

MARCH 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!

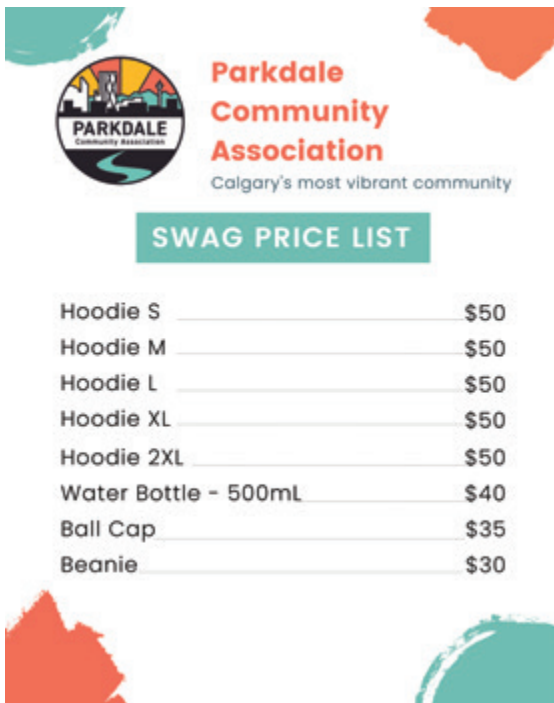


PARKDALE COMMUNITY ASSOCIATION PRESENTS

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

Check out our new website to become a member today!
www.parkdalecommunity.com/membership

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

Join Now

PRESIDENT'S MESSAGE

Hello Neighbours!

A few updates this month:

- The Parkdale Community Rink is open! We are really happy with the new accessible community rink and the opportunities it brings for the community. Just a reminder, this facility is run by volunteers; please clean-up and treat the space with respect.
- We have launched a new website at www.parkdaleyyc.com. Here you will find more information about the accessible community rink, community garden, community soccer, community events, and ways to get involved in the PCA.
- Our youth soccer program registration has launched. Be sure to purchase your membership to access this great program! We are also looking for parent volunteers to run the program. Thanks in advance for supporting the program.
- Stay tuned for our spring and summer events. Family Day, Stampede Breakfast, Petfest...look forward to seeing you at these great events.

As a reminder, community memberships are available online at www.parkdaleyyc.com. Thank you for supporting the Parkdale Community Association!

Amanda Affonso

President

"Changing the world can start from just one very small event in time, and one person." –*Kenneth Shinkozuka*

DISCLAIMER

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.

Bringing Together Calgary's Most Vibrant Community!

As noted in the January 2022 Parkdale Post, 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, your community. The Parkdale Accessible Community rink, Santa Sleigh Ride through Parkdale, Holiday Market, Petfest, Party in the Park, Jane's Walk through historical Parkdale, Stampede Breakfast—all activities and amenities that are made possible through your memberships and the tremendous spirit of volunteerism alive and well in your community.

Thank-you to everyone who renewed memberships in the PCA, or for becoming a member for the first time, at the Holiday Market in November and the Accessible Rink Grand Opening on January 29. If you have not done so already, please go to the PCA website at <https://www.parkdaleyyc.com/membership> and get your membership today. Membership forms for individual, family, senior (65 and older), and business/organization are available there. Please note that the PCA's membership year is from February 1 to January 31. Only persons with active memberships can vote at the PCA's annual general meeting in April.

We would like to extend a special invitation to residents (and businesses) of Point McKay and residents living east of 28th Street NW to join the PCA. We believe that you are Parkdale residents, regardless of lines on a map.

Building community takes effort, commitment, and people. The Syracuse Cultural Workers have developed several posters with beautiful artwork on building community and building global community. Perhaps there are messages from the Syracuse Cultural Workers' posters and postcards that resonate with you. Check them out.

<https://www.syracuseculturalworkers.com/products/poster-how-to-build-community>.

<https://www.syracuseculturalworkers.com/products/poster-how-to-build-global-community>.

Do you have ideas about building community? Let me know at memberships@parkdalecommunity.com.

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



Design | Graphics

Cecilia Cho
Katie Prosser
Darian Stables

Magazine Editors

Kyla McDonald
Krystle McGrath

Advertising Sales

Nikki Poglitsch
Kathleen Reynoso
Jocelyn Taylor

news@greatnewsmedia.ca | 403-720-0762 | sales@greatnewsmedia.ca

5 EXCELLENT REASONS

TO ADVERTISE IN COMMUNITY NEWSLETTER MAGAZINES

- 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.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 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



Volunteers Wanted

Help us make a difference in your neighbourhood, Parkdale!



