

DECEMBER 2021

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PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



University Heights Preschool

 **in MONTGOMERY** 
play discover learn create

**REGISTRATION for 2022-23
OPENS JANUARY 24, 2022**



**Play-based learning
for 3 - 5 year olds**

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**Exceeding all COVID-19
health and safety guidelines**



**Register for our Open House!
Monday, January 24, 2022**

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www.calgarypreschool.com



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Sheila Lipinski
D.M.D.

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



5 reasons to #SupportLocalYYC over the holidays

You get unique goods and services—in stock!

From everything you need to fill the most eclectic kitchen pantry, to local fashion and multicultural surprises, finding one-of-a-kind treasures is a gift in itself when you shop local.

You support the local economy

Small businesses make up more than sixty per cent of the retail sector in Calgary. Local businesses generate about four times more economic activity than larger corporations. And support for local businesses means support for local jobs.

It helps protect the environment

Less time and resources shipping products grown and made nearby means fewer emissions are associated with every purchase. Local foods, which support area farmers, can be even more beneficial.

Your money stays in Calgary

Not only does a dollar go further when spent at a local level, it also keeps on giving. Over half of every \$100 earned by local businesses ends up recirculating in the Calgary economy. It's a win-win for our neighbourhood businesses when you think local.

You support your neighbourhood's identity

The places we think of as great neighbourhoods can really thank local businesses for putting them on the map. Leave a positive review for the places you love, follow and tag them on social media, and **spread the word about your favourite local businesses with #SupportLocalYYC**

RE open
connect
spend

Your Parkdale Post - Designed, manufactured, and delivered monthly to 1,100 households by:

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LEADERS IN COMMUNITY FOCUSED MARKETING 

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GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING

Parkdale Community Association's New Logo

by Alison Best, Communications



As part of our 2021 business plan, the Parkdale Community Association identified the opportunity to reimagine Parkdale as Calgary's most vibrant community. With exciting initiatives and programs and the new construction to revitalize the community with Calgary's first fully accessible Rink and Hub, we felt a need to revitalize our logo.

In the spring, we launched a new logo design contest asking our neighbours for their vision and images of how they see Parkdale. We had a great response – thank you to all eight community members who represented youth to adults. The designs were used to inform the final design that include elements of the Bow River, the pathway, the city skyline, warm vibrant colours, and a winter/summer setting.

We launched the new logo on November 20 online and at our Parkdale Holiday Market community event. Parkdale merchandise will be available for sale at our

community events to promote our new logo. The new logo will also be incorporated into the new Rink and Hub being built and finished as you read this, opening party planned for in February. Let's bring Parkdale all together as Calgary's most vibrant community. Looking forward can't wait to see you at more Parkdale community events throughout next year.

Happy Holidays and Happy New Year! Here's to a great 2022!



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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 2021-2022

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President	Amanda Affonso
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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.

SAFE & SOUND

Cold Weather Safety

Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Parkdale United Church

As I write this article for the Parkdale Post, I am very much aware that we live in a secular society. In today's world, attending church is an activity of the past for many. So, I find myself wondering – do churches still have a role to play in their community? As a new clergy person, I would like to think the church plays an important part in the community. After all, the Church is all about community.

What is our role in the community?

- We have our building: a safe space for our community to use for art shows, meetings, weddings, funerals, yoga, meditation and so much more.
- We have a minister who offers pastoral care including grief support, marriage support, and support for difficult life events. This service reaches beyond the walls of this church, no strings attached.
- We support the community by offering a place for rituals like funerals, weddings, and baptisms. Rituals are an important part of being human; they not only mark life events, but they also help heal us in difficult times and celebrate life's milestones.
- We support the wider community by offering programs, working on social justice issues, and doing charity work.

You might still be thinking – that's great, but we have a strong community association and a community hall. Why do I need church? My response is that is that this world is full of hate, turmoil, chaos and so many other heavy things; the church is a retreat from this world, full of perfectly imperfect people willing to make the world a better place by offering hope and passion. We do this by offering relevant messages that uplift and encourage. We do this by offering a place of solace, a place to meditate, a place to grieve, a place where you are fully accepted, no matter your beliefs, sexuality, ethnicity, or economic status. We offer a bit of peace in a chaotic world. No, church is not for everyone, but it may be for you?

