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WINTER 2023

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Lotus Link is published four times per year by the Genesis Centre. To submit stories and photos or inquire about advertising, please email our editor, **Jonah Ardiel**, at jardiel@genesis-centre.ca.

Genesis Centre

#10, 7555 Falconridge Blvd. NE, Calgary, AB T3J 0C9
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Chinese New Year

Chinese New Year, also called the Spring Festival, is of cultural significance and highly celebrated in Chinese culture. It falls on a different date each year in January or February depending on the solar calendar and approximates to one month long. This year, it fell on Sunday, January 22nd.

Chinese New Year celebrations may occur as long as 16 days and typically include feasting, fireworks, and dragon dances. People wish each other a "Happy New Year" by shaking their hands and exchanging red envelopes containing lucky money ("red pockets").

The upcoming Chinese New Year will usher in the Year of the Rabbit, ending the current year, Year of the Tiger.

It is believed that one's fortunes are determined by the year in which they are born. You may also be expected to have traits that correspond with the animal's characteristics related to your birth year.

"In the Chinese culture, the rabbit is known to be the luckiest out of all the twelve animals. It symbolizes mercy, elegance, and beauty."

– University of Washington 



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(Monday - Thursday 11:30am - 2pm)

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Message from the President



I hope everyone enjoyed the holiday season. As we begin a new year, I wanted to take a moment to remind everyone of the value of membership and volunteering in our community association.

Being a member of our association means that you are actively invested in the well-being and success of our community. Your membership fees help to fund important initiatives for all residents. It also means that you have a voice in the decision-making process and can help shape the direction of our community.

Volunteering is also an integral part of Saddle Ridge community association. Whether it's helping to organize events, maintaining current membership or serving on a committee, volunteering allows us to come together as a community and make a positive impact. It also provides a great opportunity to meet new people, learn new skills, and give back to the community.

In the coming year, we have many exciting projects and initiatives planned, and we will need the support of all members to make them a success. Together, as members and volunteers, we can continue to build a strong, vibrant, and inclusive community that we can all be proud of.

Thank you for your continued support and I look forward to working with you all in the coming year. 🌸

Asim Baig

President, SRCA

DIRECTORY



Saddle Ridge Community Association

OFFICE

27 7555 Falconridge Blvd NE
Calgary T3J 0C9
Phone: (403) 590-2833

To contact the board please email
president@mysrca.ca.

www.yrca.ca
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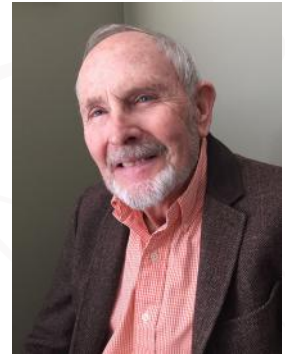


Day of Remembrance

This last November was a month to remember. A special event on Remembrance Day was hosted by the 783 Calgary Wing, Royal Canadian Air Force Association in co-operation with the Royal Canadian Air Cadets. This event took place at the Genesis Centre with the participation of hundreds of devoted members from all over Calgary. Wreaths were placed with all due formality in honor of those who served in conflicts on behalf of the freedom and safety of our country, and our allies. Officials in the local squadrons voiced special tributes, while a bugler and bag-piper sounded from the upper mezzanine of the event center.

Of particular note was an armed force member who brought home the idea that we should never forget the lives that were loss in battle, as well as those who returned home with battle scars, which they must carry with them for the rest of their lives. He said it is our duty to serve with our soldiers, even though it may be just to remember each year what they have and are doing

for us today. For most of us, to serve will be to faithfully remember and recognize those who fought on our behalf and who will be protecting us in the future.



