

NOVEMBER 2021

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PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER

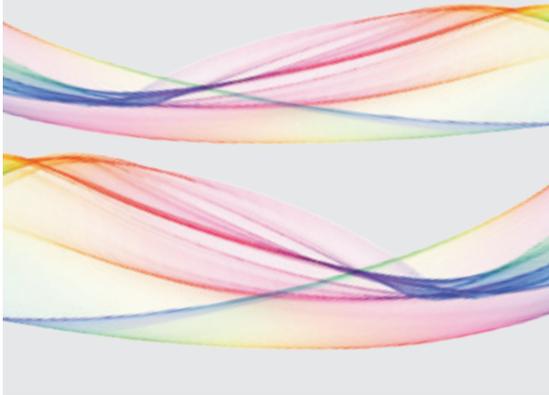


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Calgary families need your help. Create a holiday miracle today!

MadebyMomma.org/Christmas

In times of crisis, Made by Momma knows that sometimes mothers are the ones who need to be taken care of. Help make sure no family has to face crisis alone this holiday season by donating non-perishables, new unwrapped gifts, or family essentials today. Made by Momma - Volunteer-Run. Donation-Driven.

3 ways you can make a difference this Christmas

✦ Adopt-A-Momma

✦ 12 CANs till Christmas food drive

✦ Donating a gift to Santa's Workshop



Providing wholesome nourishment and nurturing care to mothers and young children facing situations of adversity and crisis.





News from the Friends of Nose Hill

by Anne Burke

There have always been snakes on Nose Hill. A shelter called a “hibernaculum” is occupied during the winter by a dormant animal.

Since they are cold blooded, they move to hibernation when it turns chilly.

The Nose Hill Park Bio-Inventory is a project which aims to record observations made by park users. Please avoid observations of humans and pets. So far, 371 observers have contributed 4,369 observations of 585 species (so far 577 were identified). Some of the most monitored species have been: the prairie crocus (107), great blanket-flower (92), white-tailed deer (73), sticky purple geranium (70), western stoneseed or lemonweed (64), and false lupine (60). There is a satellite map of sightings, full-colour photos throughout, and the relevant information is kept up to date. Visit: <https://www.inaturalist.org/projects/nose-hill-park-bioinventory>.

In Calgary, there were 267 individuals who shared their viewings on iNaturalist from April 30 to May 10, 2021. Together over 660 species were reported and many still to be identified at a species level. You could make observations without a photo, but no one can help ID or confirm a finding without a photo. Users all volunteered their time to identify reports. Those which you know are not wild were marked as “captive/cultivated”. Children and their families can engage in nature and share discoveries with the digital community.

With 6,689 observations to date, Calgary holds the Canadian record for the most City Nature Challenge observations ever made during the event! It was not only the best year ever for participation, species, and studies but there was tremendous growth in the distribution of observations across the city. The provincial iNaturalist community continued to grow. Edmonton, Lethbridge, Camrose, and Red Deer participated. Across Alberta, 10,000 observations (925 species by 468 observers) were contributed. Visit <https://citynaturechallenge.org/collective-results-2021/>.

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Parkdale Community Association is a proud, active and welcoming neighbourhood that offers programs, services and facilities that make us a vibrant inner-city community.

For more info, visit our website at <https://parkdalecommunity.com/about-the-pca/membership>

Chilly, Long Days

Throughout history, November has always been thought of as a somber month because it is the start of winter. This meant that the time for preparation and safety protocols had come, and that hibernation time was upon us. Even now, though we no longer hunt for food or have to store up harvest, it is a chillier and darker month for sure.

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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.

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Sadie Hawkins Day

HAVE YOU EVER HEARD OF THE SADIE HAWKINS DANCE? THIS TRADITION SWAPS NORMAL GENDER ROLES WHERE A MAN ASKS A WOMAN TO A DANCE, AND INSTEAD, THE WOMAN ASKS A MAN. THIS CONCEPT HAS BEEN BROADENED TO ACTUALLY HAVE ITS OWN DAY, WHICH JUST SO HAPPENS TO BE IN NOVEMBER. NOVEMBER 13TH IS WHEN SADIE HAWKINS DAY IS OBSERVED.



PRESIDENT'S MESSAGE

Hello Neighbours!

Happy November! A few updates to share with you this month.