I would like to invite you to our church, perhaps just to drop in and say hi, walk our labyrinth, speak to our minister, attend a Christmas Eve service, join our social justice group or just for some quiet in your chaotic life. You are welcome, whoever you are, wherever you are in your life journey.

Blessings,

Kim Holmes-Younger

Minister, Parkdale United Church

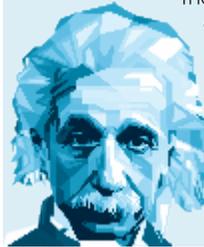


Essential number for seniors in Calgary

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)	403-943-1300 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.

Aw, He's Got Your Eyes



The Star Wars character Yoda is allegedly modelled after Albert Einstein. The special effects artist, Stuart Freeborn, said he was inspired by a poster of Einstein's face that was in his office, and modelled Yoda's character after it! So, if Yoda's eyes looked abitfamiliar,nowyouknowwhy!



Parkdale United Church

2919 - 8 Ave NW, Calgary, AB



🎄 CHRISTMAS EVE SERVICES 🎄

4:00pm Children's interactive pajamas service

7:00pm Carols & candle lighting

9:30pm Carols, candle lighting & Communion

☎ 403.283.3301 | 🌐 parkdaleunitedcalgary.net

Heritage Award in Parkdale

by Alison Best, Communications

In Parkdale, we benefit from some amazing historic residences within our community. We are proud to announce that the Withrow Residence (3210 Parkdale Blvd) has won a Calgary Heritage Award for outstanding heritage preservation. The Withrow property has a historic residence, along with a laneway house preserved by architects Mark Erickson and Matt Kennedy of Studio North.

Originally built in 1911, the Withrow House, throughout the renovation, revealed many different historically distinctive characteristics. These included exposing raw materials such as lath and plaster, shiplap fir planking, river stone fireplace, and brick. The design maintains these elements in the house, contrasting them with contemporary new elements, thus creating a sense of old and new complementing each other. Fulfilling their vision of what a reinvented heritage home and laneway home could be.



Being able to restore historic houses allows us to learn about craftsmanship and how things were built in the past compared to today. This also allows us to follow the design evolution of houses through the years. The Heritage Calgary awards recognize those who have made efforts to identify, preserve, and promote heritage throughout Calgary to help enrich our communities.

We in Parkdale hope that as we see many new developments occurring within our community, we also continue to see preservation of the lasting historic residences as well. A great community includes diversity and inclusion of many different types of homes and people.

If you want to learn more about this award, please check out <https://www.heritagecalgary.ca/heritage-calgary-blog/thewithrow>.

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

**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.**



News from the Friends of Nose Hill

by Anne Burke

There was a talk on the native plants of Nose Hill to celebrate the opening of a new mural with a tour of the artwork. The site is a heavily used pedestrian tunnel near the 64th Ave. NW entrance to Nose Hill Park. The project was limited to the retaining walls at each end of the underpass, which runs under 14th Street, so its interior was not part of the project. The tunnel connects Nose Hill with a series of parks in North Haven and Thorncliffe, as well as to several NW neighbourhoods.

The purpose of the project is to illuminate aspects of Nose Hill's importance to local Indigenous people and highlight the area's long history of use. The glacial erratic known as the "Buffalo Rubbing Stone" references the history of the linnii (buffalo) on Nose Hill. The artwork, as a landmark for the surrounding communities and visitors to Nose Hill Park, will create more awareness of the important Indigenous history of the site.

Although this was a community-initiated project, the site is owned and managed by the City of Calgary's Roads Department, as well as being located adjacent to areas managed by Calgary Parks. Therefore, the Public Art was first approved by the Roads Department, the Parks Department, and Calgary Arts Development.

Engagement was an important consideration for this project. Prior to installation, an artist must be available for some form of meaningful interaction with the public. This could be an introductory meeting with the surrounding community associations, a prepared statement about the work, or other form of engagement.

PARKDALE COMMUNITY ASSOCIATION

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!

