

# *The Dalhousie Digest*

5432 Dalhart Rd NW T3A 1V6 403-286-2555 admin@dalhousiecalgary.ca

www.dalhousiecalgary.ca



*Happy  
Mother's Day*

**Check out our Summer Day Camps**

**Spring Craft Sale!  
Saturday May 11,  
10:00 a.m. – 3:00 p.m.**

**Check our website at [www.dalhousiecalgary.ca](http://www.dalhousiecalgary.ca) for Community Center programs and services, general community information and more.**



# Dalhousie Community Association

5432 Dalhart Road NW • 403-286-2555 • admin@dalhousiecalgary.ca

## Board of Directors

President Cindy Kominek .....403-909-2533  
 Vice President Ron Cornish .....403-247-2575  
 Vice President ..... Lesley Bloxham  
 Treasurer ..... Nancy Mosher.....nancymoshercma@gmail.com  
 Secretary..... Jonathon Maynard....jgmaynard@gmail.com

## Elected Directors

Christine Wutzke .....403-286-5288

## Group Representatives

Dalhousie Out of School Care.....587-437-8218  
 Dalhousie Soccer ..... Office, www.dalhousiecalgary.ca  
 Guiding.....Guide Centre, 403-283-8348  
 Kindergarten & Junior Kindergarten ..... www.dcakids.com, 403-288-1050  
 Playschool ..... 403-286-2339  
 Scouting..... Maurice, 403-286-0459, maurice\_shevalier@shaw.ca

## Elected Representatives

Councillor.....Sean Chu, 403-268-3727  
 MLA.....Stephanie McLean, 403-216-5436  
 MP ..... Len Webber, Len.Webber@parl.gc.ca

**The next meeting of the  
 Dalhousie Community Association  
 Board of Directors is  
 7:00 p.m. Tuesday, May 8, 2019  
 at the Dalhousie Community Centre.  
 All Dalhousie residents are welcome to attend.**



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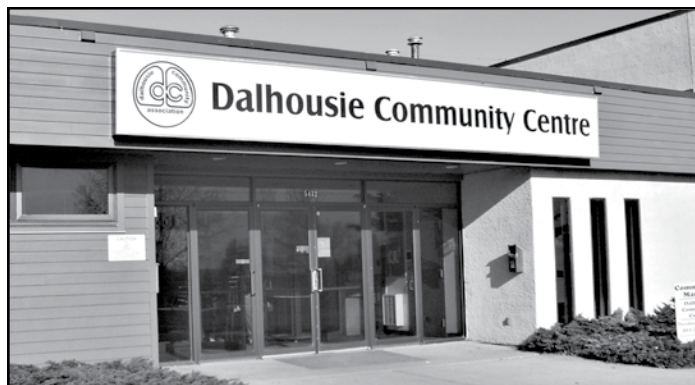
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## In Our Community

# Board Member Profile

Ron Cornish is now our longest standing member on the DCA Board of Directors. He's been involved in the Dalhousie Community over 20 years. Thank you, Ron for your long-standing commitment and passion for the Dalhousie Community and this Association. He has recently accepted the position of VP on our executive team, and we're very grateful to have his knowledge and experience to support new members and executive, while providing the community with continuity as we move forward. While he's been involved in many aspects within the DCA over the years, he's currently contributing significant time and effort to the DOSC (Dalhousie Out of School Care) program which is ever evolving and growing, providing ongoing challenges and opportunities. Thank you so much, Ron, for your ongoing commitment, support, time and dedication to this program in a volunteer capacity. It wouldn't be the same without all your hard work!



## Spring Community Office Hours

Monday – Thursday 9:00 a.m. – 9:00 p.m.

Friday 9:00 a.m. – 3:00 p.m.

Saturday 9:00 a.m. – 4:00 p.m.

Sunday 9:00 a.m. – 12:00 p.m.

Closed on Statutory Holidays

## Community Office Staff

General Manager: Marsha, gm@dalhousiecalgary.ca, 587-437-8217

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

Reception/Events Booking: admin@dalhousiecalgary.ca,  
 403-286-2555

# Dalhousie Community Association Board Recruitment

The Dalhousie Community Association is looking for community-minded residents to join us on our Board of Directors.

