

DALHOUSIE NEWSLETTER

August 2020 Newsletter

EXECUTIVE DIRECTORS

President, Ron Cornish.....403-247-2575
Vice President, Sunny Wang.....wang-sunny@outlook.com
Vice President, Jonathon Maynard.....jgmaynard@gmail.com
Treasurer, Nancy Mosher.....nancymoshercma@gmail.com
Secretary, John Piera.....403-202-0640

ELECTED DIRECTORS

Brent Clark.....brentclark@yahoo.ca
Iris Hau.....
Christine Wutzke.....403-286-5288
Lesley Bloxham.....
James Fong.....jameshowfong@gmail.com
Petro Babak.....petro@ualberta.ca

GROUP REPRESENTATIVES

Dalhousie Out of School Care (DOSC).....587-437-8218
Kindergarten & Jr. Kindergarten.....www.dcakids.com, 403-288-1050
Playschool.....403-286-2339

ELECTED REPRESENTATIVES

Councillor.....Sean Chu, 403-268-3727
MLA...Prasad Panda, 403-288-4453, Calgary.Edgemont@assembly.ab.ca
MP.....Len Webber, Len.Webber@parl.gc.ca

COMMUNITY OFFICE STAFF

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

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

Dalhousie Out of School Care: 587-437-8218

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



THE NEXT DCA BOARD MEETING WILL BE
TUESDAY, AUGUST 11, 2020 AT 7PM
ALL DALHOUSIE RESIDENTS ARE WELCOME TO
ATTEND

**THE DALHOUSIE COMMUNITY
CENTER REMAINS CLOSED
UNTIL PHASE 3**



DCA DAY CAMPS!

- Children must be attending Grade 1 - 6 in Fall 2020
- DCA Membership is required for registration
- Before (7 - 9 AM) and after (5 - 6 PM) care is available for an extra fee

More information is available on our website, or e-mail admin@dalhousiecalgary.ca for more information

2020-2021 OUT OF SCHOOL CARE

- Dalhousie Elementary School
- West Dalhousie School

Kindergarten and School Age Programs



Included in our Package is: Lunch Time Supervision, 1/2 Day Fridays, Non-Instructional Days & PD Days!

Contact Sharon Evans-Borricce for more information at doscdirector@dalhousiecalgary.ca or 587-437-8218

Would you like to receive this newsletter on a regular basis?

Please email
admin@dalhousiecalgary.ca with your last name and e-mail address to ensure future delivery!

**FREE OUTDOOR
YOGA, TAI CHI, AND
BOOT CAMP**



Visit www.dalhousiecalgary.ca for more info!

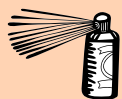
TD Park People Grants



DEVELOPMENT IN DALHOUSIE

For decades recognized as a leader in the development of commercial and industrial projects, Remington Development Corporation is also an integrated residential developer with a variety of residences designed and constructed, from custom penthouses to rental apartments. Remington construction equipment is on site ready to tear down the standing stick-built units that have already been vacated and commence building a 15-storey and a 13-storey tower that will face each other across a shared courtyard.

A perfect spot for a Transit Oriented Development (TOD), it is being built adjacent to the Dalhousie LRT station, across the parking lot from the Dalhousie Shopping Centre, anchored by a Safeway store, and walking distance to the east to the Calgary Co-op grocery and liquor store and Canadian Tire.



BEAR SPRAY DISPOSAL

You can safely dispose bear spray for free at a **hazardous waste drop-off**, such as a designated fire station or a City landfill Throw 'n' Go area (charges will apply)

You can bring up to 20 liters of household chemicals to these locations each week.

