

APRIL 2022

DELIVERED MONTHLY TO 1,500 HOUSEHOLDS

your



PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER





PARKDALE
Community Association

Hoodie
\$50

Toque
\$15

Hockey puck
\$5

OUR PARKDALE SWAG

Available at Every Parkdale Community Event!

To view our full line of Swag, Please visit www.parkdalecommunity.com

CELEBRATE OUR NEW LOGO WITH US!

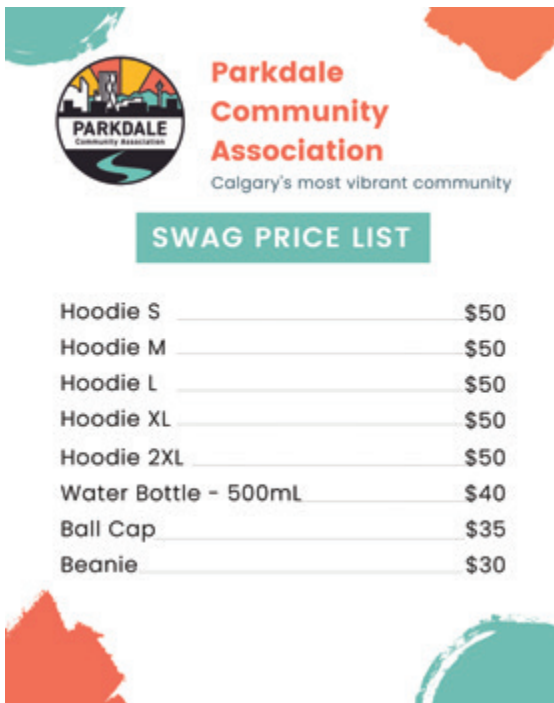


PARKDALE COMMUNITY ASSOCIATION PRESENTS

MICRO-GRANTS PROJECT

PCA Micro-grants of up to \$500 will be awarded to initiatives that encourage community involvement and good citizenship. This program is meant to encourage active citizenship by providing residents with funds to implement creative projects that benefit their local community.

To learn more & apply, please visit
<https://parkdalecommunity.com/parkdale-community-association-micro-grants/>
 or email Jean-Michel Pare at volunteer@parkdalecommunity.com



Parkdale Community Association
Calgary's most vibrant community

SWAG PRICE LIST

Hoodie S	\$50
Hoodie M	\$50
Hoodie L	\$50
Hoodie XL	\$50
Hoodie 2XL	\$50
Water Bottle - 500mL	\$40
Ball Cap	\$35
Beanie	\$30



PARKDALE
Community Association

Together, let's create Calgary's most vibrant inner-city community

Check out our new website to become a member today!
www.parkdalecommunity.com/membership

Any questions, please contact us at
memberships@parkdalecommunity.com

Join Now

A NOTE FROM THE BOARD PRESIDENT

Hello Neighbours!

Our outdoor programs have launched including our popular youth soccer and the community garden. We are always looking for assistance with the soccer program, in particular for someone to become the Soccer Director. This is a great way to get involved in the community, meet your neighbours, and develop lasting relationships.

The Garden Committee has begun its planning for the spring and will be preparing the growing spaces following the cold winter months. Our volunteers have developed a beautiful space for our community to enjoy. The Food Forest, the perennial beds, and the Herb Circle are welcoming ways to get involved in the garden.

Community events for 2022 are confirmed. Mark your calendars for our upcoming events which include:

Annual General Meeting – April 28

Parkdale Party in the Park – June 18

July Stampede Breakfast – July 16

Parkdale Petfest – September 10

I am really proud and thankful for the amazing volunteers in our community – from our Board of Directors who are leading by example, the coaches and organizers on the soccer field, the garden volunteers who are creating a beautiful space for our community to enjoy, the volunteers that make our events successful, the rink volunteers that ensured our rink was flooded and shoveled all season, and to the planning and development volunteers that are focused on making sure our community is being built with Parkdale's values in mind. If you are interested in joining the Board or a Committee, now is the time to do so! We are seeking new members! With our AGM approaching on April 28, consider volunteering for your community. Interested volunteers can email volunteer@parkdalecommunity.com for more information.

Happy spring everyone!