If you have ever been interested in being part of the decision-making process for growth and development, activities and events, and the overall functions of our neighborhood, now is your chance to join.

The Board of Directors is a group of residents who volunteer their time and contribute their ideas, knowledge, and experience to all the inner workings of our community association. If you are passionate about your neighborhood and have 2 hours to come to our monthly meeting, this is the perfect opportunity to give back and get some valuable volunteer experience.



## Program Space Available

Are you looking to start an adult or children's weekly program or class? We have a variety of rooms to rent that have a capacity of 50 people. Our most updated 50 person capacity room, the Phoenix Room, has availability during the week during the below time slots in 2019:

- Monday & Tuesday anytime between 9:00 a.m. – 9:00 p.m.
- Wednesdays between 9:00 a.m. – 11:30 a.m., 2:00 p.m. – 6:30 p.m.
- Thursdays 9:00 a.m. – 5:00 p.m.
- Fridays 9:00 a.m. – 3:00 p.m.

### Phoenix Room Rates:

Monday-Friday from 9:00 a.m. – 3:30 p.m.: \$20/hour  
Monday-Friday from 3:30 p.m. – 9:00 p.m.: \$40/hour

Email [admin@dalhousiecalgary.ca](mailto:admin@dalhousiecalgary.ca) if you are interested in hosting a program or class at the Dalhousie Community Centre!

# Dalhousie Community Playschool News

*"You're never too old, too wacky, too wild, to pick up a book and read to a child."- Dr Seuss*

Reading is incredibly important for children (and adults!) of all ages! During early childhood, we can foster a lifelong love of reading by sharing books together on a regular basis. When you are reading with preschoolers you are teaching them that the words on the page have a meaning and together they create a story. You are expanding their vocabulary and most importantly, you are teaching your child that they are important to you and you want to spend quality time with them.

Some notes to remember when reading with your children:-

- Reading is an interactive activity- Talk with your children, ask for their opinion;
- Enjoy the experience - Make reading fun and enjoyable;
- Make it meaningful by choosing books your child can relate to and characters she/he will love and cherish forever.
- Use books as a starting point to discuss real life experiences.

Please come and support your local Playschool at the Dalhousie Chapters Indigo on May 4 from 6:00 p.m. – 8:00 p.m. With Mother's and Father's Day just around the corner come and complete all your summer shopping! There will be a fun station for kids to make a homemade Mother's Day cards. 20% of all proceeds (on everything in the store) will be given to the Preschool to spend on new toys/ books for the classroom!

## Zumba

**When:** Tuesdays and Thursdays

9:15 a.m.—10:15 a.m. Where: Dance Studio (downstairs)  
@ The Dalhousie Community Centre

**Who/Cost:** Adult (18-59) \$7/drop in

Senior (60+) \$5/drop in

**\*A seniors "AAA" membership or DCA adult membership is required to participate!**

*This is a great opportunity to try a new physical activity with Kim! Kim is a certified Zumba Gold-Toning instructor and encourages people of all experience levels to come out and try Zumba!*





Fountain Tire presents the:

# Dalhousie Show & Shine 2019

Open to all makes and models:

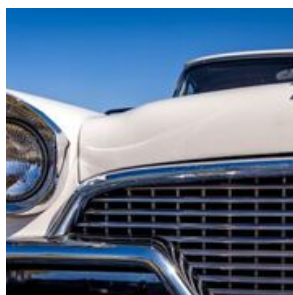
**Saturday Sept 7, 2019**

Registration 9-10am, \$10 per vehicle, Show from 10-2

On the grass behind the Dalhousie Community Association

For more info or to volunteer please email [neslo@shaw.ca](mailto:neslo@shaw.ca)

New this year will be a the First Calgary Kids Zone with activities to keep the entire family entertained!



