

JANUARY 2022

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your



PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



Gentle Intentions

by Alberta Health Services



This year, be kind to yourself and consider setting some “gentle intentions”. Instead of focusing on big, overwhelming changes, gentle intentions reflect on small things we can do each day to improve our wellbeing. Don’t confuse the size of the action with its ability to create positive, lasting change... because they are smaller and more reasonable, gentle intentions are more likely to last and make a meaningful difference in 2022!

Here Are a Few Gentle Intentions to Consider in the New Year:

- **Sleep:** Create habits that help you get a good night’s sleep. Stop looking at screens before bed, write your thoughts about the day in a journal, read a good book, or taking a mindful moment to relax before getting some Zzz’s.
- **Nutrition:** You have to nourish to flourish! To take care of others, you must take care of yourself. Learn how you can use and/or contribute to local food banks, healthy food boxes, or community fridges.
- **Helping Others:** Everyone can use a helping hand from time to time. Think about the ways you can be active and helpful to your community. Volunteer. Surprise your neighbour by shoveling their walkway or inviting them over for a cup of tea!
- **Supportive Connections:** Think about the natural supports in your life, like friends, family, or members of your faith community. Check in with them after the excitement of the holidays is over. Rather than just responding, problem solving, or offering advice, try to offer support by listening more than you talk.
- **Physical Activity:** Even though it may be cold, snowy, or slippery, try to enjoy winter. Dress warm and get outside, visit your community skating rink, or simply take a beautiful winter stroll while enjoying a hot cocoa.



News from the Friends of Nose Hill

by Anne Burke

There are upgrades to the parking lot at 14th Street NW across from North Haven community. A Natural Areas Integrated Pest Management (IPM) Technician at the City, who was a student in agriculture at Olds College and has held various positions, was in charge of the project. The site features 17 parking stalls in the high/top parking area which offers a panoramic view of the city. Check out the plan for parking off the lower access road too, with wider turning angles, as well as the new post and cable fence.

Closed since August 2021, the reopening of the lot was delayed from mid-October to late November. To ensure Nose Hill Park is accessible for everyone to enjoy, improvements were made by work crews to increase parking capacity, by re-grading of the lower access road, with paving of a gravel road, as well as a dirt path, and other amenities. www.calgary.ca/csps/parks/construction/Nose-Hill-Park-14-Street-parking-improvements.html.

The city was certified as a Bird Friendly City by Nature Canada and will designate an official bird representative. Bird Friendly Calgary initiated a contest. Treaty 7 First Nations and local environmental groups, such as ours, were asked to nominate bird species. The deadline for submissions was December 6. Each nominator could send up to three bird species. The five to receive the most nominations will make up the short list and Calgarians will vote on them. This will take place in the spring of 2022. The bird species which receives the most votes will then be presented to City Council for official approval. Calgary (like Toronto, Vancouver, and London) holds World Migratory Bird Day events on the second Saturday in May and in October, has a Bird Team, and does promotion on the Municipal website. Visit naturecanada.ca/news/press-releases/first-canadian-bird-friendly-cities/.



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Sheila Lipinski
D.M.D.

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GREAT NEWS MEDIA

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PRESIDENT'S MESSAGE

Happy New Year Parkdale Neighbours!

Last month, December 29 marked 68 years for our community. Community Associations play an integral role – convening and building community while sharing ideas to improve our quality of life. While 2021 tested this with COVID-19, we continued to deliver programs and services to our community.

Our well subscribed garden program was able to continue to operate safely. New features were added including the Majorie Hyatt Memorial and the Community Resilient Landscaping Hub.

The Youth Soccer Program provided an outdoor experience for our children. Drills and games kept our youth busy over the spring months. Thank you to all the parent volunteers that make this program so successful.

The Future of Parkdale community survey was launched to gather feedback on shaping our community design. Stay tuned for workshop dates.

Introduced the PCA micro-grants to support resident initiatives that encourage community involvement and good citizenship.

Our biggest events of the year included: YYC Food Trucks in May to July, Jane's Walk in Parkdale in May, Chalk Art Contests in June, Parkdale Garden Tour on August 8, Parkdale Party in the Park on August 21, and Parkdale Pet Fest on September 11.

Co-hosted a Ward 7 Candidates Forum with our Ward 7 community association peers.

We organized our first Holiday Market in partnership with Parkdale Nifty 50's in November. The Holiday Market was also the launch of our new Parkdale Community Association logo.

Calgary's first accessible outdoor rink and hub (phase 2) was constructed. We benefited from municipal stimulus funding and were able to complete the community hub, making our facility the first accessible outdoor community rink in Calgary.

We ended the year with our annual Santa Sleigh ride through Parkdale on December 4 that included collecting donations for the Calgary Food Bank.

I am really proud that the PCA continues to wade through the challenges of COVID-19 and how it impacted our operations and programs. We were able to maintain a healthy organization (financially) and provide programs to the community.

I am hopeful for 2022 and looking forward to the grand opening of the Parkdale Accessible Community Rink. Join us on January 29 for a free fun community skate with a few surprises to celebrate the opening of our new facility. Celebrating Hockey Day in Canada in Parkdale!

As we move forward into 2021, we need your help. We are looking for volunteers to join our Board of Directors. Specifically, we are looking for a Treasurer – someone with an eye to details including accounting and audit experience. A CA or CFA background is preferred. This role would start in the spring, elected at the Annual General Meeting.

Let's make 2022 a great year for Parkdale!

Cheers to the new year!

Amanda Affonso

A graphic with a vinyl record design. The top half is a dark purple vinyl record with white concentric lines. Below the record is a pink background with a white wavy border. The text "BLAST That Music" is written in a mix of bold sans-serif and cursive fonts. Below the text is a paragraph of text in a bold sans-serif font.