Amanda Affonso

President



The Parkdale Community Garden

The Parkdale Community Garden is looking forward to spring! Our winter had such strong times of alternating cold and warm – our plants might be a bit confused! But as the sun shines longer and the snow melts, it's time to turn attention to our gardens again. We are looking forward to another great growing season at Parkdale. We have two new growing areas to enjoy and care for in the Marjorie Hyatt Memorial Garden area near the entrance, and the Rain Garden in front of the PCA building. Our Food Forest is getting very lush and productive, and our Perennial beds and Herb Circle will add varied texture, colour, and smells like always, and our great new signage should help inform people about the different parts of the garden. A couple of events should take place – an expanded Garden Tour, a surprise hit last year and holding another Harvest Dinner in the fall after a necessary hiatus. Plenty going on to make the most of the season!

Of course, this much-planted area requires plenty of help to maintain and grow. Like all programs at the PCA, we entirely depend on volunteers to help, and this year will be no different. Whether you have a rented bed or not, there's a wide variety of opportunities to help out and we invite everyone to contribute. Whether it's caring for plants, helping maintain the site, helping run activities or events, or taking on improvement projects, we can do so much when we come together. Just let us know by emailing garden@parkdalecommunity.com.

Renewals of bed rentals for past members began in March. We will be inviting people on our waiting list to join sometime in April; any unrented beds will be open to the general community after that. For those who would like to join our waiting list, please send an email and we will add you!

The Parkdale Community Garden is a truly special space and gets more established and better each year. We are fortunate to have this space so close to us, to be enjoyed by all ages, and we welcome you to be a part of it!

Jason Tauber

Director, Parkdale Community Garden

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



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Veronica Buffalo
Cecilia Cho
Grace Gutierrez

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Kyla McDonald
Krystle McGrath

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5 EXCELLENT REASONS

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- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** Even distribution of baby boomer, millennial, and Gen X readers.
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
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or email sales@greatnewsmedia.ca

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GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



Volunteers Wanted

Help us make a difference in your neighbourhood, Parkdale!

Open Volunteer Board Positions:

- Vice-President
- Treasurer
- Planning & Development

Over the past couple of years, we have achieved alot! We need YOUR help to continue to build Parkdale as a proud, active, and welcoming neighbourhood!

For inquiries about all the volunteer opportunities, Please contact our Volunteer Engagement Director at volunteer@parkdalecommunity.com

www.parkdaleeyyc.com

Volunteers also needed in key areas



Hold The Dates!

THE FUTURE OF PARKDALE PLANNING FOR GROWTH & CHANGE

WORKSHOPS ARE NOW SCHEDULED FOR
MAY 18 & JUNE 8, 2022
7:00PM MCGREGOR HALL
Parkdale Nifty Fifties
3512 5 Ave. NW.

Watch for details about the workshops and a special guest speaker in the May newsletter. We look forward to hearing about your vision for the future of our community.

BRAIN GAMES SUDOKU

Volunteering
is good for the soul

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9				1				

FIND SOLUTION ON PAGE 10

DISCLAIMER

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PARKDALE COMMUNITY ASSOCIATION



3512 - 5 Avenue NW, Calgary AB T2N 0V7

403-283-5767

office@parkdalecommunity.com

www.parkdalecommunity.com

The PCA Office is usually open

9:00 am to 3:00 pm Tuesday to Thursday.

Please call or email and leave a message if you need support from the PCA Office. The PCA Office is closed on all statutory holidays.

BOARD OF DIRECTORS 2022-2023

EXECUTIVE

President	Amanda Affonso
Vice-President	Jon Balkwill
Treasurer	Darcy Gonci
Secretary	Jason Tauber

BOARD MEMBERS

Director, Communications	Alison Best
Director, Community Garden	Jason Tauber
Director, Events	Tammy German
Director, Fund Development	VACANT
Director, Membership	Karen Natsukoshi
Director, Planning and Development	Judy Hoad
Director, Volunteer Engagement	Jean-Michel Pare
Director, Rink Operations	Andy Thiessen
Director, Accessible Rink Project	John Butterwick
Director, Soccer	Angus Smith
Director, SSASD/SSASPG	Vince Walker
Director, At Large	Steve Lemp



Are you tired of looking at all of those projects around the house? It's time to hire a professional organizer and get some support so you can de-clutter your life!