\$5 Burger & pop,  
Raffle prizes, 50/50 draw  
All proceeds support:



## ENVIROS

**Awards for:** Best in Show (voted by the fans), Best truck pre 80 & post 80, Best Survivor, Euro Import pre 80 & post 80, Best Camaro by Generation, North American pre 60, 61-80, & 81-now.



Thanks to our sponsors!



# Dalhousie Community Center Specialty Camps

### Arrrr! – It's a Pirate Musical!

Dates: July 15-19 9:30a.m. – 2:30 p.m.

Ages: 7+

Price: \$150

Contact: [admin@dalhousiecalgary.ca](mailto:admin@dalhousiecalgary.ca)

Website: [www.dalhousiecalgary.ca](http://www.dalhousiecalgary.ca)

### Summer Fun Camp

Dates: July 22-26 9:00 a.m. – 12:00 p.m.

Ages: 3-6

Price: \$125

Contact: [admin@dalhousiecalgary.ca](mailto:admin@dalhousiecalgary.ca)

Website: [www.dalhousiecalgary.ca](http://www.dalhousiecalgary.ca)

### Guitar Lessons

Dates: July 22-26 1:00 p.m. – 3:00 p.m.

Ages: 7+

Price: \$125

Contact: [admin@dalhousiecalgary.ca](mailto:admin@dalhousiecalgary.ca)

Website: [www.dalhousiecalgary.ca](http://www.dalhousiecalgary.ca)

## Available Space

The Dalhousie Community Centre is host to many great programs, and we are looking to expand the programs that are offered here!

We have a variety of rooms to offer, including a Dance Studio. Please email [admin@dalhousiecalgary.ca](mailto:admin@dalhousiecalgary.ca) for more information on availability or head over to [dalhousiecalgary.ca](http://dalhousiecalgary.ca) to view the rooms and their descriptions. A few of the time frames and rooms available now include:

- Tuesdays in the Phoenix Room anytime between 6:00 p.m. – 9:00 p.m.
- Thursdays in the Phoenix Room anytime between 7:00 pm. – 9:00 p.m.
- Tuesdays in the Dance Studio from 4pm-5pm

\*Other rooms/times may be available!

# Other Camps Offered at the Dalhousie Community Center

### Engineering For Kids

Dates: August 6-9

Ages: 4-15

Price: \$200-\$325

Contact: 587-349-4555 [calgary@engineeringforkids.com](mailto:calgary@engineeringforkids.com)

Website: [www.engineeringforkids.com/calgary/programs/camps](http://www.engineeringforkids.com/calgary/programs/camps)

### Mad Science

Dates: July 2-5, August 12-16, August 19-23

Ages: 5-8

Price: \$175-\$305

Contact: 403-263-4140

Website: <http://reigster.madscience.org/calgary>

### Stagecoach Theatre Arts

Dates: August 6-9

Ages: 6-14

Price: \$225-\$250

Website: [www.stagecoachschools.ca/calgary](http://www.stagecoachschools.ca/calgary)

### Cosmic Coders

Dates: July 8-12, July 22-26, Aug 12-16, Aug 19-23, Aug 26-30

Ages: 4-15

Price: Confirm With Cosmic Coders

Contact: [registration@cosmic-coders.com](mailto:registration@cosmic-coders.com)

Website: <https://www.cosmic-coders.com/>

### Engenuics For Kids

Dates: July 8-12, July 15-19, July 22-26, July 29-Aug 2, Aug 12-16, Aug 19-23

Ages: 11-15

Price: Confirm With Cosmic Coders

Contact: 587-353-3451 [info@engenuics.com](mailto:info@engenuics.com)

Website: [www.engenuics.com/camps](http://www.engenuics.com/camps)

# Spring and Summer Pickleball

Are you interested in learning more about how to play pickleball or improve your skills? We are looking to host pickleball workshops on the tennis courts in the parking lot of the DCA! If you would like more information about the pickleball workshops, please email [admin@dalhousiecalgary.ca](mailto:admin@dalhousiecalgary.ca)! Dates and times to be announced.

