire pit, moving the rink further from the building, constructing an outdoor storage shed for snow removal equipment, improving perimeter boards, and pouring a concrete rink surface (which will reduce the water required to make ice, improve the ice surface quality, and allow for other uses during the summer for activities like ball hockey, basketball, and pickleball). All together, these improvements represent significant expenditures in the \$250,000 range, so work will be undertaken in phases.

### Lend a Hand!

A small but dedicated group of volunteers oversee the flooding and snow removal at the rink. If you can lend a hand, please contact the community association and join our rink team! We also welcome anyone interested in helping with organizing fundraising activities and planning for future improvements.

# Fall Cleanup in Dalhousie

by Sue Nicholls

As we head into fall, it's important to prepare our yards for the winter (sometimes we mean to, but never get to it!). There are many things you can do to organize your Dalhousie yard and garden:

## Prepare Your Lawn

If you have lots of beautiful, leafy trees, you may want to rake your lawn more than once so it's not such a huge job before the first snowfall. But don't toss your leaves! Rake them up, run over them with your lawnmower (on "mulch" and with a bag on if possible), and put the leaf mulch on your cleaned-up garden beds. They'll break down quickly, provide nutrients to the plants, and also provide a "blanket" of protection to help your plants survive.

Fall can also be a great time to overseed your lawn, which may have taken a beating over our hot summer. Throwing grass seeds over your lawn can help it come back thicker and healthier next year.

## Prepare Your Garden Beds

Weed prior to winter. Once spring arrives, you'll be glad you did it. And give some TLC to your perennials too – cut them back almost to the ground and apply a thick layer of fresh mulch (use those crushed up leaves, straw, or even grass clippings) to act as a security blanket for your lovelies.

Fall is also a great time for transplanting trees and shrubs and planting new spring bulbs that lie dormant over the winter and provide an early season burst of colour in your garden. Did you know you can plant veggie seeds before the winter? Some vegetables surprisingly thrive during Calgary's stressful winters (mustard, lettuce, spinach, arugula), and you'll have spring veggie salads as soon as they are able to grow (so cool)!

## Clean Up Debris

Debris includes dried leaves, berries, and anything organic. Completely remove them to prevent pest breeding grounds (except when used as mulch in garden beds). Clean up any toys, wood, or random "junk" around the yard. Not only can it ruin your lawn or garden, but it also looks messy and can get ruined during the winter.



Return hazardous waste to either the Bowness Fire Station #15, or the Spyhill Landfill (this includes corrosive, flammable, poisonous, or explosive products like paint, latex, propane).

## Other Miscellaneous

Give your trees and perennials a lot of water in the fall (before the freeze!) and use tree spikes for nutrition. If you're not familiar with it, check out the "Buy Nothing Dalhousie" Facebook page, where Dalhousians "meet" to give, receive, and request items at no cost (including plants and gardening equipment).

If you follow these easy tips, you'll wake up in the spring with fresh salads on the table, a very happy lawn, and garden beds poking out beautiful flowers as soon as they are ready. It's fun, great exercise, and incredibly rewarding. Happy fall cleanup!



## BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 13



# 2023 Dalhousie Casino – Volunteers Needed

by John Piera



Would you like to hand out \$25,000? You could – as a Dalhousie Community Association volunteer for our casino fundraiser!

One of the surreal experiences when being a volunteer cashier at a casino, is handing out \$25,000 to one person! Over the years, I've done it several times and handed out over \$50,000 during one 8-hour shift. Or, you could be a banker, and count over \$500,000 in poker chips and cash during your shift. Incredible amounts of money to see all at one time.

If you would like to be a volunteer, our casino dates have been confirmed for February 2 and 3, 2023 at the Cowboy's Casino. We are looking for volunteers for the following positions: Manager, Banker, Cashier, Chip Runner, and Count Room. Currently all positions are available on both days.

This is a valuable fundraiser for the DCA, raising \$60,000 to \$80,000, all of which goes to paying for local programs, supplies, facility maintenance, and improvements. It raises more money for the amount of volunteer hours than any other fundraiser.

In addition to receiving unlimited snacks and drinks during your shift, you will also receive a meal. It is a great time to visit and get to know your neighbours. Please consider volunteering as we were a few volunteers short at the last casino. To volunteer, or if you have questions, please contact John Piera at 587-999-0321 or at [johnpiera@hotmail.com](mailto:johnpiera@hotmail.com), or our General Manager, Doug, at the DCA office. To access the volunteer form, please go to [www.ALGC.ca/forms](http://www.ALGC.ca/forms) and search "Casino Volunteer Worker Application."

## Prasad Panda's Veteran's Food Drive, Inn from the Cold Toy Drive, Veteran's Association Food Drive

We are now accepting donations for the Prasad Panda Food Drive at the DCA Centre and will continue until November 11, 2022. We have boxes in the foyer where you can drop off your donations. Items in most demand are canned fish (salmon or tuna), canned chicken, and canned meat (ham or Spam). Items that are always welcome are cereal, canned soup, and dry or canned pasta (lasagna, spaghetti, fettuccini, linguini, macaroni, rigatoni, etc.).

Items are not limited to food. Toiletries like toothpaste, toothbrushes, soap, shampoo, deodorant, shaving razors, shaving cream, and lip balm are welcome donations. So are diapers, sanitary pads, wipes, and toilet paper.