The event centre at Genesis was nearly filled with people who knew it was important to continue the legacy of remembrance. Although there were many venues honoring our soldiers throughout city, this event is a special one, because it took place where we live and in our own community. In a special way, we bring home the need to remember, even if we are not actively serving in the Canadian Armed Forces. 🌸

Greg Steiner

*Board Member at the Genesis Centre,
Past President of SRCA*



Growing **Container Sweet Peas**

The trend toward smaller gardens has become prevalent, and there is a growing desire to grow vertically and use containers adventurously. Have you thought that you do not have room for sweet peas? Plant breeders have come to your rescue! There are now wonderful single-colour container sweet peas, as well as varieties with splashes and stripes. Some will trail in profusion or form thick bushes that will fill a large pot or tight areas in your garden. This is very handy if you live in a windy spot. Some sweet peas will happily climb and not exceed 90 cm in height. So, yes, even if you only have an apartment balcony, you can grow sweet peas.

RIGHT: Container Sweet Peas are an excellent choice for vertical gardens.



Consider growing a tumbling or trailing sweet pea. 'Electric Blue' (*Lathyrus sativus azureus*) is a deep azure blue with a pink throat. It's very prolific and an early bloomer. The yellow species *Lathyrus luteus* will bloom a bit later. Last year mine were quite outstanding tumbling among dark blue cascading petunias.

Bushy sweet peas do just that: grow in bushes without support. The Villa Roma series bush sweet peas are single colours, with the easiest to find being 'Scarlet' and 'Navy Blue'. 'Cupid' is an old, popular standby now available in many colours. The Minuet series is exciting, with splashes and speckles of colours. Minuet 'Orange' bloomed early in June last year and Minuet 'Dark Blue Splash' bloomed soon after. The Sprite series features lovely pastels; Sprite 'Lavender' has won many awards in England.

Intermediate sweet peas will climb 90 cm up a support in a nice large pot. Jet Set mix from Suttons Seeds will brighten up a bare spot in the garden or a pot on the deck with a brilliant show of single bright colours. 'Theresa Maureen' is a softer pink and lilac or cream, and 'Turquoise' is quite fabulous. All these sweet peas provide lovely bouquets for the house, but do not have the straight long stems of the Showbench varieties.

All sweet peas need rich, deep soil. They do not do well in shallow or hot soil, so invest in the biggest pots you can afford. This is a flower that needs consistently moist soil in pots with good drainage.



LEFT: Colourful Solway Blue Vein and Minuet Maroon (below) blooms.



quite a bit of frost, but when the weather gets too cold, bring your pot back inside for the duration of the cold period.

Following these guidelines will allow you to look forward to blooms in June. Then you will be cutting and cutting flowers throughout the summer. Enjoy!

To learn more about seed starting and the Calgary Horticultural Society, visit our website www.calhort.org. Join us online for *Think Spring!* on February 11, 2023. Launch the gardening season with the Society. 🌸

Diana Calder, the "Sweet Pea Lady"
Calgary Horticultural Society

Container sweet peas do not require the pinching back technique used to create branching for other varieties. If you do it, you will severely delay bloom. Carefully tie tall plants to supports when there are six pairs of leaves. As they begin to bloom, deadhead regularly by snipping the flower off at the base of the stem. Do not pull off faded blooms, as this will cause damage to the entire plant.

In order to have June blooms, start seeds indoors in late March to early April, in 20 cm deep pots. Sowing in regular starting packs will result in roots curling up and around, and they will spend the rest of the summer trying to disentangle themselves. All peas like to germinate in cool soil. Decent light and a temperature no higher than 15 °C are required. A higher temperature will result in weak and stringy seedlings.

Depending on the weather, by mid-April your plants can be placed outside in a cold frame. Protect them from extremes; a shade cloth is essential to protect them from both frost and burning sunshine. Plant your sweet peas outside in May. They can tolerate

BELOW: A cupid hanging basket can brighten up your garden.





Have you ever wondered about taking care of your own health? If you don't take care of your health, you can suffer a lot of problems. For example, you can get mentally sick, you won't be as energized, and many more problems. In order to take care of your health you need to exercise, drink plenty of water, go for walks, eat healthy foods, and get good sleep.