Never put bear spray into your blue cart

visit www.calgary.ca/uep/wrs/what-goes-where/chemicals-bear-spray.html for disposal locations and more information



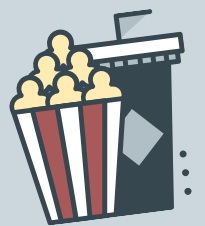
Summer is road trip season! Hop in your car and unfold a specially curated map made by TELUS Spark! This experience is self-exploratory with elements of in-person facilitation and socially distanced activities in between stops. Uncover obscure and delightful science-y points of interest and jam to a playlist of thematic songs and podcasts for a perfect day exploring Alberta's most curious locations. Register to unlock your day's adventure.

TO THE GREAT OUTDOORS!

ACTIVITIES AT TELUS SPARK

SCIENCE ON THE SILVER SCREEN

Debuting on August 5, experience a classic summertime entertainment in partnership with BIG ART at Spark. All ages welcome! The good ol' days of drive-in movies are back. Fill up the car with your crew. Grab a blanket, snacks, drinks and sit back in the comfort of your own driver's seat. Be engrossed in wondrous films, engaging science and heartwarming nostalgia, with Calgary as your backdrop. Create new memories from nights you will never forget.



When the *next million* people come to the Calgary Metro Region...

How will we all get around?

Where will people live and work?

How will we balance the needs of vibrant communities with the ability to pay for services?

Have your say between July 24 and September 4 at calgarymetroregion.ca



PASSPORT TO SUMMER - DALHOUSIE EDITION

While we may not be able to travel as much as we would like to this summer, there is still many places to see and things to do right here in Dalhousie! We have crated a Passport to Summer, Dalhousie Edition for you and/or your family and friends to complete - and yes, there is a prize to be won!

For every post on our Facebook page

(<https://www.facebook.com/dcayyc>) with the hashtag #mydalhousiesummer of each activity you complete or if you would like to email in your activity completion photos, you will get one entry per activity into a draw for a \$25.00 Indigo Gift Card!

The Passport to Summer runs until **August 31st**, with all activities and submissions to be entered by August 31st, 2020 no later than 11:59 PM. The draw will be made on our Facebook and the winner will be contacted.

Post your entry to our Facebook page at www.facebook.com/dcayyc

E-mail your entry to admin@dalhousiecalgary.ca

You can download the Passport to Summer template at www.dalhousiecalgary.ca



RENEW YOUR DCA MEMBERSHIP SEPTEMBER 1ST, 2020!

It is almost that time to renew your DCA Membership for the 2020-2021 year, which runs from September 1st, 2020 to August 31st, 2021. Your DCA Membership gives you access to free and/or discounted events and activities that the DCA organizes, provides you and other members on your membership card with insurance while in our DCA programs – for example our Out of School Care program, spring soccer, Preschool, and much more! The membership will be available to purchase online on September 1st at www.dalhousiecalgary.ca and will be available to purchase in the community centre once we are open to the public! This year our membership card will highlight a photo of the original Dalhousie Community Centre, now know as the “Dallyn Street Building” where we have had our out of school care program in past years. Check it out, right near the Dalhousie Elementary School off of Dallyn Street!



INCREASE IN THEFT AND RESIDENTIAL BREAK-INS

Recently residential break-ins and thefts have increased substantially throughout the City of Calgary. The community of Dalhousie is included in the rising statistics as it too is currently experiencing an increase in residential and vehicle thefts. These primarily have been crimes of opportunity as access to residential properties and vehicles has generally been gained through unlocked doors, windows, and garages. Alarmingly, nighttime break-ins have escalated substantially. Electronics, purses, wallets, car keys and vehicles have been stolen while homeowners are sleeping. Surprisingly 4 and 5 story condo units have also been targeted with break-ins occurring through open and unlocked patio doors.

PRACTICE THE 9:00 PM ROUTINE. Bring all valuables in from your vehicles before locking them. If you have an attached garage be certain to lock the door leading from the garage into the residence. Ensure that all windows and doors are secured AT 9:00 PM EVERY EVENING.



PARADE OF GARAGE SALES!

We have rescheduled the dates for the DCA's Parade of Garage Sales.