## Celebrate With Your Neighbours on June 15: Neighbour Day 2019

**H**eld annually on the third Saturday of June, Neighbour Day is an opportunity to get together with your neighbours and celebrate Calgary's strong community spirit. This year Neighbour Day falls on Saturday, June 15.

The City is once again waiving its greenspace booking fees for approved Neighbour Day events taking place on June 15. As of January 1, 2019 The City has waived fees for block party permits. Please note that the deadline to apply for these permits is May 24, 2019.

The City welcomes all Calgarians to celebrate and encourages as many people as possible to host local community events. has evolved to be an opportunity for communities across the city to come together in the form of BBQs, block parties, cleanups and potlucks in order to meet their neighbours and celebrate where they live



Neighbour Day originated in 2014 to celebrate the incredible outpouring of support and generosity neighbours demonstrated after the 2013 floods. It has evolved into an annual celebration of what makes Calgary such a great city – our strong and caring communities. Neighbour Day continues to grow each year.

Visit [calgary.ca/NeighbourDay](http://calgary.ca/NeighbourDay) for more information.

*City of Calgary*



[www.SuburbanJournals.ca](http://www.SuburbanJournals.ca)

# Summer Camps At The Dalhousie Community Centre

This year we have a wide range of summer camps that are being offered, aside from the DCA Day Camps that we offer as well. Please read below for more information about camps your children can attend this summer! Registration for the DCA Day Camps, Pirate Musical Theatre Camp, Guitar Lessons, and Summer Fun Camp can be completed in person at the Dalhousie Community Centre. Any other camps have their own registration procedures.

## DCA Day Camps

Age: Children entering grades 1 – 6

Price: \$225

Registration: At Dalhousie Community Centre

Time: Before Care 7am-9am

Camp 9am-4pm

After Care 4pm-6pm

At least one off-site field trip per week!

# Green Carts Spring Into Weekly Collection Schedule

Spring has sprung, and with it comes an increase in yard waste. Weekly green cart collection will resume the first week of April.

Calgarians can visit [calgary.ca/collection](http://calgary.ca/collection) to find out their new green cart schedule and to sign up for free reminders including phone, email and text alerts or download the free Garbage Day app to receive notifications on their smartphones.

There are no changes to blue or black cart collection.

*City of Calgary*



Week	Date	Time	Description
1	July 8-12	All Around The World	Stamp your passports! Celebrate Canada's 150th birthday and learn about all the continents and cultures around the world! Crafts and games will be focused on a different continent each day!
2	July 15-19	Cowboys vs. Aliens	Who done it? Embrace your inner spy and detective for a week of games and activities that will test your stealth and intelligence. Can you solve the crime before dinner time?
3	July 22-26	Science, Science, Science!	Bill Nye who?! Everyone will have the opportunity to become a mad scientist as we engage in various experiments and activities that can only be explained by science!
4	July 29 – Aug 2	Under The Sea	What is really down there? We will be doing many experiments and crafts while exploring the diversity of the ocean!
5	Aug 12-16	Time Travellers	We're going back in time in our final adventure of the summer! Walk with the dinosaurs, sail with the Vikings, run from the mummies, and fight alongside the knights through various games and activities!
6	Aug 19-23	Princesses And Pirates	Everyone, on the start line! The children will participate in a variety of activities, in teams, to compete against other teams to win the Amazing Race!



# Common Signs of Stress

In tough times we can be more vulnerable to stress, worry, anxiety and depression. It's important to take care of ourselves. Tough times don't last. Tough people do.

At some point in our lives we all face tough times and we can be impacted directly or indirectly by such things as financial pressures or unexpected problems like what many Alberta farmers are facing with crop or livestock issues.

Remember, it's normal to feel stress from time to time in everyday life. Everyone who goes through stressful events can be affected in some way. Sometimes these stress reactions may not appear for weeks or months following an event. It is important to watch for warning signs.

The warning signs of stress can be physical or emotional. Some people call this "storing" stress in the body (physical) or in the mind (emotional).

Common physical symptoms of stress include:

- Rapid heartbeat.
- Headache.
- Stiff neck and/or tight shoulders.
- Backache.
- Rapid breathing.
- Sweating and sweaty palms.
- Upset stomach, nausea, or diarrhea.