Although you might already be taking care of your health, you should also provide your brain with good health. Being healthy is very important because if you are not healthy, it can impact your present and future life.

Every morning, you should have a healthy breakfast, like avocado toast, smoothies, eggs, or fruits. After you have a healthy breakfast, you should walk or exercise. If you pay attention to your health and diet, you can get smarter. When you drink water, you should always make sure that it is filtered and clean, so it is safe. If you do all these things, you will boost your brain health, and overall health.

Although you might take care of your entire body, you should also take care of all animals and mother nature's health. If you want to take care of mother nature's health, you need to stop littering, pick up litter, and water plants.

When you litter, you might think there is no problem, but the problem is big, which can further affect animals too. When you plant a tree, you are helping the earth and wildlife.

Animals stay healthy all on their own because they depend on mother nature to provide them with food and know how to prevent themselves from danger.

Everything on earth needs good health. If everything on earth gets good health the world will run more efficiently. 🌸

Manteej Brar

Age: 9



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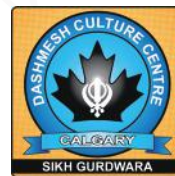
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Dashmesh Culture Centre



Our Services

DCC Food Bank

The DCC food bank provides essential foods for families and individuals. Our Food Hampers generally include breakfast items (cereal, pancake mix, milk), canned food items (beans, lentils, sauce, soups, veggies, etc.), dinner foods (Kraft Dinner, pasta, etc.), kids' snacks, and hygiene products (soap, toothpaste/toothbrushes, pads, tampons, etc.). DCC Food Hampers are available for pick up and delivery.

No Hungry Tummy Hot Meals

The No Hungry Tummy initiative is a service that provides fresh Hot Meals containing Flat bread, lentils, and rice pudding. Hot meals are served at Dashmesh Culture Centre and are available for delivery.



Food Hamper & Hot Meal Requests

Delivery

To request a Food Hamper delivery, please email food@dashmesh.ca and we will get back to you within 24 hours.

In the email, include:

- How many people are in the household.
- Any dietary restrictions.
- If any hot meals are required.

Deliveries are made from Friday to Sunday.

Food Hamper & Hot Meal Pickup

We are open Monday to Sunday, from 12 PM to 4 PM.

Our address for pickup is:

135 Martindale Blvd NE,
Calgary, AB
T3J 2X5

Mata Sahib Kaur Ji Women and Children's Transitional Housing

In 2020, Dashmesh Culture Centre was successful in acquiring properties located at 198, 202 and 206 Saddleback Road NE from the City of Calgary. On this site Dashmesh Culture Centre will develop a 62 unit Women and Children's Transitional Housing Project. The mission and vision of the project is to provide a safe environment to support individuals, families and communities to live free of violence and abuse. Through strategic partnerships with service providers, individual and corporate sponsors and all levels of government, our goal for project is to provide a safe facility/environment for women and children to seek the protection they require and receive the help and guidance to have a bright future.



We believe it is every human's right to live without fear of physical and emotional abuse. In partnership with our community, we would like to empower and support women and children to move beyond violence and abuse through the safety of transitional housing, education and outreach services.

This Development is much needed in the NE quadrant and will serve families off all communities, faiths and backgrounds. This project is strategically located close to Saddletowne Circle, Saddletowne LRT station, schools, Genesis Centre and also Dashmesh Culture Centre. We are proud to partner with Gracorp and Graham Construction for development of this project. Construction will commence in spring of 2023 will a completion date of fall 2024.

PROJECT
PARTNERS



GRACORP

GRAHAM



Rick Balbi Architect Ltd.

Calgary



For more information on our projects and food security initiatives please visit www.dashmesh.ca or email info@dashmesh.ca.