Registration is on September 1st and the **sale dates are September 19th and 20th**

E-mail admin@dalhousiecalgary.ca for more info



CRAFT IDEA

Make monsters using old envelopes

GREAT ALBERTA HIKES TO EXPERIENCE!



TABLE MOUNTAIN, CASTLE PROVINCIAL PARK

In this hike, you will wind your way around a tree-filled trail and walk alongside a rocky creek bed. Your final push on Table Mountain will reward you with magnificent prairie and mountain views



THE HOODOO TRAIL, WRITING-ON-STONE PROVINCIAL PARK/AISINAI'PI

A hoodoo is a tall and narrow rock formation made of sandstone with a hard and dense rock sitting on top (like a hat). You can see these interesting rock formations on the Hoodoo Trail locating in the Writing-on Stone Provincial Park!

WINDOW MOUNTAIN LAKE, CROWSNEST PASS AREA

Window Mountain Lake is a slice of paradise located in the Crowsnest Pass Area. You can actually take a dip in the lake once you've completed your hike! As this is a lightly trafficked trail, you will likely be the only hikers there.



LAKE ANNETTE/PARADISE VALLEY, BANFF NATIONAL PARK

Another lightly trafficked hike is the Lake Annette/Paradise Valley trail. You can have a nice and calm lunch at Lake Annette, or you can continue onto the Giant Steps trail.

HORSESHOE CANYON, DRUMHELLER

Take an easy hike in the footsteps of dinosaurs! The time-worn and maroon-striped slopes of Horseshoe Canyon reveal rocks from the Cretaceous Period!



OUTDOOR GAMES IN DALHOUSIE!

The City of Calgary provided us with the opportunity to add some extra fun around the community centre!

There are 5 stencils around the perimeter of the community centre – two in the grass, and three on the sidewalks. Can you find them all? Here are some clues:



IN NEED OF CHILD CARE?

We would love to know more about what our Dalhousie residents are interested in us offering. Are you a parent, or maybe know someone, who would be interested on weekdays (early morning, early evening) or weekend child care while you work? We would love to hear your input if you have a need for this service or are interested in learning more if it is something we are able to offer in the future.



Please email admin@dalhousiecalgary.ca if you are interested in learning more about our future possibilities.

NEW ROOM RENTAL ALERT!

We have a new room that has become available to rent at the Dalhousie Community Centre! Below you can see a multi-purpose space that can be used for a variety of rentals such as meetings, courses, children and adult programs, and more! Below is a few picture of what it looks like when the room is full of tables. Please note that the room would typically remain empty with access to a few tables and chairs. If needed, we can arrange for a larger set up.



The rental rate of this room is \$19/hour and is available primarily on Monday-Thursday from 430pm-9pm, Friday 9am-9pm, and Saturday and Sunday all day.

If you are interested in learning more, please email admin@dalhousiecalgary.ca for more information!

IS IT OK TO CRY?

by Kathy Hart

Since early June 2020 I have been employed as a program leader in summer day camps at the Dalhousie Community Center. During the course of our weekly camps I have fielded hundreds of questions by many children on a huge array of topics ranging from how do you draw a fire breathing dragon to, do you know what cockroaches eat? Today while deeply engrossed in crafting a piece of artwork a small boy suddenly lifted his head looked directly at me and asked if it was OK for people to cry. The look on his face mirrored the extreme seriousness of the question he was asking and the incredible importance of my response.

As carefully and plainly as possible I shared what I believe and encouraged my own children to embrace on the subject of crying. Simply, that crying is one of the many repair and alarm systems we have in our bodies. When we have an accident and get hurt, are in pain, frightened, or very sad we cry. It's extremely difficult not to cry because our bodies have automatically launched into the repair mode.

Crying alerts the people around us that we need help and also serves as a distraction. While our brain is busy with it's demands for crying and processing the sounds we are making it distracts us a bit from the pain, sadness or fear that we are feeling at that intense moment in our life.