Open Volunteer Board Positions:

- Vice-President
- Treasurer
- Planning & Development

Volunteers also needed in key areas

Over the past couple of years, we have achieved a lot! 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@parkdalecommunity.com

www.parkdaleyyc.com




PARKDALE COMMUNITY SOCCER

ACCEPTING REGISTRATION
TIL MARCH 13, 2022
2022 SEASON: APRIL 26-JUNE 18

**Open to Boys and Girls
Ages 2-15
All skill levels**


Parent Volunteers are needed to support this program. For more details visit www.parkdaleyyc.com/soccer or send us an email at soccer@parkdalecommunity.com





**WE ARE LIVE!
OUR NEW WEBSITE**

Visit our new website

WWW.PARKDALEYYC.COM



Together we can make Parkdale a vibrant inner-city community



Annual General Meeting

April 28, 2022
7 pm

Parkdale Community Hub
3512 - 5th Avenue NW
Calgary AB T2N 0V7

www.parkdaleyyc.com

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

SAFE & SOUND

Burns and Scalds

by Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911

Oreo's 110th Birthday



Did you know that the Oreo cookie is turning 110 this year? The world's best-selling cookie has 90 ridges, 12 flowers, 12 dashes, and 12 dots on each side. Celebrate the world's (and milk's) favourite cookie on National Oreo Day this year on March 6th!

Things To Do in March

by Kyla McDonald



March is reminiscent of a time where new beginnings and fresh starts are possible, spring is just around the corner, and a sense of hope can be felt by everyone that was affected by the winter season. March's weather in Calgary usually can't be predicted as early as January, when this article was written, but I've tried to incorporate a variety of activities that could be done in any weather condition.

1. Enjoy the last of winter at the outdoor skating rinks across the city (weather permitting)
2. Bake a seasonal pie to celebrate National Pie Day on March 14 (3.14)
3. Declutter with the motivation from the start of a new season
4. Paint rocks to brighten the paths from winter
5. Search for four-leaf clovers for St. Patrick's Day
6. Go on a road trip with your friends
7. Plant a spring garden
8. Head out to the mountains to go hiking or to the hot springs for a day trip
9. Read a book outside (or inside with a warm drink if it's cold)
10. Go for a picnic – pack food and drinks that are appropriate for the weather (cold drinks and sandwiches for a warm day, hot drinks and food for a cold day)

BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 9



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!



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Essential numbers for seniors in Calgary

9-1-1 Emergency (24-Hour) 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.	403-SENIORS (403-736-4677) The Way In Information, advice and help accessing programs and benefits for older adults.
8-1-1 Health Link (24-Hour) Health advice (including dementia advice) from a registered nurse.	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour) 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) Information on all City of Calgary services. www.calgary.ca	403-943-1500 Access Mental Health Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour) Information and referrals for community and social services. www.ab.211.ca	403-705-3250 Elder Abuse Resource Line (24-Hour) Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

Edelweiss Preparatory School



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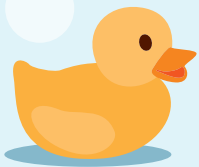
Fees starting at \$161

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Preschool, Jr. Kindergarten & Kindergarten

www.epschool.ca 403-282-4220

Lost at Sea



In 1992, almost 30,000 rubber ducks were lost at sea when a cargo ship container opened, and its contents fell into the North Pacific Ocean. These duckies have revolutionized our understanding of ocean currents and are still washing up on beaches around the world today!

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

Spring Cleaning Around the House

As you start your spring cleaning around the house, find the right place for your unwanted items:



- **Gently used toys, small furniture and pots and pans:** Donate to a local charity. Small broken household items go in your black cart.
- **Old paint and cleaning chemicals:** Take to a designated fire station or City landfill for safe disposal. Visit calgary.ca/hhw to view locations.
- **Clothing, shoes, and linens:** Donate useable clothes, shoes, and linens to a local charity or take to a textiles recycling bin at City landfills.
- **Old electronics:** Take your old and broken gadgets to an electronics drop-off for proper recycling. Check out the list of locations at calgary.ca/electronics.
- **Household batteries:** Safely dispose of household batteries by taking them to a participating retailer for free recycling. Learn more at calgary.ca/battery.
- **Fridge and pantry clean-up:** Remove food from packaging and put in your green cart for composting.

If you're not sure how to dispose of an item, look it up on calgary.ca/whatgoeswhere.



Are you tired of looking at all of those projects around the house? It's time to hire a professional organizer and get some support so you can de-clutter your life!