If you would like to support our Mata Sahib Kaur Ji Women and Children's Transitional Housing Project or DCC Food Bank through donations, please visit in person at 135 Martindale Blvd NE, or via e-transfer at donate@dashmesh.ca. 





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2023 RATES

RATES SUBJECT TO CHANGE,
VISIT GENESIS-CENTRE.CA FOR UPDATES

RENTAL LOCATIONS		PRIME TIME	NON-PRIME TIME
		Weekdays: 5 pm - close Weekends: 8 am - close	Weekdays: 9 am - 5 pm
Feature Gym	Adult	\$255/hr	\$120/hr
	Youth	\$205/hr	\$120/hr
Multipurpose Rooms	Full		\$83/hr
	Half		\$48/hr
	Feature		\$36/hr
Community Gym	Adult	\$133/hr	\$83/hr
	Youth	\$109/hr	\$83/hr
Indoor Field House <i>Until March 31</i>	Adult	\$204	\$82
	Youth	\$166	\$82

NOTE: For special event bookings and recurring sport bookings, please visit our website and utilize the online 'Quote & Booking Form'.


PASSES AND ADMISSIONS	ANNUAL PASS	MONTHLY PASS	30-DAY PASS	DROP-IN
Preschool (0-7)	<i>Free admission with paying adult.</i>			
Child (8-14)	\$220	\$23	\$34	\$6
Youth (15-17)	\$230	\$24	\$35	\$8.50
Adult (18+)	\$320	\$34	\$48	\$12
Seniors (55+)	\$220	\$23	\$48	\$6
Family (2 adults, 4 children)	\$600	\$62	-	\$24

Winter Safety Tips!

As cold temperatures and winter weather arrive in Calgary, here are some tips to promote personal safety while outdoors in the wintertime.

Temperatures tend to be colder at night, meaning melting snow will often freeze in the nighttime, forming a thin layer of ice that is hard to see. These layers of ice become very slippery in the morning when the ice starts to melt. In months where the ground is frozen, ground frost and ice can make it slippery for walking.

Being mindful of this, you can reduce the likelihood of falling and prevent injury by taking precautions:

- Wear boots or shoes that fit well and have a good grip.
- Plan ahead to make sure you have enough time to get where you're going so that you're not rushing in poor driving or walking conditions.
- Assume that all wet, dark areas on the pavement may be slippery or icy. If you can, walk around them.
- Walk on cleared walkways—avoid shortcuts that haven't been cleared.
- Don't text or talk on your phone and walk at the same time.
- Use handrails on stairs and ramps. If you're walking on a slope where there are no handrails, be extra careful.
- Try not to carry heavy things that can make you lose your balance, or large things that could block your view. If possible, use a backpack to keep your hands free. 



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- Experience endless family fun and attractions at **Calaway Park**
- Fill your day with health, wellness and community unity at the **Genesis Centre**
- Explore and discover science, technology and art at **TELUS Spark**

Shopping

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Thoughts from the Genesis Centre Executive Director

It's been a very busy couple of months here at the Genesis Centre. The facility has been hopping with events and people. December was our busiest month for drop-in visits, seeing so many people come in and get active. It's so heartwarming to see the community back into activities and making healthy community connections.

BELOW: Henna art at Genesis Centre's 10th Anniversary event in June, 2022.



The weather might be frightful at times during the winter months, but inside the Genesis Centre is welcoming and warm. There are many amazing things you can explore here at the centre year round, its hard to pull out some top favourites. On a nice sunny day, the new accessible patio on the south side of the facility offers a great place to enjoy a coffee with a friend and some fresh air. The Active Adults program, brought to you by the team at Mosaic Primary Care Network, is geared towards adults 30 years and older. This program is 100% free and offeres exercise classes, open walking, blood pressure testing and an onsite nurse. Not to mention the relationships you will build as you make new friends. Similarly, we have Toddler Time also brought here by the Mosaic Primary Care Network, which allows pre-school children to enjoy bouncy houses, parachutes, tumble mats and so much more along side their parents and care givers. It's a great way to be active and make new friends while enjoying an activity with your child.