The extreme stress and anxiety we feel in our bodies when we first begin to cry eventually disappears and is gone by the time we are finished crying. We are exhausted and want to sleep. The crying has restored our spirit and has prepared us for whatever healing is required.

Yes, it is OK to cry.

Such a simple question from a small and curious child was in fact so incredibly profound and timely. It is my opinion that during these difficult times we have all lost something, some people many things. And pain of all manner runs rife through our magnificent country. We are a resilient populace but that doesn't mean that we are unfeeling or unaffected.

Perhaps while we are so diligent in remembering to wash our hands and wear our masks, we must also remind ourselves that it is OK to cry. To relieve some of the stress and anxiety we're all feeling and perhaps in a way to memorialize all that we've lost and to acknowledge our collective helplessness against such a vicious, unrelenting and invisible foe.

Crying is not a form of surrender but an acknowledgement of our humanity and a step towards healing.



Emotion Stones

teach kids about big emotions with rocks



SELF-CARE CHALLENGE

Be inspired by whatever the words mean to you.

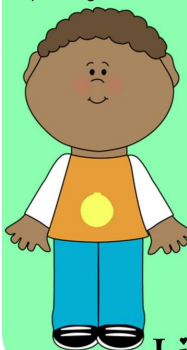
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|----------------|---------------|----------------|
| 1. Goals | 11. Adventure | 21. Stretch |
| 2. Water | 12. Favorite | 22. Cozy |
| 3. Forgiveness | 13. Inspired | 23. Love |
| 4. Breathe | 14. Hobby | 24. Music |
| 5. Rest | 15. Cook | 25. Journal |
| 6. Laughter | 16. Release | 26. Sweetness |
| 7. Food | 17. Yoga | 27. Solitude |
| 8. Meditation | 18. Sleep | 28. Expression |
| 9. Sweat | 19. Movie | 29. Pamper |
| 10. Socialize | 20. Movement | 30. Nature |

BlessingManifesting

BALLOON BREATHING

Step 1: Inhale Fully

Place your hands on your belly. Breathe in slowly through your nose to fill your lungs all the way to the top, as you feel your belly, abdomen and chest expanding out like a big balloon...



Step 2: Exhale Fully

Now open your mouth and slowly blow all of the air back out of your lungs, letting your belly sink down flat, as if deflating that imaginary balloon. Repeat, but the next time close your mouth and practice breathing in, and out, through your nose, as you feel your belly expanding and shrinking.



Little Twisters Yoga.com



FARMER'S MARKETS IN THE NORTHWEST



HILLHURST SUNNYSIDE COMMUNITY CENTRE - 1320 5 AVE. NW, WEDNESDAYS FROM 3 PM TO 7 PM

TRIWOOD COMMUNITY ASSOCIATION HALL - 2244 CHICOUTIMI DR. NW, TUESDAYS FROM 3 PM TO 7 PM

BEAR'S PAW LION'S CLUB - 25240 NAGWAY ROAD, SUNDAYS FROM 10 AM TO 2 PM

ROCKY RIDGE RANCH FARMERS MARKET - 10709 ROCKY RIDGE BLVD NW, THURSDAYS FROM 3:30 PM TO 7 PM

SYMONS VALLEY RANCH MARKET STORE - 14555 SYMONS VALLEY ROAD NW, FRIDAYS FROM 10AM TO 6PM

TEN THOUSAND VILLAGES - 220 CROWCHILD TRAIL NW, WEDNESDAYS FROM 2-6PM AND SUNDAYS FROM 12-4



WORKING FROM HOME?

Try out this ergonomic desktop setup!



RESCHEDULED DATES FOR

DALHOUSIE COMMUNITY ASSOCIATION PARADE OF GARAGE SALES

REGISTRATION: SEPT. 1
SALE DATES: SEPT. 19 & 20

ADMIN@DALHOUSIE.CALGARY.CA



GARDEN TIP

Make your own bird bath!