Calgary 

Have you checked for household leaks?

- Toilets
- Faucets
- Hot water heater
- Humidifier
- Other water using devices
- Check again in six months.

calgary.ca/waterguide

21-0015979-ADV-11580

Rink Rangers: Volunteers Needed for Managing the New Fully Accessible Outdoor Rink!

by Jean-Michel Pare, Volunteer Director

Skating outside during the cold winter months of Calgary is something many of us look forward to each year. Everyone in Canada should have access to outdoor rinks. In Calgary we are very fortunate to have them in almost every community. However, these rinks are only possible when volunteers give their time for communities to enjoy. If you enjoy a well-maintained rink, please consider giving some of your time to your local rink!

What is becoming a rink ranger?

Many of us grew up playing pond hockey, competitive leagues, or just enjoy going for a fun skate. Everyday there is work to do in managing a rink so many hands make light work. The primary responsibilities are clearing snow and preparing the ice for Zamboni flood. When we expect a big storm, it's like a community event; all hands-on deck and we get all see each other.

How to join?

Let us know your availability; can your neighbor and you champion one night per week? Or would you rather be on a call list. We have plenty of opportunities for everyone. Also, If you want to learn to drive a Zamboni, that could be a possibility as well!

At the end of the day, when you come out on a Saturday and you see lots of families and a bunch of people playing hockey, it all feels worth it.

Please reach out to volunteer@parkdalecommunity.com for more information or to volunteer.

Fancy, Fancy, Fancy

Do you put tinsel on your tree? Is it a tradition to drape it delicately across those green branches? Well, it may not have been so easy years ago. Back in 1610, Tinsel was invented in Germany, and was spun from real silver. Imagine having to drape that daintily across a pine tree, without breaking it of course! Fancy, fancy, fancy!



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

Community Soccer



CALLING ALL SOCCER LEADS!

Parkdale Community Needs a Volunteer to Help Organize Soccer!

For more info contact: soccer@parkdalecommunity.com



MLA, Calgary-Varsity

Jason Copping

Unit 201, 1055 20th Avenue NW

📞 403.216.5436

✉️ calgary.varsity@assembly.ab.ca

📘 facebook.com/jasoncoppingAB

📷 Jason_CoppingAB 🐦 @JasonCoppingAB



Season's Greetings

This past year has had many ups and downs as Alberta and the world continued to navigate through the COVID-19 pandemic. I want to take a moment to thank all the health care workers who continue to work tirelessly to protect the lives of Albertans. I also want to say thank you to everyone who has continued to follow the health guidelines and who have been vaccinated.

As we reflect on this past year, there is reason for optimism heading into 2022. We are starting to see our economy recover with investments and diversification. Right here in Calgary-Varsity, at the University of Calgary, there is a strategic partnership between the University, Government of Alberta, and Mphasis to spur economic growth and high-quality job creation within the technology sector in Alberta. It will also establish a Quantum City Centre of Excellence (CoE) to strengthen the UCalgary innovation ecosystem by creating a hub for companies focused on the commercial development of Quantum technologies.

This fall session of the legislature also saw legislation introduced to implement Alberta's Recovery Plan with a focus on strengthening Alberta's workforce, diversifying the economy, building infrastructure for the future, and growing our resources.

COVID will be with us for the foreseeable future, and my focus is to ensure that we are prepared to address what comes next to ensure lives and livelihoods are protected.

I would like to wish everyone in Calgary-Varsity season's greetings and all the best for a happy and healthy 2022.

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.

SNOW REMOVAL, CHRISTMAS LIGHTS AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, 4.2 Google Stars. Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.



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a warm meal, and a home.**



592,384
meals served.



14,057 visits to our
Health Services Clinic.



402 people
were housed.



134,575 visitors
received clothing and
essentials.

* Statistics reported from April 1, 2020 - March 31, 2021*



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appliances, or electronics.

Please contact **Sandra Bray** | sbray@ccissab.ca for more info.

Volunteers

Who can help sort/pick-up donations
and other off-site opportunities.

Drop off
donations at:

1111-11 Avenue SW
Calgary, Alberta