On our website you will find the resource filled Community Program Guide helping you navigate some of the major agencies in our Community Wing, offering a wide variety of social and human service supports. From language supports and food resources to tax clinics and everything in between. See something missing? Reach out to us today and share your thoughts. Help us to help you and your neighbours take care of all pillars of wellness.



ABOVE: Genesis Centre staff in the community at Nagar Kirtan Vaisakhi Parade in May, 2022.

LEFT: Mo Fan Tai Chi and Wushu Academy performing at Genesis Centre's 10th Anniversary event in June, 2022.



2022 was a challenging year for many of our community members. We hope that 2023 brings families even closer and allows more freedom for activities and adventures. We are looking forward to enjoying many adventures, trainings and celebrations along side you all this year. Lets make 2023 an amazing year. 🌸

Sherry King
Executive Director

*Drops of water alone
Power they may never be
But drops of water together
Make the mighty sea*

By: Zahed

Pink Shirt Day

Wednesday, February 22nd

The intent behind Pink Shirt Day is to combat bullying through the use of public education, outreach initiatives, and events. Each year around February 22nd, people are encouraged to wear pink shirts in order to show their support for the issue. Pink Shirt Day also aims to raise money for anti-bullying programs through donations made at their website, www.pinkshirtday.ca.

The founders, David Shepherd, Travis Price and their teenage friends, came up with the idea in protest of the bullying of a boy who wore a pink shirt to school. Together, they opted to stand up to bullying and spread kindness instead.

Each year, the Pink Shirt Day campaign is intended to raise awareness about bullying in schools and workplaces, generate conversations about how to prevent it, and create a safe space for people to share their stories.

Here's what you can do:

- Proudly wear your pink to honour the cause of Pink Shirt Day to show that you are standing up against bullying!
- If you are being bullied or you see someone being bullied, talk to a trusted authority in the area. A trusted teacher at school, HR in a workplace environment, etc.
- When you or someone is being bullied, in person or online, do the right thing and stand up for yourself or for them so that they know that they don't deserve to be bullied.
- Ultimately don't encourage bullying at all by participating in bullying behaviours. 🌸

SOURCES

- CBC. 2021. What is Pink Shirt Day? | CBC [online] Available at: <<https://www.cbc.ca/kidsCBC2/the-feed/what-is-pink-shirt-day>>
- Pink Shirt Day. 2021. Pink Shirt Day Awareness. [online] Available at: <<https://www.pinkshirtday.ca/>>
- Alberta.ca. 2021. Pink Shirt Day Alberta. [online] Available at: <<https://www.alberta.ca/pink-shirt-day-alberta.aspx>>.
- Pink Shirt Day Canada. 2021.

Wear Pink & Tag Us to Win!

Stand in solidarity against bullying by wearing pink on February 22nd. Take a selfie while wearing pink and tag us at **@genesiscentre** on Instagram to be entered into a draw for a swag bag including Genesis Centre-branded apparel, free prizes, and a Jugo Juice gift card!



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IT'S TIME TO BELIEVE IT.

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FREE Recurring Programs



YouthPlay

Free drop-in for youth under 18.

Monday - Thursday, 11:30 a.m. - 2 p.m. | Any open playable facility space.

Toddler Time

In partnership with Mosaic Primary Care Network.

Opportunity for young families to enjoy bouncy houses, parachutes, balls, toys, mats, and more. This unsupervised, parented drop-in program allows children the opportunity to be active and make new friends.

Monday - Thursday, 9 a.m. - 2 p.m. | Field House 1 and track.

Active Adults

Anyone 18 and older is welcome to this free program including exercise classes, open walking, and other benefits including blood pressure testing and an on-site nurse.

