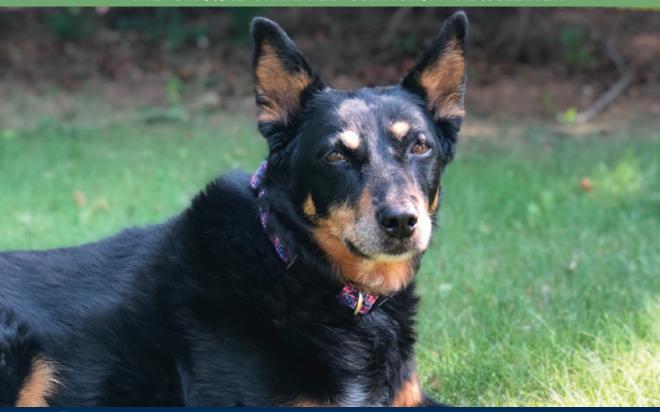


PARKDALES

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER





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LIKE CLOCKWORK

When using a 12-hour clock, we use AM and PM to dictate which part of the day we are referring to. Interestingly enough, these are actually the shortened versions of Latin words "ante meridiem" and "post meridiem," which translate to "before noon" and "after noon" in English. Makes a lot of sense!



A NOTE FROM THE BOARD PRESIDENT

Hello Neighbours!

It was so nice to see so many Parkdalers at our Family Day event on June 18. A very big thank you to Tammy German, our Events Director, and the Events Committee for organizing such a great event for Parkdale!

I wanted to take this opportunity to welcome two new faces at the PCA. We have hired two new part-time staff members that are leading important work for us in Parkdale. On behalf of the Board of Directors, we are pleased to welcome Amanda Gramiak and Robert Cesselli.





Amanda is our new Manager, Programs and Partnerships - she is supporting our current programs and events and looking to establish new partnerships to support the community rink, hub, and hall rentals. Amanda has recently graduated from Mount Royal University's sport and recreation program.

Robert is our new Manager, Facility and Operations - he is overseeing and supporting the operations, maintenance, and security of the PCA campus. Robert most recently retired from the Calgary Board of Education and is long-time resident of Parkdale.

To get to know Amanda and Robert a little better, we asked them both a few fun guestions:

Q: What's your favourite summer activity?

Amanda: Playing sports outside, especially slo-pitch and beach volleyball.

Robert: Anything that gets me outdoors. Hiking, flyfishing, gardening.

Q: What's your favourite destination in Calgary and why?

Amanda: Heritage Park. It's a great place for the whole family and there is something for everyone. Educational exhibits, rides, the steam train, a trip aboard the wheel paddle boat on the Glenmore reservoir, and great food (make sure to stop at the bakery!).

Robert: Any of the Calgary bike paths. To stay fit and enjoy the city.

Q: What is your most frequently used emoji?

Amanda: This is going to be boring, but the smiley face. I think you can't go wrong bringing a smile to someone's face.

Robert: Thumbs up for sure.

Q: What excites you most about Parkdale?

Amanda: There are so many things, I can't just pick one. Getting an opportunity to meet community members, putting on events, and the endless possibilities for bringing new programming into the community. But mostly, getting to work alongside the people who have done such an amazing job at making Parkdale one of Calgary's best communities!

Robert: I enjoy the location, maturity of the community, and the people.

Please welcome Amanda and Robert to the Parkdale Community Association.

To close, I look forward to seeing you at the Stampede Breakfast on July 16!

Amanda Affonso

THE FIRST CANADIAN GAMES



Everyone loves the Olympics, and even if you aren't an avid watcher, you certainly know about them. The first Olympic Games in Canada happened in July of 1976 in the gorgeous city of Montréal. What a treat that would have been to witness!

Backyard Play Safety

by Alberta Health Services



Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- · Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment
- · Serious burns may result from touching hot engine
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- · Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

PARKDALE COMMUNITY ASSOCIATION 3512 - 5 Avenue NW, Calgary AB T2N 0V7

403-283-5767 office@parkdaleyyc.com www.parkdaleyyc.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 | |
|------------------------------------|---|
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| Manager, Programs and Partnerships | Amanda Gramiak programs@ parkdaleyyc.com |
| Manager, Facility and Operations | Robert Cesselli facility@ parkdaleyyc.com |

Rink Operations – Summer Update

We were fortunate to have skateable ice until mid-March. Westmount Charter School was able to bring several classes throughout the days to enjoy a spring skate.

The longer days of sunlight and warmer temperatures began to melt the 6"to 9" ice base. Initially, the rink drains worked very well. In recent weeks, it seems we have a blockage and are working at securing both short-term and long-term solutions. Last week, we had a hydrovac crew come to the rink to suction and blow out the drains. We are excited for the rink and concrete pad to be used throughout the summer.

We were selected to receive the ActivateYYC microgrant, proudly supported by the City of Calgary, and used these funds to purchase two basketball hoops. We also purchased two street hockey nets. All four items will be available for use inside the rink very shortly.

For visitors to the rink this summer, you will see that we have also added rink board dividers. These durable, weather resistant dividers separate the rink into two halves, allowing spaces for various sports or gathers to occur safely. They were donated by McDaniel.