BLAST
That Music

We have all heard the name "Alicia Keys". She is an incredible singer and performer born in New York, USA, and her birthday is actually in January! I can't think of a better way to celebrate than blasting your favourite Keys album this month!

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

Planning and Development Update

Submitted by Judy Hoad

Help us Plan the Future of Parkdale

The Planning and Development (P&D) Committee needed to reschedule our community plan workshops due to COVID-19 restrictions. The workshops will now be held in January and February 2022. You are invited to join us and help create a vision for our community and a guiding document on how the community can grow and change. A separate workshop for businesses will also be scheduled.

Your input on building form, density, heritage assets, access to public spaces and amenities, commercial and retail locations, and the transportation network will be used to prepare a draft Parkdale Community Vision and Plan. The draft plan will be shared broadly with the community in April 2022 and presented at the spring AGM for approval. Once approved, it will help guide the P&D Committee's input into development and land use applications. We will also share it with The City of Calgary and use it to inform their development of our Local Area Plan.

Workshop Details:

Wednesday, January 19 – 7:00 to 9:00 pm at Parkdale Nifty Fifties, 3512 5 Ave. NW

Wednesday, February 2 – 7:00 to 9:00 pm at Parkdale Nifty Fifties, 3512 5 Ave. NW

Please plan to attend one or both workshops. All COVID-19 protocols will be followed so plan on bringing your QR code proof of vaccination and ID to the events. Please watch our website www.parkdalecommunity.com for any updates.

Let's work together to enhance Parkdale and make it a vital and thriving community for everyone. I look forward to working with residents and businesses as we move forward to create Parkdale's Community Plan.

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.

The First Store

Have you ever seen the white and green logo? Do you know the popular mermaid that serves millions of people coffee a day? That's right – We're talking Starbucks! Did you know that the first ever Starbucks store was in Seattle, Washington? Thank God they expanded to share the joy with us!

MEMBERSHIP UPDATE

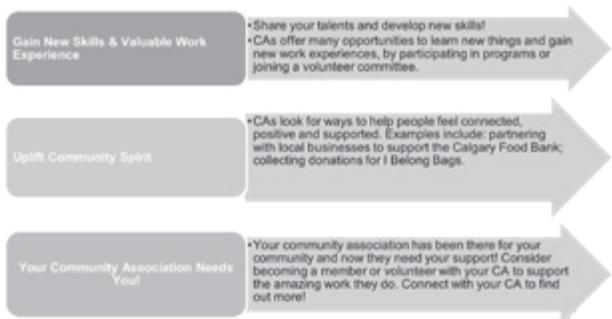
Together, let's create Calgary's most vibrant inner-city community!

A Parkdale Community Association (PCA) membership is an excellent way to support your community. Join the PCA, participate in community activities, and help create Calgary's most vibrant and welcoming community. Participate in the community garden, children's soccer program, and the many fun events organized by and for the community. The accessible rink, Santa Sleigh Ride through Parkdale, Holiday Market, Pet Fest, Party in the Park – all activities and amenities that are made possible through your memberships and the tremendous spirit of volunteerism alive and well in the Parkdale community.

Thank you to everyone who renewed their membership in the PCA, or for taking out a new one, at the recent Holiday Market. Fourteen memberships for the February 1, 2022 to January 31, 2023 membership year were processed at the market.

We would like to extend a special invitation to residents in Point McKay to join the PCA. Everyone is welcome to join the PCA, regardless of where your home is!

Why Join Your Community Association



Please note that the PCA's membership year is February 1 to January 31. Any membership registration completed between now and January 31, 2022 will be valid until January 31, 2023. Membership can be completed online at <https://parkdalecommunity.com/about-the-pca/membership/> and scrolling down to select either the personal or business membership form.

TYPES OF MEMBERSHIPS

Individual (Single) Membership (\$21/year)	An individual adult
Family Membership (\$31.50/year)	Adults and children (up to 18 years of age) living in one household
Individual Senior Membership (\$5.25/year)	Individual senior members (65 years and older)
Business Membership (\$52.50/year)	Business/organizations operating within the Parkdale community and surrounding area

All memberships are annual (February 1 to January 31). Membership fees include GST.

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Toque
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Hockey pack
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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.

Toboggan Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

BOTTLE DRIVE
Save Your Empties

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!

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 11



THE SECRET IS THAT

TEAM WORK

MAKES THE DREAM WORK

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DREAM
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TEAM



CONTACT:
RINK.RANGER@PARKDALECOMMUNITY.COM

VOLUNTEER ZAMBONI DRIVERS WANTED!



CALLING ALL RINK RANGERS

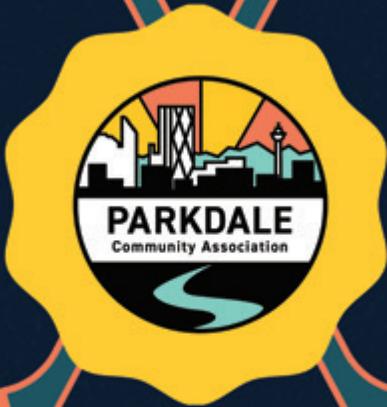


A CHANCE TO BE A PART OF AN ALBERTA FIRST!

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

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

LOVE THE ICE?



RINK RANGERS WANTED!

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

Community Soccer



CALLING ALL SOCCER LEADS!

Parkdale Community Needs a
Volunteer to Help Organize Soccer!

For more info contact:
soccer@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!

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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.



BRAIN GAMES

SUDOKU

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

The Pangram

A pangram, also known as a holoalphabetic sentence, includes every letter of the alphabet in one sentence. The most popular and well-known example of this is, "the quick brown fox jumps over the lazy dog". It's harder to say the word than the sentence itself!



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