

JULY 2022

DELIVERED MONTHLY TO 1,500 HOUSEHOLDS

your



PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



YOUR HOME SOLD GUARANTEED!*

Call us to help you navigate through
the changing real estate world

*Guarantee is being offered by Greater Property Group. Terms and Conditions Apply.



LEN T WONG + ASSOCIATES
GREATER PROPERTY GROUP

Call or Text 403-606-8888 | len@lenthong.com | calgaryluxuryhomesearch.com

Great News Media

| Call 403-720-0762 for advertising opportunities

| www.greatnewsmedia.ca



Point McKay DENTAL CARE

East Riverside Tower
#4 - 145 Point Drive NW
Calgary, AB T3B 4W1
403.283.7829

General Dentistry

Cosmetic

Implants

Invisalign

Botox

Oral Surgery

Children

Dentistry

Restorative

Root Canals

Wisdom Teeth

Extraction

Experience the Difference

Dr. Paul Hul and Dr. Sheila Lipinski, along with their entire team, invite you into their relaxed, caring, and friendly practice.

We are offering expanded hours and services.

Mon - Tue: 1 pm - 8 pm Thu: 7 am - 4 pm

Wed: 7 am - 8 pm Fri: 8 am - 4 pm

Every other Saturday, please call to check.



Sheila Lipinski
D.M.D.

Emergencies - Direct Billing - Extended Hours - Full Family - Dentistry - New Patients Welcome



PLUMBING & HEATING

Plumbing Services

Furnace Repair

Drain Cleaning

Boiler Repair

\$25

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



**Heart
&Stroke™**

**With stroke,
every second
counts.
Act FAST**

heartandstroke.ca

© Heart and Stroke Foundation of Canada, 2022 | ™ The heart and / Icon on its own and the heart and / Icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada.



RECYCLING & FUNDRAISING

Have bottles
to recycle?

Help Support the
Parkdale Community
Association



Donate with
SkipTheDepot

Download the app
today, & select the
PCA to support!

Thank you for supporting
us with your donation!

app.skipthedepot.com/parkdalecommunity

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 questions:

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 surfaces
- 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

EXECUTIVE

President	Amanda Affonso
Vice-President	Jon Balkwill
Treasurer	Vacant
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	Vacant
Director, Volunteer Engagement	Jean-Michel Pare
Director, Rink Operations	Andy Thiessen
Director, Accessible Rink Project	John Butterwick
Director, SSASD/SSASPG	Vince Walker
Director, At Large	Steve Lemp
Director, At Large	Angus Smith

STAFF

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





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

Check out our new website to become a member today!

www.parkdaleyyc.com/membership

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

Join Now



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!





RINK **DAILY HOURS OF** **OPERATION** **8:00AM – 10:00PM** **(LIGHTS OFF)**



PCA RINK RULES

Please make yourself aware of the fire safety plan posted about the fire wood.

Keep the area clean. Garbage must be removed before leaving the area.

Fire pit door may be hot, use caution when opening.

When you're finished, ensure the fires completely out.

In case of an emergency call 911



Volunteers Wanted

Help us make a difference in your neighbourhood, Parkdale!

Open Volunteer Board Positions:

Treasurer
Planning & Development

Volunteers also needed in key areas

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@parkdaleyyc.com

www.parkdaleyyc.com



PCA RINK RULES

Use At Your Own Risk

1. **No** Skateboarding
2. **No** Use of Ramps, Rails or Obstacles
3. **No** Hanging on Basketball Rims
4. **No** Game Play Outside of the Rink
5. Protective Equipment Highly Recommended (helmets, padding)
6. **Do Not** Damage PCA Property / Facility Equipment
7. Volunteer Run, Please Help Keep it Clean

For Rental/Program Information,
Please website: www.parkdaleyyc.com or
TV schedule inside Locker Room

This area is monitored 24/7 by CCTV
In Case of an Emergency Call 911

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.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

MLA, Calgary-Varsity

Jason Copping

Unit 201, 1055 20th Avenue NW

☎ 403.216.5436

✉ calgary.varsity@assembly.ab.ca

f facebook.com/jasoncoppingAB

📷 Jason_CoppingAB 🐦 @JasonCoppingAB



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.



PARKDALE
Community Association

Beanie
\$30

Hoodie
\$50

Ball Cap
\$35

OUR PARKDALE SWAG

Available at Every
Parkdale Community
Event!

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

**CELEBRATE
OUR NEW
LOGO
WITH US!**



**Parkdale
Community
Association**
Bringing together 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



ANITA MORTGAGE

**SAVE A
BUNCH
OF CASH**

Expert advice
Excellent rates
Many options
Better mortgages

AVENUE | Financial
Real Estate Solutions

ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



PARKDALE
Community Association

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 email Jean-Michel Pare at volunteer@parkdaleyyc.com



News from the Friends of Nose Hill

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 Iskwaio (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 Siksikaitstapi Medicine Wheel was built by Blood Tribe members in 2015. It forms the Siksikaitstapi 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.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

PARKDALE MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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.

THE GUTTER DOCTOR! Eavestrough cleaning, repairs, and installation. Fascia, soffit, cladding, roofs, siding, heat cables. For over 19 years and 50,000 projects we have done the job right - and it's warrantied! Fully Insured, Licensed, WCB coverage. A+ rated BBB member. Top award winner. www.gutterdoctor.ca, 403-714-0711.



mybabysitterlist

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

social media advertising | management
geofenced digital | video advertising
community magazine advertising
app | web | seo | ad words

info@greatnewsmedia.ca