Contact Jerilyn for a free consult:
403 478 7665 or jw@poml.ca

www.PleaseOrganizeMyLife.com

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Parkdale Real Estate Update

Last 12 Months Parkdale

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2022	\$689,900	\$692,500
January 2022	\$787,450	\$782,263
December 2021	\$699,000	\$695,000
November 2021	\$924,500	\$887,500
October 2021	\$680,000	\$665,000
September 2021	\$849,450	\$837,000
August 2021	\$619,000	\$597,500
July 2021	\$585,000	\$585,000
June 2021	\$770,000	\$730,000
May 2021	\$575,000	\$560,000
April 2021	\$739,000	\$717,500
March 2021	\$935,000	\$903,750

Last 12 Months Parkdale

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2022	14	12
January 2022	13	8
December 2021	4	5
November 2021	6	6
October 2021	13	1
September 2021	4	6
August 2021	5	3
July 2021	6	5
June 2021	9	9
May 2021	9	3
April 2021	16	8
March 2021	11	6

To view more detailed information that comprise the above MLS averages please visit **parkdale.myCalgary.com**

Bicycle Helmet Safety

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

CRIME STATISTICS

Parkdale Crime Activity was Down in February 2022

The Parkdale community experienced 0 crimes in February 2022, in comparison to 4 crimes the previous month, and 7 crimes in February one year ago. Parkdale experiences an average of 4.7 crimes per month. On an annual basis, Parkdale experienced a total of 56 crimes as of February 2022, which is down 26% in comparison to 76 crimes as of February 2021. To review the full Parkdale Crime report visit pdal.mycalgary.com.

How To Report Crime In Parkdale: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.



No Drop Offs necessary! Visit skipthedepot.com/parkdalecommunity - sign yourself up for a pick up, they will come pick up your empties and take to the recycling centre. All you need to do is select the PCA as where you want your \$\$ donated!



**Together
we can make
Parkdale a
vibrant
inner-city
community**



Annual General Meeting

April 28, 2022
7 pm

Parkdale Community Hub
3512 – 5th Avenue NW
Calgary AB T2N 0V7

www.parkdaleyyc.com

Please register at
www.parkdaleyyc.com/agmsignup to confirm
attendance & receive the agenda beforehand.



Calgary Artists' Society

go to www.calgaryartistsociety.com for more info

Invites you to our SPRING

Saturday, April 30th

10 am to 4 pm


Parkdale United Church, 2919-8 Ave NW, Calgary

Art Show & Sale

Buy ORIGINAL ART direct from artists • Doorprize • Covid protocols apply • Free event








Spring Clean Your Wellness

by Alberta Health Services

We often tie the idea of “wellness” into how our body is feeling. However, wellness and health include many things beyond the physical self. We can “spring clean” our well-being by considering all the different acts that contribute to wellness.

- Emotional and mental wellness improves when we practice healthy coping and build good relationships. Deep breathing, giving thanks, and reaching out to friends or family can help. Thinking positively builds us up if it is realistic and true to our beliefs.
- Our environment sends us a message. How does your space make you feel? Maybe it is time to declutter, organize, or do some soap-and-water cleaning.
- People have a better relationship with money when they set a budget, plan to save, and know the difference between what they “need” and what they “want”.
- Exercise your brain! Learn something new. Find ways to apply your own unique knowledge and skills.
- Work contributes to wellness when it feels meaningful. Find healthy ways to cope with work-related stress. Discover balance by clearly separating work from rest.
- To be physically well we need to be active, drink enough water, eat healthy food, and get quality sleep. Go for daily walks, try a healthy new recipe, and turn off technology before bed.
- Social support improves mental health and self-esteem and helps us fight illness.

Attend a community event, volunteer, or spend time with family and friends.

- Practice your spirituality. Thinking about our values and beliefs helps us find a deeper purpose in life and has a positive impact on other areas of wellness. Attend church, mosque or temple, practice meditation, or find a way to contribute to issues that are important to you.

Instead of surviving, let's start thriving!



by Anne Burke

We read about and see firefighters and grass fire units respond to fires on Nose Hill, especially during dry and windy conditions. The causes may be investigated but the follow-up story of the positive impact on vegetation will not be documented, unless by researchers. Indeed, a burning program for Nose Hill Park should be examined periodically, based on monitoring information and new scientific knowledge. These are only a few of the recommendations from The Nose Hill Park Natural Area Management Plan.

