

FEBRUARY 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.

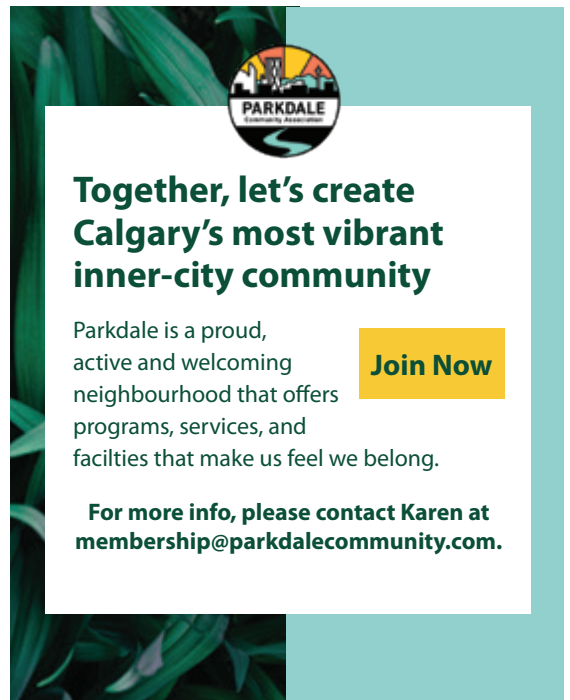
To learn more & apply, please visit
<https://parkdalecommunity.com/parkdale-community-association-micro-grants/>
 or email Jean-Michel Pare at volunteer@parkdalecommunity.com



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

Parkdale is a proud, active and welcoming neighbourhood that offers programs, services, and facilities that make us feel we belong.

Join Now

For more info, please contact Karen at membership@parkdalecommunity.com.

PRESIDENT'S MESSAGE

Hello Neighbours!

It was nice to see so many people at our grand opening event on January 29! After working on the accessible rink project for the past three years, it's amazing to see the project complete and the community enjoying a new feature that is inclusive and accessible for everyone.

I want to take a moment to recognize the Board of Directors, who had the vision to build a community asset that will be used by our residents and the broader community. We have created a space for everyone to enjoy.

Looking back, we broke this project down into two phases, primarily for financial reasons. We were able to complete the rink in 2021 with funding from Parks Foundation Calgary, Flames Foundation, Government of Alberta, Calgary Foundation, and ENMAX. The design of the rink was to sledge hockey standards, making the rink accessible. Features like, barrier free access, wider gates, and clear boards.

The second phase of the project was completed in January, which included constructing the support building, community gathering space, and ramps to the parking lots. This was funded by Municipal Stimulus Funding from the City of Calgary and Government of Alberta, Parks Foundation Calgary, Calgary Foundation, and Calgary Parking Authority. Overall, we completed a \$2 million community rink that is Rick Hansen certified and meets sledge hockey standards.

While we were very successful with our grant writing, we would not have completed this project without the assistance of John Butterwick, Accessible Rink Director. A committed volunteer, who oversaw the project management of the design and construction over the past five years. His eye for the details and keeping the pace to meet timelines and budget was incredible to watch. Thank you, John, for putting Parkdale on the map as the first community in Alberta to have an accessible outdoor rink. You should be so proud of what you have accomplished for Parkdale.

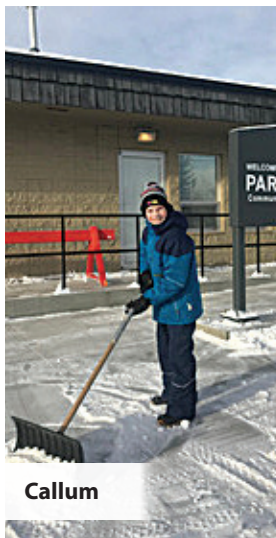
Our Rink Operations Director, Andy Thiessen and Volunteer Engagement Director, Jean-Michel Pare have worked so hard to make sure our facility is ready. Managing the operational details and coordinating the Rink Rangers has been so exciting to watch. Andy has spent tireless evenings and weekends at the rink and being a part of the project team. Both Andy and

Jean-Michel, thank you for making the rink ready for everyone to enjoy everyday.