Parkdale Holiday Market – November 20 and 21

The PCA along with our partner the Parkdale Nifty 50s is hosting our first Holiday Market on November 20 and 21 at the Parkdale Community Centre. Stop by between 10:00 am and 4:00 pm and visit our local vendors. We will also be featuring new Parkdale merchandise with our new Parkdale logo. These items will make great holiday presents, not to mention showing off your neighbourhood pride. We will be following all health and safety protocols for this event.

Secret Playground in Parkdale

You may have noticed that the Secret Playground equipment has been removed. Sadly, the playground equipment did not meet CSA standards and had reached its useful life. The equipment has been removed by the City and the land has been loaned and seeded. Pre-COVID, we had a volunteer team that spent considerable time consulting with residents, evaluating the space, and identifying the possibilities and constraints of the space. The City does not have any specific plans for this site, and we would love to restart and pick-up the plans from pre-COVID to design a usable space for our community. If you are interested in joining the Secret Park volunteer team, please let me know.

Parkdale Community Rink and Hub

The Community Rink and Hub construction is moving along. We are excited to be opening in January. In the meantime, a reminder that the construction site is very active, and we ask that everyone stay safe and keep away from the site.

Volunteer Engagement

We are always looking for volunteers and residents to get involved in our events, programs, and initiatives. If you are interested in helping out in a small or big way, contact our Volunteer Engagement Director at volunteer@parkdalecommunity.com.

As always, welcome your feedback – don't hesitate to contact me at president@parkdalecommunity.com.

Amanda Affonso

Garden Recollections

by Jason Tauber, Director, Parkdale Community Garden

This year especially, for a lot of us in Parkdale, the community garden gave back even more than we put into it. Back in the spring, coming off an unusually warm winter, there was such anticipation of the season to come, an optimism that we could do more just a little closer to each other than before. The weather was excellent – yes, hot at times – and our gardens used that energy and responded beautifully to reflect the care and attention we gave. Not only produce from our members' beds for themselves, but berries, rhubarb, sour cherries, apples, and even dark grapes and sweet pears for anyone! More than that, actually: greens of all hues, flowers and bees, shade and quiet, leaves rustling with the wind. So much to enjoy!

Our group took on some impressive projects, too: the Hyatt family providing the vision for us to completely rework a large key entrance planted area as a memorial to their mother; a fantastic freshening of several of our venerable perennial beds; adding helpful and charming signs; and holding our first ever neighbourhood garden tour which by all accounts was a delightful success. Capping off the season, during the perfect warm fall days we had, a new garden was built in front of the building to show and teach what can be done with conscious water use and conservation.

Every year our garden becomes more established and impressive, drawing attention from all corners of the city. We love to have newcomers join our efforts and experience how special a place it really is. Something for everyone in Parkdale to be proud of, just steps away from our homes. Thanks to everyone who helped in the garden this year and I am looking forward to what we'll do next!



N for November

The NATO phonetic alphabet is a very cool way to clarify what you are saying when communicating from far distances, or across devices. November is actually used in the 26-letter alphabet and is the only month of the year to be included.

SAFE & SOUND

Yielding to Emergency Vehicles

For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren active. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an Emergency Vehicle Approaches with Lights and Siren Activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- Move right or left to the nearest curb on 1-way streets.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to pass other traffic.

When Operating a Vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150m is nearly 1.5 times the length of a football field.



National Addiction Awareness Week (NAAW) - November 21 to 27, 2021

A drug is anything we eat, breathe, inject, or absorb into our body (like a nicotine patch) that changes the way we feel and how well our brain and body work together. Drugs can be illegal (cocaine, crystal meth), legal (alcohol, cannabis, and tobacco if over 18 years old), and medicine (over the counter or prescribed by a doctor).

The drugs used most often by youth are the same as those used most often by adults, alcohol, cannabis, and nicotine. A 2016/2017 study by the Public Health Agency of Canada found that 44% of students in grades 7-12 had used alcohol in the previous year, while 17% had used cannabis.

To prevent substance use, we must first understand what puts young people at risk, and what protects them. Research tells us that the more risk factors a young person has in their life, the greater the chance of harmful drug use. At the same time, protective factors help to shield the young person from some of the risks. The goal of youth drug use prevention is to create and increase protective factors and to decrease risk factors. To be successful, prevention supports and strategies should target specific risks and be focused on children and youth.

National Addiction Awareness Week is a good time to think about preventing substance use. The Life Balance Wheel and Major Life Areas tool tells us where to place our focus.