In addition to the above, we are also investing in ramps to ensure the facility is accessible to all.

As a reminder, rollerblading, roller skating, and inline hockey is allowed inside the rink. Skateboarding or the use of ramps, jumps, or rails is not allowed.

As always, we are looking for volunteers to help with rink maintenance (winter and summer). If you are interested in being a Rink Ranger or have ideas or suggestions, feel free to contact me.

Andy Thiessen

Director, Rink Operations

Rink.ops@parkdaleyyc.com







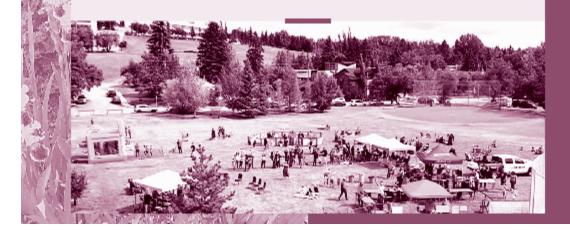


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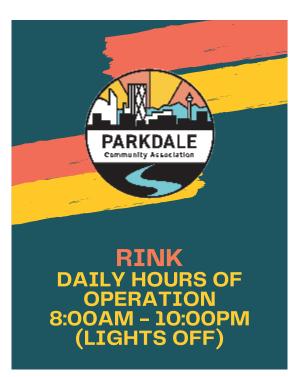
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NOW THAT IS HOT!

On July 5, 1937, two Saskatchewan towns experienced some of the highest temperatures ever officially recorded in Canada. Coming in at 45 degrees Celsius, it seems impossible that this could have been real, but it happened right next door to us!











YOUR CITY OF CALGARY

The City Gives Restaurants and Bars More Flexibility in Setting up Patios



With summer in full swing, we hope that you've been able to take advantage of one of the highlights: enjoying a local patio. This year, The City has made it even easier for local bars and restaurants to create an outdoor patio by not only waiving patio permit fees for the third year straight, but also by making some changes to the seasonal patio program. The City is encouraging businesses to place their patios curbside, where possible, so that sidewalks remain unobstructed for pedestrian accessibility. This change has created more flexibility for patios and allowed businesses greater design and aesthetic flexibility when imagining patios. We encourage you to explore all the creative patios in our city this year!

Business owners who wish to explore new patio options on public or private land can go to calgary.ca/patios for more information and to get the permit process started.

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Legislature Highlights

Happy Canada Day! Summer is officially here. I wish you all the best for a safe and healthy summer season. The Legislature wrapped up at the end of May and passed several important pieces of legislation. Here are a few highlights.

Balanced Budget

The first balanced budget in nearly a decade was passed. Key elements include an increase in health care spending, further investment in education, and enhanced support for economic growth and diversification.

Making Energy More Affordable

The Utility Commodity Rebate Act allows the government to help lower fuel and electricity bills, providing much needed relief for Alberta families, the most relief provided anywhere in Canada. This is in addition to waving the provincial fuel tax.

Improving Seniors' Care

The new Continuing Care Act expands and modernizes continuing care rules by putting all legislation in one place. We are also adding 1,500 new continuing care beds this year and increasing funding for home care.

Increasing Organ and Tissue Donation

This amendment act implements a new process to discuss potential donation and improve education and awareness which will increase lifesaving donations.

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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| Hoodie XL | \$50 |
| Hoodie 2XL | \$50 |
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| Ball Cap | \$35 |
| Beanie | \$30 |
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by Anne Burke

On Nose Hill, there was a recent Medicine Wheel Walk with Drum and Sharing Circle, led by Cheryle Chagnon-Greyeyes, who is a proud Nehiyaw Iskwao (Cree Woman). A member of Muskeg Lake Cree Nation, Saskatchewan, Treaty Six, her ceremonial gifted Cree name translates to "Healing Woman Who Walks Far." Mother of two and "Kokum" (grandmother), she is a member of Storytelling Alberta and Storytellers of Canada. She worked with CBC English Radio and Television, the National Film Board of Canada, National Aboriginal Health Organization, Awo Taan Native Women's Shelter, and the City of Calgary.

Sacred Places in Nose Hill:

The Nose Hill Siksikaitsitapi Medicine Wheel was built by Blood Tribe members in 2015. It forms the Siksikaitsitapi logo, a representation of the Blackfoot Confederacy, and exists on traditional Blackfoot territory. The buffalo rubbing stone on Nose Hill has spiritual significance. A former City Council approved the Native Heritage Site. These are only a few of the sacred places in the park.

Sacred Herbs in Nose Hill:

Sage is important in all Blackfoot, Stoney, and Cree ceremonies. There are several varieties, such as wormwood sage, buffalo sage for the Blackfoot, and horse sage for the Cree. "Look-like-A Plume" (in English) is a wind flower burned on a hot coal to relieve headaches. Wild bergamot and the root of fireweed are for healing. Many of the herbs in the coulees were for the use of sweat ceremonies, vision questing, and fasting.

The Sun Dance:

The purpose of the Sun Dance for the Plains Culture was to reunite and reconnect with the earth and the spirits, which usually involves the community gathering to pray for healing. It was an occasion when otherwise independent bands reaffirmed their basic beliefs about the universe and the supernatural through rituals of personal and community sacrifice.

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