You also may notice signs of stress in your thinking, behaviour, or mood. You may:

- Become irritable and intolerant of even minor disturbances.
- Feel irritated or frustrated, lose your temper more often, and yell at others for no reason.
- Feel jumpy or exhausted all the time.
- Find it hard to concentrate or focus on tasks.
- Worry too much about insignificant things.
- Doubt your ability to do things.
- Imagine negative, worrisome, or terrifying scenes.
- Feel you are missing opportunities because you cannot act quickly.

It's important to recognize signs of stress and know how to cope. Stress relief is different for each person. For some ideas to see which ones work for you visit: My Health Alberta at [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca) and search managing stress.

If you are finding you are not coping well, contact Health Link at 811 to find help near you.

**Alberta Health Services**

# Mental Health for Perimenopause

Hot flashes and night sweats seem to receive all the attention for symptoms of perimenopause, however there are many more to be aware of, especially to do with your mental well-being.

In *The Hormone Cure*, Sara Gottfried, MD, states, "Women in perimenopause, which starts sometime between ages thirty-five and fifty, have low progesterone, and in the final year before their final period, low estrogen. They experience low progesterone as anxiety, sleep disruption, night sweats, and shortened menstrual cycles. Low estrogen may add mild depression to the mix."



## What symptoms are likely due to hormone fluctuations due to perimenopause?

Do you have those moments where you feel like you're going crazy?

Likely cause/symptom: Fuzzy thinking, brain fog, hysteria, memory lapses.

Do you experience radical fluctuations in your mood?

Likely cause/symptom: Mood swings, irritability, panic attacks, anxiety, weeping, depression, anger.

Dr Christiane Northrup shares in *The Wisdom of Menopause*, "Remember that depression, sadness, or anger often accompanies the emotional growth spurt that our psyches are undergoing. Just knowing this is sometimes all that is necessary to get you past the dark days. Sometimes outside help in the form of diet, herbs, or even antidepressant medication is needed."

Dealing with mood changes can be a frightening experience, especially when so many people want to mask it and hide away due to stigma or feeling ashamed. Mental health matters, and to move through it, help and support is needed. Speak to a health professional, confide in a friend, ask for help, and remember that you are not alone.

**Lee Horbachewski**



### Parade of Garage Sales

Typically the Dalhousie Parade of Garage Sales is held in May, however this year we will be moving the Parade of Garage sale weekend to the Fall! Thank you for your cooperation and interest – we look forward to the fall Parade of Garage Sales.

### 2019 Room Rental Availability

Are you looking for a space to start or continue to host a program or service? We have a variety of different rooms that are designed to fulfill various needs for renters. Below are some of the available weekly time slots that are available in the rooms listed. If you have inquiries about the time slots listed below, or other rooms and a different time slot, please email [admin@dalhousiecalgary.ca](mailto:admin@dalhousiecalgary.ca) for more information. Please note, you must rent for a minimum of 1 hour.

#### Featured Rooms Available For Weekly Bookings:

- **Dance Studio** – Mondays 9:00 a.m. – 4:00 p.m.  
Tuesdays 11:00 a.m. – 5:30 p.m.  
Sundays 9:00 a.m. – 1:00 p.m.
- **Phoenix Room** – Mondays, Tuesdays 9:00 a.m. – 9:00 p.m.
- **Sunrise Room** – Mondays 2:00 p.m. – 7:00 p.m.  
Thursdays 6:00 p.m. – 9:00 p.m.
- **Conference Room** - Wednesdays 4:00 p.m. – 9:00 p.m.

### Street Sweeping is Happening in Your Community!

The City sweeps material left behind from winter operations on over 16,000 lane kilometres of paved roads, and getting the work done is a collaborative effort. We would like to thank Calgarians for their help in moving their cars from the street and their blue, black and green carts on to the curb when sweeping is scheduled.

For more information, visit [calgary.ca/sweep](http://calgary.ca/sweep).