- 1. Reduce risk factors;** like negative peer pressure, poverty, lack of social skills, mental health problems, violence or conflict, and disconnection.
- 2. Increase protective factors;** like basic daily needs (housing, food, safety), time with positive friends, and adults who set and enforce rules in a caring way.
- 3. Teach life skills;** like how to name and deal with feelings, make decisions, solve problems, manage moods, and communicate well with others.
- 4. Involve young people.** Young people do better when they are included in decisions that affect them and when trusted adults listen to their opinions and feedback.
- 5. Led by young people.** Substance use prevention is more successful when young people lead activities and have a role in prevention.
- 6. Connect to the community.** Youth who have risk factors in their lives do better when they are connected to caring and responsible adults for support. Help connect young people to their community (volunteer, youth groups, church/mosque/synagogue).

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.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 10

PARKDALE COMMUNITY ASSOCIATION
PARKDALE HUB
CAUTION
AREA UNDER
CONSTRUCTION

Phase 2 Construction on Accessible Rink & Hub
 Starting July 5th, 18-week construction completed end of November

 To learn more about the development, please visit
<https://parkdalecommunity.com/rink/>



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

Take the Time!

This month we honour the service and sacrifice of those who served Canada. We bow our heads and observe a moment of silence not only to commemorate these brave men and women, but to reflect on the paramount importance of the freedoms for which they fought.

It is important to remember that although our reflections may look different this year, as they did last year, their significance remains constant. Regardless of our circumstances, we can always take the time for a personal moment of silence and reflection to honour their memory.

The last two years have been a struggle for so many Canadians, and veterans have not been exempt from the hardships we have faced. Those already struggling before the pandemic may have found themselves in increasingly difficult situations.

I urge those who can donate or lend a helping hand (safely) to do so.

Of course, the easiest way to do this is to purchase a poppy pin in support of the Royal Canadian Legion. The Royal Canadian Legion offers many ways to assist our veterans which are outlined on their website.

For those who want to make a greater contribution, there are volunteer opportunities with organizations such as the Royal Canadian Legion, VETS Canada, and the Veterans Food Bank of Calgary. As the holiday season approaches, a great way of engaging your family with the local community and learning our history is to volunteer together.

Of course, with COVID-19, we must be very mindful of following public health guidance when volunteering with vulnerable populations. However, you can always donate food and household necessities to the Veterans Food Bank of Calgary.

Whether you commemorate together or alone, please know that you are joining millions of folks across Canada to reflect on the sacrifices of our veterans. Let us not forget.



Volunteering
 is good for the soul

RAIN GARDEN
 NATIVE PLANTS
 TURF ALTERNATIVE



Community Resilient Landscaping Hub

- CONSTRUCTION WILL START SEPTEMBER 13, 2021
- LAST 3-4 WEEKS
- STUCCO WIRE WILL BE SURROUNDING THE AREA FOR 2 YEARS TO HELP PROTECT & LET THE RAIN GARDEN MATURE



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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!

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
<http://parkdalecommunity.com/parkdale-community-association-micro-grants>

or email Jean-Michel Pare at
volunteer@parkdalecommunity.com

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Lest We Forget

This month, we take the time to remember those who made the ultimate sacrifice serving our country. We remember what they and their families gave up so that we can have the freedoms we enjoy today.

I appreciate that the last few years in dealing with COVID has meant the freedoms we all enjoy were put to the test. It meant making sacrifices so that we could stop the spread and keep each other safe. We have all had to adapt and live very differently. Restrictions and mandates have never been about taking away one's freedoms, but rather to protect our vulnerable populations and our overall health care system.

As the Minister of Health, I want you to know that the Alberta government and I continue to be committed to making the best policy decisions that will protect Albertan's lives, and ensure that our health care workers have what they need to protect those Albertans who need health care.

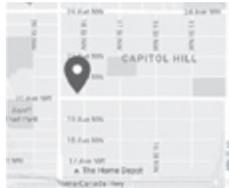
We need to be aware of the effects of isolation on our veterans and senior population. Not being able to see family or friends, and learning new ways to stay in touch virtually, has been challenging. The strength and courage they endure shows us all that we can all make sacrifices and come out stronger on the other side.

On November 11, I ask that we not only remember those who made the ultimate sacrifice so we can enjoy our way of life, but we must remember those who are still with us today who served during times of war and on peace missions.

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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