** Must be registered. Sign up on-site at the mosaic table outside Field House 1.*

Monday - Thursday, 9 a.m. - 4 p.m. | **Friday, 9 a.m. - 12 p.m.** | Field House 1 and track.



Active Adults Exercise Classes

Instructor-led group fitness mobility exercises.

** Must be registered. Sign up on-site at the mosaic table outside Field House 1.*

Monday, Wednesday, Friday 10 a.m. - 11 a.m. | **Tuesday & Thursday, 1 p.m. - 2 p.m.**



Emergency Food Hampers

The Calgary Food Bank gives out hampers to those in need.

** Must be registered. Register at www.calgaryfoodbank.ca.*

Tuesday & Wednesday, 9 a.m. - 12 p.m. | At the double loading dock.

Best Beginnings

Class-based program for expecting moms or new moms.

Wednesday, 12 - 3:30 p.m. | Multipurpose rooms (A is the class, B is the child minding).

Friday Prayers

Supported by Al-madina and Al-hedaya.

Friday, 12 p.m. - 3 p.m. | Community Gym and multipurpose rooms. 

Spotlighted Program Providers

Immigrant Services Calgary

Office Hours:

Monday - Wednesday, 8:30 a.m. - 4:30 p.m.

Thursday, 8:30 a.m. - 7 p.m.

Friday, 8:30 a.m. - 1:30 p.m.

Gateway Planners: Monday to Friday

Employment Services: Tuesday and Thursday

Email: referrals@immigrantservicescalgary.ca | **Phone:** 403-265-1120

Active Toddlers

Provided by Mosaic Primary Care Network. Active Toddler is a space for caregivers and toddlers to come play and enjoy many fun toys and a bouncy house on a drop-in basis.

Monday - Thursday, 10 a.m. - 2 p.m.

Registration in person. Located on the lower level of the Genesis Centre.

Mosaic Primary – Active Adults

Provided by 1000 Voices. Active Adults has many benefits of participation, including but not limited, meeting new people, reducing stress, increasing energy levels, managing weight, and health checks with a nurse onsite.

Monday - Thursday, 9 a.m. - 2 p.m. | Friday 9 a.m. - 12 p.m.

For registration or more info: 403-569-7252. **Contact Shirley at** sdsouza@growwithtrellis.ca.

Connect. Craft. Relax.

Provided by Trellis. Everyone is Welcome! Participate in self-care activities. Give back to the community through your talents! Supplies will be provided.

Wednesday, 1 p.m. - 2:30 p.m.

For registration or more info: 403-990-1481. **Contact Shelina at** sbata@growwithtrellis.ca.

Seniors' Connect Time Provided by 1000 Voices

Virtual program. An opportunity for seniors to connect with other seniors in their community, meditate and do some light exercise.

Every Tuesday, 11 a.m. - 12 p.m.

For registration or more info, contact Shelina at Sbata@growwithtrellis.ca for zoom link. 



Energy Efficient Future

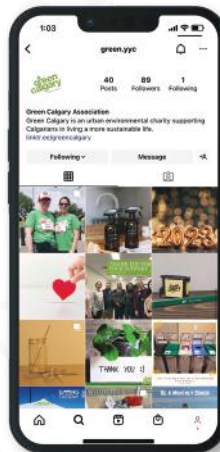
As our temperature drops, our energy use increases. Green Calgary has partnered with ENMAX to provide Calgarians with energy efficiency tips and resources to help you keep your energy use efficient. Energy Efficiency helps bring down your costs, while also helping the environment! Join Green Calgary's ongoing energy efficiency conversation at www.greencalgary.org/energy.



ABOVE: Use window film to improve the efficiency of your windows.

Here are some winter energy efficiency tips to help you get started:

1. Seal air duct joints with foil tape to improve efficiency and stop air leakage
2. Replace your furnace filter regularly to improve efficiency (every 2 – 3 months)
3. Install low-cost window film to improve the efficiency of your windows (available at most hardware stores) 



 @green.yyc

 @greencalgary

 /greencalgary.org



Spill the Beans: Unpacking Your Food Waste

Did you know that more than 60% of food is thrown away in Canada and could have been eaten? Learning simple food planning tricks and ways to store and preserve food can make a difference. Here are some tips that can help you reduce your food waste and improve your carbon footprint!