I hope that everyone is excited about the rink and all that it has to offer year-round. John, Andy, Jean-Michel, and myself are examples of the volunteers in our community that are committed to making Parkdale a great place to live. If you are interested in joining the dedicated group of volunteers in Parkdale, please get in touch. It takes one idea, energy, and enthusiasm to make great things happen. Take a look at some of these photos of our children helping to shovel snow at the rink.

I look forward to seeing you on the rink this winter!

Amanda Affonso



Callum



Josephine



Leo

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



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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.
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- 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.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns, and target your audience by advertising in specific community magazines.

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GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

Thank you to everyone who came out to enjoy all of the events we were able to put on last year – from the food truck events in summer, to the Family Day BBQ in August, to Parkdale Petfest in September, and then wrapping up the year with the Holiday Market and Santa Sleigh Ride in December. We also want to thank everyone for their generous donations to the food drive in support of the Calgary Food bank and your donations to I Belong Bags, we will continue to partner with these and other local organizations to help those in need in 2022.

This year we hope to get back to our regular event routine, however we will have to wait and see what COVID allows us to do. We also hope to utilize our brand-new Hub area to create new and fun outdoor events this summer!

We hope you all enjoyed the Grand Opening of the Parkdale Accessible Rink last month, here are some Save the Dates for the remaining 2022 event calendar:


**Please note some dates might change; continue to check on our website or social media sites for updates!*

- **Jane's Walk – Dates TBD, usually early May**
- **Neighbor Day Family Day BBQ – Saturday, June 18**
- **Stampede Breakfast – Saturday, July 16**
- **Parkdale Petfest – Saturday, September 10**
- **Holiday Market – Date TBD**
- **Family Christmas Party – Saturday, December 3**

If you would like to contribute ideas or volunteer at one of the Parkdale Events, please email events@parkdalecommunity.com.

On behalf of the Parkdale Event Committee - thank you and we will see you soon!

Tammy, Karen, and Lisa



The Pluto Parallel

Pluto was discovered on February 18, 1930, by the Lowell Observatory. Eleven-year-old, Venetia Burney, suggested the name for the dwarf planet to her grandfather, who would pass along the name to astronomers. The Disney cartoon character Pluto, Mickey's faithful pooch, also made his debut in 1930!

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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

YOUR CITY OF CALGARY



Winter Cart Placement Tips

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts so you can easily walk between and around them.
- Store carts in a sheltered spot and move out on collection day so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins quality recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing to the inside of your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at calgary.ca/cartplacement.



The Queen of Comedy

Born on January 17, 1922, Betty White worked longer in television than anyone else, with her career spanning 82 years from 1939 to 2021. She was one of the first women producers in Hollywood, writing and producing her first television series, Life with Elizabeth together with George Tibbles. Her co-stars throughout her acting career knew her to love junk food, specifically, licorice, hot dogs, and diet coke.

Plan the Future of Parkdale – Delayed Again

Happy New Year Parkdale! We haven’t escaped the restrictions arising from COVID-19 and once again we are deferring community engagement on the future of Parkdale. Our hope was to hold in-person workshops in late January and early February. However, in-person events were restricted, and the Planning and Development (P&D) Committee once again cancelled the planned workshops and will reschedule them to early spring. Watch for details in this newsletter and the e-Newsletter or check the website.

Updates from the Committee

Despite COVID, development activity has continued in Parkdale. You have probably noticed the continued construction of new single and semi-detached housing. It is great to see the community being revitalized.


One new proposal is for the development of three new medical buildings by NorthWest Healthcare Properties Corporation, at 4040 Bowness Rd. NW, on the same site occupied by Cambrian Health on the northeast corner of Bowness Rd. and Shaganappi Trail NW. There is also a separate application for that site to amend the Direct Control land use to include “hospital” to allow for overnight stays for medical care and rehabilitation. The applicant indicated this use was permitted when the existing land use was approved, and the application is to reinstate a lost entitlement under the new land use bylaw. Our committee met with the applicant and responded to the application with requests to require the development to comply with The City of Calgary parking calculations and encouraged technology to support the City’s climate change requirements.

Finally, you may have noticed the construction of a new multi-family development on 5 Ave. NW. Unfortunately, the neighbours of that project have endured challenges with noise, debris, use of private electrical outlets without permission, damage to fencing and in one case to a private car. Despite calls to City bylaw and CPS, and direct requests of the construction company, the irresponsible behaviours did not change, and the neighbours were told their only recourse is through civil court. It is indeed disappointing that this particular contractor does not see the value in being a good neighbour when working in our community. It is a stain

on their reputation. It is also disappointing that The City does not apply regulations to better control negative impacts arising from poor construction practices.