*City of Calgary*

### Dalhousie Comm. Assoc.

### Classifieds

*To place your classified ad call the Dalhousie Community Centre at 403-286-2555*

- **Will Do Odd Jobs:** Junk removal, small indoor / outdoor jobs, yard work, tree / hedge trimming, garden work. Need anything done call Warren: 403-286-4348
- **Detailed House Cleaning Maid:** cleaning of your house and organizing weekly, bi-weekly, monthly or on time services provided. Also move in/move out! Very thorough and detailed cleaning working according to the individual's needs. Licensed, insured and bonded. Call 587-664-9766
- **Yard/lawn Care:** law mowing from \$100/month (vacation coverage available)/Painting - house, trim, fence. Yard Clean Up, including eavestroughs and minor repairs \$20-25/hr. Contact Derek @ 403-826-4169 or [dbstew63220@gmail.com](mailto:dbstew63220@gmail.com)
- **2 residential cleaning ladies living in Dalhousie,** now accepting new clients. 28 years professional cleaning, high quality standards. References available. Call Dalbir at 403-613-3020

### Dalhousie Out of School Care Programs

Fall 2019 Registration is on-going for Dalhousie Elementary and West Dalhousie Schools.

Registration is at the Community Center. Please email Manisha at [doscdirector@dalhousiecalgary.ca](mailto:doscdirector@dalhousiecalgary.ca) To set up a time to register.

### Did You Know?

Did you know the Dalhousie Community Centre has various rooms for rent? We have rooms that can hold up to 50 people, and a large Auditorium that can hold up to 300 people! Our smaller rooms are a perfect size for a family event, birthday, baby shower, meeting and more! For more information about the rooms we have available to rent, visit [www.dalhousiecalgary.ca](http://www.dalhousiecalgary.ca) for more information!

# Calgary Fire Department Home Safety Program

Fire safety is an important issue for everyone.

The Calgary Fire Department recognizes the complex needs of individuals with dementia, including the increased risk of home fire hazards.

During a fire, individuals with dementia may find it more difficult to escape or understand the situation.

Common dementia related fire hazards include:

- Leaving a pot on the stove unattended.
- Forgetting to turn off the oven.



- Mixing up the seconds and minutes when using a microwave.

If you are an individual with dementia or caring for an individual with dementia, the Calgary Fire Department can help reduce home fire hazards.

### Contact 311

When you contact 311 and request a free Home Safety Visit, Community Safety Officers will visit the residence to:

- Share important home safety information.
- Inspect smoke and carbon monoxide alarms
- Replace and install free smoke alarms and batteries, if needed.

Together, we can help create dementia friendly communities and help individuals with dementia age-in-place safely in their homes.

*Calgary Fire Department*

## It's Spring Cleaning Time

Did you know that the City of Calgary helps support community associations in helping residents clean up the neighbourhood? Residents can attend their Community Cleanup event and throw out waste, saving you a trip to the landfill.

The service is free and the purpose is for items that are not acceptable or do not fit in the regular waste (black carts) and recycling (blue carts) to be taken during a Community Cleanup. You can call your community association or go online to the official City of Calgary website to find a cleanup near you!

### Acceptable items include:

- Furniture
- Yard waste (organic trucks will be available)



- Broken/unusable products like gym equipment
- Toilets

You and your neighbours can also organize a litter clean up. The City of Calgary provide kits that include garbage bags, gloves and hand sanitizer. You can pick up these kits at any City of Calgary leisure and aquatic centre.

You can get outside, meet neighbours and achieve a cleaner community at the same time!  
Happy Spring Cleaning!

*A message from the Federation of Calgary Communities*

## Evict Radon: Get Your Home Tested

University of Calgary researchers are working to find solutions to Alberta's radon problem as 1 in 6 homes tested in Western Canada had dangerously high levels of radon gas. Radon emits radiation that damages your DNA that can lead to cancer and currently, radon is the second leading cause of lung cancer, but it is entirely preventable. Knowing your home's radon level is the first step to determining if you're at risk. Go to [evictradon.ca](http://evictradon.ca) to find out how you can get a test for your home.