1. Plan your meals for the week before you go to the store.
2. Store leftovers correctly and label them clearly.
3. Batch cook and freeze meals if you have a lot of fresh produce. 🌱

Did You Know?

Green Calgary has just launched **Spill the Beans: Unpacking your Food Waste** to help Calgarians learn how to access and use fresh produce, store and preserve food, and reduce their food waste. Visit greencalgary.org/food for workshops, resources, recipes, and more!



Happy New Year!

I hope everyone got to spend time with family and rest after a busy year and holiday season. I'm ready to get back to work on serving Ward 5, and we have a long list of projects and priorities to get through in 2023. With all the feedback we've collected from you over the past year,



we have even better clarity on where we'll focus our efforts and how we can achieve our goals. It's going to be an exciting year, and I look forward to seeing you out in the community!

Top Priorities for 2023

1 Public Safety

I am happy to announce my appointment to the Calgary Police Commission. This group, including two councillors and several public members, provides oversight of the Calgary Police Service, ensuring they serve Calgarians appropriately and to the standard you deserve. From here, I will be advocating for better interactions between police and community members and ensuring your concerns get addressed adequately.

Last year saw a major spike in violent crimes, which continued into the new year. Overall, Calgary is a very safe city, but I understand that's not very

comforting when we see five-year highs in shootings, and many of them happen in the northeast. Further, we know safety on transit and concerns around homeless encampments still need to be addressed. The good news is that The City is hiring more security guards and bylaw officers, and outreach teams are visiting the encampments almost daily to clear them out. This is always in response to the reports you and your neighbours make through 311. Please continue to do this so it remains high on their priority list.

2 Advocating for the Blue Line

Imagine living around Country Hills Blvd. and being able to take the CTrain all the way downtown or being just a few stops away from getting to the airport. That would be a dream come true if we could extend the line beyond Saddletowne Station. This transformative project is high on The City's priority list, and we're regularly meeting with administration to stay up to date on its progress and keep it on their radar. I advocate for the Blue Line and talk about how many thousands of people it'll serve every time I meet with our colleagues in the provincial and federal governments. I will continue this advocacy until funding is announced and shovels are in the ground.

3 Improving Bus Service

I bring up the lack of bus service in parts of Ward 5 every chance I get. I've been advocating for both extending the routes and increasing their frequency, particularly the busy 128 and 145 routes. The addition of afternoon service to route 128 was a win, but there's so much more we can achieve,

and this is where you come in. I'm expecting Calgary Transit to perform a service review focused on the Skyview Ranch, Redstone and Cornerstone areas, which will include engagement with residents. Your feedback is essential, so I will let you know when those opportunities come up.

Beyond route improvements, I secured extra funding in the budget for bus stop infrastructure. That means we'll install more benches and shelters this year compared to previous years, and for you, that's a more comfortable experience when waiting for the bus.

4 Parks and Recreation Amenities

Speaking of benches and comfort, we continue to work with the Parks department to add more seating throughout the year. You will soon see new benches, chairs, shade structures, and gazebos. I know Ward 5 residents, especially our seniors, like to spend long hours sitting in the sun with their friends throughout the summer, and these additions should make the experience even more enjoyable.

Meanwhile, we're working with community partners to build new playgrounds and playing fields for sports that are more popular with northeast residents. We're talking about cricket, field hockey, basketball and soccer. We've heard interest from residents in various communities, and I want you to continue being involved in the process. Please reach out to my office if you have an idea or want to help with these projects. Together we can get the best and most desired amenities for our parks.