If anyone is interested in being a member of our Planning and Development Committee, please send an email to the PCA Communications at communications@parkdalecommunity.com.

FAMILY DAY




Family Day is celebrated on the third Monday in February and each province that recognizes the holiday celebrates for a different reason! In Alberta, Family Day emphasizes the importance of family values and was introduced in 1990 by the Lieutenant Governor of Alberta, Helen Hunley, as a day for Albertans to spend time with their loved ones.

BRAIN GAMES

SUDOKU

		7				2	3	9
	9		1				7	8
3	4					5		
					9		5	3
			7		3			
6	2		8					
		4					6	5
8	3				1		4	
9	5	2				7		

FIND SOLUTION ON PAGE 9




THE SECRET IS THAT

TEAM WORK

MAKES THE DREAM WORK

JOIN
OUR
DREAM
RINK
RANGER
TEAM



CONTACT:
RINK.RANGER@PARKDALECOMMUNITY.COM

LOVE THE ICE?



RINK RANGERS WANTED!

TO VOLUNTEER & LEARN MORE
PLEASE CONTACT:
RINK.RANGER@PARKDALECOMMUNITY.COM





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.

VOLUNTEER ZAMBONI DRIVERS WANTED!

CALLING ALL RINK RANGERS

A CHANCE TO BE A PART OF AN ALBERTA FIRST!

VOLUNTEER TO MAKE OUR RINK DEVELOPMENT A
WONDERFUL SPACE FOR ALL OF PARKDALE TO ENJOY!

For more info contact: rink.ranger@parkdalecommunity.com

Pet Lovers in the Community



If you have a pet and are struggling to make ends meet, "Pet Food Help and Support" can help you out. This organization is a Facebook group that welcomes help to everyone and is dedicated to feeding hungry pets – one pet at a time. Join this Facebook group today for assistance. Once you reach out for help, an arrangement can be made to get you a monthly supply of much needed food for your fur babies.

Please visit our Facebook page at <https://www.facebook.com/groups/albertapethelp> for more information, and to sign up today!



No Drop Offs necessary! Visit skippedepot.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!

BRAIN GAMES SUDOKU

1	6	7	4	5	8	2	3	9
2	9	5	1	3	6	4	7	8
3	4	8	2	9	7	5	1	6
4	7	1	6	2	9	8	5	3
5	8	9	7	1	3	6	2	4
6	2	3	8	4	5	1	9	7
7	1	4	9	8	2	3	6	5
8	3	6	5	7	1	9	4	2
9	5	2	3	6	4	7	8	1