Starting November 12, we are accepting donations for the children who are in the Inn from the Cold programs, which will be distributed near Christmas. Inn from the Cold provides shelter for families who are homeless. Toys should be new and unwrapped. The age range is from two to eighteen, and are made available to both boys and girls, so there is lots of flexibility on what you might donate.

Also starting on November 12, is the Veteran's Association Food Drive. Items desired are the same as the Prasad Panda's Veteran's Food Drive. We will accept donations for this food drive until mid-December. If you have any questions, please call Sam at the DCA at 403-286-2555.

## International Day of the Girl

October 11 is International Day of the Girl. The aim of this day is to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face. This October, let's take some time to acknowledge these strong individuals!



THE ANNUAL DCA

# CHRISTMAS CRAFT MARKET

**SATURDAY NOVEMBER 26, 2022**

**10 AM - 3 PM**

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**DALHOUSIECALGARY.CA**

**FREE TO ATTEND  
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MARKET



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**Dalhousie**  
**FARMERS**  
**MARKET**



**DCA**  
dalhousiecalgary.ca

## Varsity Fire Hall

Varsity Fire Hall number 17 is located near the intersection of 32 Ave and 37 Street NW, near the University of Calgary. A new multi-service complex is being built on this site, with plans for completion in winter 2023.

The facility will be approximately 83,000 square feet and will include the new Fire Station 17 (4 bays + 1 EMS bay), a 48-unit Calgary Housing development, Household Hazardous Waste drop-off, City Corporate Accommodation space, and leasable space (potentially a future childcare space). Additionally, the project is pursuing LEED and WELL Silver certifications to reduce carbon emissions, minimize environmental impacts, and enhance human health and well-being of building occupants and users.

The new fire station will support existing Fire and EMS crews that serve the community, as well as allow for some future growth. "The safety of Calgarians is our number one priority. We asked the surrounding communities what their vision was for the new multi-service redevelopment. We heard that the fire station should also serve as a hub for the community," said Chief Steve Dongworth. "We're very pleased with the resulting features, which will foster a greater connection between Calgarians, firefighters and City staff."

Council has directed Administration to build multi-service facilities to use City-owned land more efficiently and better serve the community. The new facility is the first development from the Integrated Civic Facilities Planning Program (ICFP) portfolio that addresses Council and Administration's direction to corporately coordinate the facility planning and delivery functions at The City.

"Multi-use facilities are more fiscally and environmentally responsible," says Ryan Meier, Acting Manager, Facility



Planning. "Using this integrated approach means we can leverage investment opportunities to provide more citizen amenities in a multi-use facility than at a single use site, which also reduces the environmental footprint."

Director of Calgary Housing and President of Calgary Housing Company Sarah Woodgate added, "Affordable housing is about people. Access to safe and stable housing helps create inclusive communities and makes our city a great place to live and work for citizens of all income levels. Each facility is being designed to meet the specific needs of each community, with the vision and proposed amenities determined through extensive engagement with Calgarians, community leaders, and numerous advisory groups."



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## Let's Talk About Candy!

With Halloween right around the corner, let's talk about candy! In this day and age, sugar is commonly used to sweeten candy, but back in the Middle Ages, they used honey. With sugar not yet commercialized, it was expensive and considered a delicacy. This meant that sugary sweets were typically only consumed by the wealthy. How things have changed!





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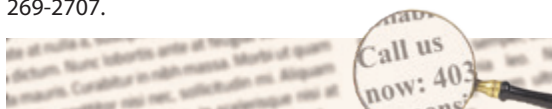
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**BRAIN GAMES**

**SUDOKU**

9	5	8	3	7	4	2	1	6
3	1	7	9	6	2	5	8	4
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1	4	9	7	3	6	8	2	5
8	6	5	2	4	9	1	3	7
2	7	3	5	1	8	6	4	9

# Halloween Safety

by Alberta Health Services

The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

### Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

MLA Calgary - Edgemont

**Prasad Panda**

222, 5149 Country Hills Blvd NW  
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Since June, I have had the honour of serving as Alberta's Minister of Transportation. I wanted to provide constituents an update on some of the work going on in my department.

Alberta's government is moving ahead with improvements and upgrades to Alberta's busiest highway, Deerfoot Trail, to help people get to their destinations safely and more efficiently. You will soon see the first stage of improvements to Deerfoot Trail begin, which will include upgrades between 64 Avenue and McKnight Boulevard that will increase vehicle capacity in this highly congested area. Other work on Deerfoot should be out for tender soon.

Alberta will no longer be the only province with a separate speed limit for school buses. While previously buses could not exceed 90 km/h, they will now be able to travel the posted speed limit. On provincial highways, school buses will now be able to travel 110 km/h, which will improve the flow of traffic. This change will also provide greater fuel economy at a time of high gas prices. We've also liberalized the rules for mechanics working on school buses. So long as there are no students on board, mechanics can test drive buses without the same licencing requirements as school bus drivers.

Alberta has one of the largest highway networks in Canada. The Government of Alberta manages more than 31,400 kilometers of provincial highways. Unfortunately, many of our highways lack services for travellers and commercial truck drivers. We already face a critical shortage of commercial truck drivers. One way we can ensure that more people are interested in this industry is by providing better services along our highways, at no cost to taxpayers. With 18 sites across the province identified for development, Alberta's highways will soon offer better services to travellers and the men and women who keep our economy rolling.



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