5 Addressing Inequity in City Service Delivery and Infrastructure

During budget deliberations in November, I shared a map showing where the city is meeting equity benchmarks in Calgary. It clearly shows the northeast consistently falls below those benchmarks. This is simply unacceptable and this priority stretches far beyond just this year. I am committed to ensuring your property tax dollars are invested in our ward and that the level of service provided by The City rises to the same standard as other wards. This means my team will work closely with our colleagues in the various departments and provide input on all the areas that need improvement.

As always, I want to hear your ideas and concerns. You and your family navigate the ward every day and are the true experts when it comes to your community, so you know where we can improve things. Think of where new pathways would be great to better connect the ward or how we can get your children to school more safely. Where are some areas that are perfect for more trees? Is there a need for a new playground or upgrades to an old one? Please stay in touch by emailing ward5@calgary.ca, and we can work together to bring these amenities to our community. 🌸



Raj Dhaliwal

Councillor Ward 5, City of Calgary



Genesis Centre Active Living Program Providers

Alberta Tunisian Association (ATA) Soccer

info@albertatunisianassociation.ca
www.albertatunisianassociation.ca

All Canadian Karate Union

jbray@acku.org • (403) 232-0228
www.acku.org

Best Beginning

www.birthandbabies.com/best-beginning-program

Calgary Bengal Tigers SC

cbengaltigers@gmail.com • (403) 804-1747 • (403) 554-6426
www.calgarybengaltigers.ca

Calgary Hornets Lacrosse

hornetslacrosse.com

Calgary Junior Table Tennis Association

calgaryjitta@gmail.com
www.cjtta.com

Calgary Knights Lacrosse

registrar@calgaryknightslacrosse.com • (403) 568-3573
www.calgaryknightslacrosse.com

Calgary Minor Soccer Association (CMSA)

info@calgaryminorsoccer.com • (403) 279-8686
www.calgaryminorsoccer.com

Calgary Northeast United (CNEU) FC

info@cneu.ca • (403) 585-7500
www.cneu.ca

Calgary Roller Hockey

www.calgaryrollerhockey.com

Calgary Sport & Social Club

info@calgarysportsclub.com • (403) 244-7529
www.calgarysportsclub.com

Calgary United Soccer Association (CUSA)

info@cusa.ab.ca • (403) 270-0363
www.cusa.ab.ca

Calgary Women's Lacrosse League

womenslacrosseyc@gmail.com
www.calgarywomenslacrosse.com

Calgary Women's Soccer Association (CWSA)

office@mycwsa.ca • (403) 720-6692
www.mycwsa.ca

Destiny Martial Arts Club

info@destinymartialarts.com
www.destinymartialarts.com

Dodgeball Calgary

info@dodgeballcalgary.com
www.dodgeballcalgary.com

Kshatriya Badminton Academy

kshatriyabadmintonacademy.ca
kbaamit@gmail.com • (587) 225-7786

Legacy Academy

legacyacademysports@gmail.com
www.legacyacademysports.com

Lions Soccer Club

(403) 607-0751 / (403) 432-6666
www.lionsoccer.ca

Little Kickers

mpalma@littlekickers.ca • (833) 444-5425
www.littlekickers.ca

Nachda Punjab Bhangra Academy

(403) 835-8963
www.bhangracalgary.ca

North Calgary FC

www.northcalgaryfc.com

Pre-Kindergarten Educational Services

register@prekindergartened.com
www.pre-kindergartened.com

Soccer Elite Academy

calgary@soccereliteacademy.ca • (403) 771-5399
www.soccereliteacademy.ca

Spartans Soccer Club & Academy

spartanfcainfo@gmail.com
www.spartanssoccerclub.com

Team Rise Collective Inc.

info@riseup-hoops.com
www.riseup-hoops.com

The Hills Women's Soccer

thehillssoccer@gmail.com

UMOJA Community Mosaic

office@umojamosaic.org • (403) 764-5234
www.umojamosaic.org

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