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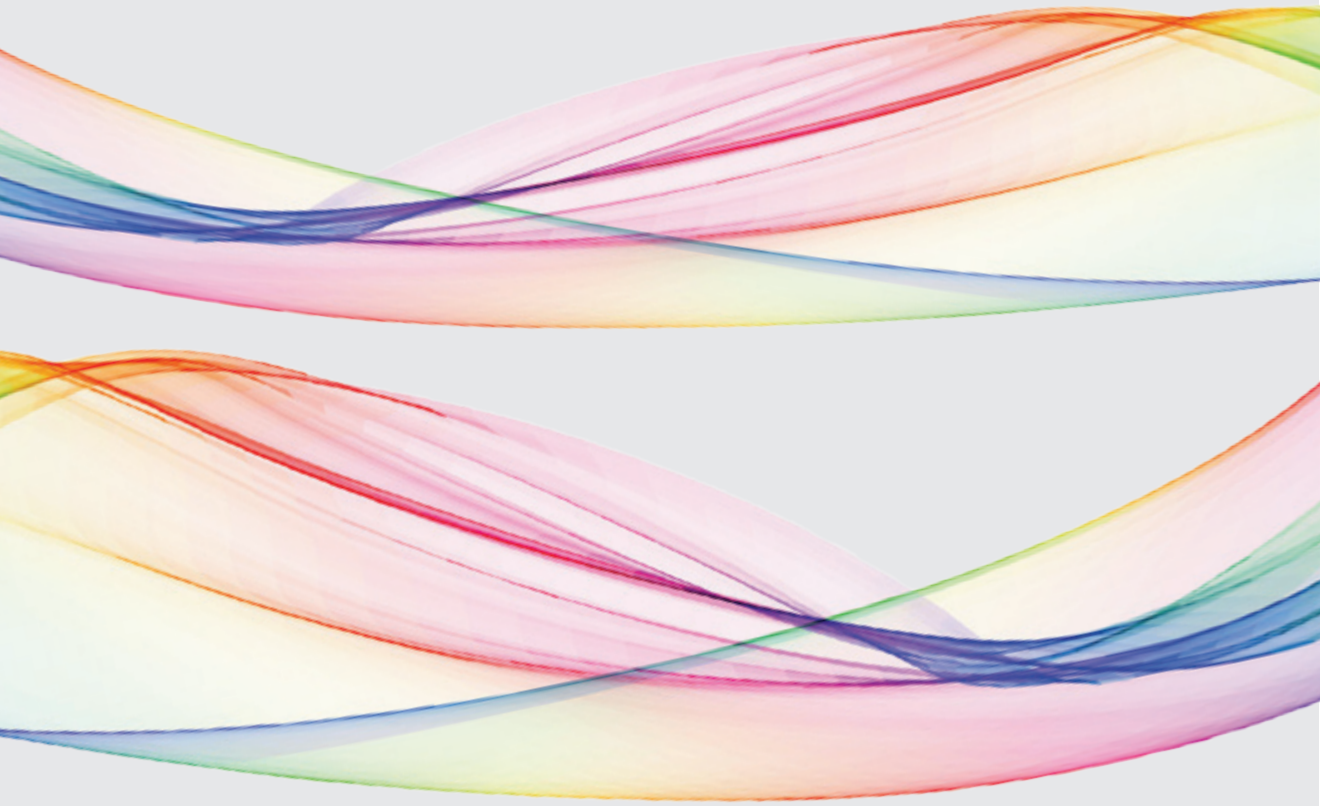
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info@greatnewsmedia.ca



MLA, Calgary-Varsity

Jason Copping

Unit 201, 1055 20th Avenue NW

403.216.5436

calgary.varsity@assembly.ab.ca

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Optimism and Resiliency

As the MLA for Calgary-Varsity and a government minister, I have had the opportunity to meet with many Albertans. This is what I enjoy most about my role. It is the resiliency of the people of Alberta, even when hit hard, always show optimism and strength.

Recognizing COVID continues to be challenging as we navigate the Omicron variant and the impacts on our overall health care system, I know that we will get through this together. Through our entrepreneurship, Alberta is back. Whether it be COVID or a recession or the price of oil that hit our province, Albertans took these challenges and came together as we always do to respond.

There is renewed hope and reason for optimism. We see record investments being made in our province, and not just in the energy sector, but as we see other sectors takeoff such as the film industry, information technology, and in the medical field.

Right here in Calgary-Varsity, we have a renowned research institution making daily strides in research and innovation for the future of our province and attracting the best and brightest minds. The University of Calgary, with its main campus and Foothills campus, which is also home to the new Calgary Cancer Centre, continue to be pushing the needle forward and attracting new opportunities.

Change doesn't happen overnight, and as we have seen over the past two years, if Albertans work together, anything is possible.

I remain optimistic for Alberta. Our economy is forecast to lead the nation in economic growth this year. There continues to be major investments coming to Alberta and our major asset has always been and continues to be you, the people of our province that throughout the hardest times are nothing but resilient.

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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PARKDALE MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a local mortgage professional, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert advice, excellent rates, many options, and better mortgages, 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.



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Calling All PARENTS

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General Dentistry

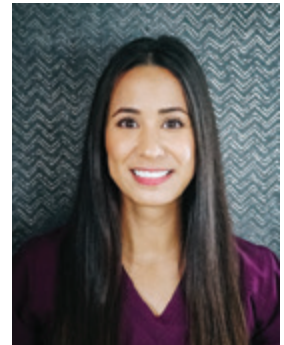
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Oral Surgery
Children
Dentistry
Restorative
Rootcanals
Wisdome Teeth
Extraction

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Wed - Thu: 7 am - 8 pm Sat: 9 am - 4 pm



Sheila Lipinski
D.M.D.

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