Grassland ecosystems adapted in response to climate and disturbance. Bison helped to remove dead plant material when their vast herds grazed, primarily during the fall and winter. Cultural burns were sacred Indigenous practices. Fire was a natural process on the prairies that helped shape the evolution of prairie plants and animals. There is a case to be made that it should be reintroduced in a controlled manner, when experts manage the process.

Prescribed burning could be used to manage vegetation on native and non-native grasslands. Smooth brome is the domestic species of most concern in the Park. Another is Canada thistle. Burning should occur every five to ten years on native grassland but may be planned more frequently on brome to control the density of grass cover. Burning will benefit most grassland wildlife species, including rare species.

There are protocols or burning prescriptions in Natural Parkland zones, such as when (in the early spring to avoid damage to growing plants and before excessive litter builds up), and how (supervised by the Natural Areas Management Coordinator and the Parks Superintendent). By managing the natural process of fire on the landscape, instead of preventing it, we can improve habitats for native plants and animals, and reduce the risk of out-of-control wildfires.



Essential numbers for seniors in Calgary

9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In
For EMERGENCY medical, fire and police response. Call the non-emergency police line at 403-266-1234 to report an incident that is not an emergency.	Information, advice and help accessing programs and benefits for older adults.
8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. www.calgary.ca	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. www.ab.211.ca	Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.



SUDOKU

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Calgary Confederation
Len Webber, MP
2020 10 St NW, T2M3M2
403-220-0888
len.webber@parl.gc.ca

Private Members' Business

The Parliamentary process seldom provides opportunities for individual Members of Parliament to introduce legislation; however, through Private Members Business (PMB), MPs may introduce legislation of their choice.

MPs can introduce almost any legislation outside of the Government's agenda. Members are chosen in a lottery system and may only introduce one PMB. Members can also be official Seconders to PMB legislation – I have Seconded many Bills during my time on the Hill.

Last year, the House of Commons passed my Private Member's Bill, Bill C-210, with the support of every Member of Parliament. Less than 2% of PMBs pass. My Bill simplifies the process of registering as an organ and tissue donor using the federal annual tax return form.

You can explore the Bills currently up for debate in the House of Commons at www.ourcommons.ca. Each of these Bills represents the commitment of their sponsoring MP to improve the lives of Canadians.

Some PMBs being debated this Parliamentary session include:

- Bill C-240 proposes to provide an exemption from the capital gains tax when real estate or private corporation shares are donated to charity.
- Bill C-234 proposes to exempt additional farm equipment and fuel from the carbon tax.
- Bill C-251 proposes to develop a framework on the conservation of fish stocks and management of pinnipeds.
- Bill S-223 proposes that permanent residents and foreign nationals are inadmissible to Canada if the appropriate minister believes that they have engaged in activities related to organ trafficking.
- Bill C-230 proposes to outlaw the act of intimidating a healthcare professional to compel them to contribute to the provision of medical assistance in dying.
- Bill S-216 proposes to allow charities to provide resources to people outside of the organization, provided that they take reasonable steps to ensure those resources are used for a charitable purpose.

MLA, Calgary-Varsity

Jason Copping

Unit 201, 1055 20th Avenue NW

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calgary.varsity@assembly.ab.ca

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Jason_CoppingAB @JasonCoppingAB



Moving Forward

Alberta's government reconvened the spring legislative session with Budget 2022. This budget is moving Alberta forward by strengthening our health-care system, getting more Albertans working, and bringing finances back into the black.

Moving forward, Albertans need a strong health-care system with the capacity to manage extraordinary surges such as COVID-19, and ensure all Albertans receive care when and where they need it. Record investments in health care mean Albertans will see expanded access through additional ICU beds, new facilities in their communities, greater surgical capacity, increased home, community and continuing care, and more mental health and addictions care around the province.

Alberta is moving forward to a time of economic recovery and prosperity, where Albertans have opportunities to build their skills, pursue their passions, and support themselves and their families. As part of Alberta's Recovery Plan, we are aligning all our supports under the Alberta at Work initiative, to help Albertans find jobs and employers find workers.

With our eyes on these goals, we will move Alberta forward to a bright, thriving, and prosperous future where Alberta firmly secures our place as the economic engine of our nation.

As always, if you have questions or concerns, feel free to reach me through email at calgary.varsity@assembly.ab.ca or call 403-216-5436.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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