Contact Jerilyn for a free consult:
403 478 7665 or jw@poml.ca
www.PleaseOrganizeMyLife.com

Supporting Calgarian Households & Entrepreneurs since 2005.

The City of Calgary Has Expanded Eligibility for The Resilient Roofing Rebate Program



Our city is no stranger to extreme hailstorms, which are most common between May and October. Is your roof ready? You may be eligible for a \$3,000 rebate if you installed or are planning to install a Class 4 impact-resistant roofing product on your single-family, semi-detached, or duplex home. For more information, visit calgary.ca/hail.

BRAIN GAMES SUDOKU

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



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www.veteransassociationfoodbank.ca/thrift-store

MLA, Calgary-Varsity

Jason Copping

Unit 201, 1055 20th Avenue NW

☎ 403.216.5436

✉ calgary.varsity@assembly.ab.ca

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📺 Jason_CoppingAB 📧 @JasonCoppingAB



Supporting Albertans and Jobs

With a new legislative session underway and the budget being tabled, I remain optimistic that Alberta is going to see brighter days ahead.

For the past two years, the focus has been on COVID, and rightly so. Over the past year Alberta's economy has also been growing and diversifying. Large investors are coming to the province, we continue to see Alberta's economy grow and diversify in the technology, film, agriculture and other industries, and energy prices and investment are increasing.

The Government of Alberta, over the past few years, has implemented policies to support economic diversification and recovery, and they are working. Reducing Alberta's corporate tax rate, strengthening our workforce through supporting retraining programs, and investing in infrastructure such as hospitals, schools, roads, and broadband have contributed to record investments and more opportunities for Albertans.

The recent budget builds on this work with a focus on jobs, economic growth, and supporting critical services such as health. At the same time, Alberta's finances are in better shape with the deficit being reduced while maintaining and increasing funding for key services.

Health care continues to be the largest budget line item with a focus on reducing surgery wait times, contingency planning, and keeping a strong public health care system that Albertans deserve.

Through this legislative agenda, Albertans can be assured that the Alberta Government's focus remains keeping Albertans healthy and safe while further implementing Alberta's Recovery Plan aimed to build, diversify, and create jobs.

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.



Calgary Confederation
Len Webber, MP
2020 10 St NW, T2M3M2
403-220-0888
len.webber@parl.gc.ca

Youth Summer Jobs

It's that time of year where students interested in summer employment, volunteering, or academic programs should think about their applications. There are plenty of opportunities in our community and across Canada to gain experience, new perspectives, and earn tuition over the summer.

Last month, I wrote about the Parliamentary Internship Programme. While the deadline to apply for that program has passed, there are many other programs still waiting for applicants.

Opportunity abounds to contribute to your community with programs such as the Canada Service Corps and Junior Canadian Rangers. With the Students on Ice Arctic Expedition, you can travel and learn with students from around the world. These volunteer positions allow you to gain experience and an understanding of the impact your work can have.

There are plenty of programs that offer paid work experience too. The Federal Student Work Experience Program (FSWEP) matches high school and university students with temporary jobs in the Government of Canada. Young Canada Works offers a variety of short-term job and internship programs to students and recent graduates. The Parks Canada Youth Ambassador Program provides you the opportunity to foster a love of Canada's nature and culture. Each of these programs offers a unique and enriching experience.

These programs help you build important skills, foster connections, and learn about yourself and the world around you. If none of them particularly pique your interest, there is a resource available to anyone in need of help writing a resume: the Job Bank resume builder at www.jobs.gc.ca.

All of these opportunities, and more, are available at www.canada.ca under the header "Youth and student job training".

Please share this information with those who you think may be interested in, or eligible for, these programs. Anyone looking for employment opportunities should visit www.jobbank.gc.ca for thousands of opportunities here and across Canada.

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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.

LANDSCAPING, WINDOW CLEANING, AND YARD CARE: Weekly yard care starting at \$36. Mulch, rock, and sod installation. Window and gutter cleaning starting at \$99; interior/exterior/screens. Garden beds, stone patios, walkways, raised beds, rock walls, deck and fence builds, small concrete jobs, and pressure washing. A+ Member of BBB, 4.1 Google stars. Licensed. Insured. WCB. 403-265- 4769 | YardBustersLandscaping.com.





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D.M.D.

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Spring clean-up package includes:

- Power raking
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Weekly lawn care services starting at \$40 + gst per visit
for an average sized lot.

Bi-weekly lawn care services starting at \$45 + gst per
visit for an average sized lot.

office@monarchlawns.com

403-968-6967

www.monarchlawns.com