

JANUARY 2021

DELIVERED MONTHLY TO 1,100 HOUSEHOLDS

your



# PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



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

**GREAT NEWS MEDIA**  
LEADERS IN COMMUNITY FOCUSED MARKETING



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PARKDALE COMMUNITY ASSOCIATION

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  - LOCK VEHICLES
  - CLOSE OVERHEAD GARAGE DOOR
- LOCK DOOR BETWEEN GARAGE & HOUSE
- CLOSE & LOCK ALL EXTERNAL DOORS
  - ENSURE WINDOWS ARE SHUT
  - TURN ON AN EXTERIOR LIGHT

**S P M**  
**ROUTINE**



## A NOTE FROM THE BOARD PRESIDENT

Happy New Year Parkdale Neighbours.

Last month, December 29 marked 66 years for our community. Community Associations play an integral role – convening and building community, while sharing ideas to improve our quality of life. 2020 tested this. COVID-19 changed the way we operated and the way we engaged.

- In the spring of 2020, community members responded to our call to help one another. This included, delivering groceries to seniors and running errands for neighbours. The neighbour matching program provided support to people in the early days of the COVID-19 lock down.

- The PCA successfully accessed provincial and municipal COVID-19 funding. These monies kept the PCA whole, as we were forced to shut-down our operations.

- Social distancing and forced closures resulted in limited events and programs. Our soccer program and major community events like, Family Day, Stampede Breakfast, and PetFest were cancelled.

- Our well subscribed garden program was able to operate with safety protocols. This was a challenge but provided an outlet for enjoying the outdoors.

- Calgary's first accessible outdoor rink (phase 1) was constructed. We were able to maintain construction and are looking forward to opening the rink this month (pending the weather).

- We couldn't end the year without having a community event. The Santa Sleigh ride through Parkdale on December 5, which collected donations for the Calgary Food Bank and I Belong Bags was a huge success. We saw so many community members outside (social distancing) to catch a glimpse of Santa as he rode by.

I am really proud that the PCA was able 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 supports to the community.

I am hopeful for 2021 and am looking forward to sharing our plans for the Parkdale Hub (phase 2 of the outdoor community rink).

As we move forward into 2021, we need your help. We are looking for a volunteer that can assist the PCA with its communications. This includes coordinating the monthly Parkdale Post newsletter, providing updates on social media, and managing our community website. If you have a few hours each month to share community news and connect with our residents, please let me know.

Let's make 2021 a great year for Parkdale!

Cheers to the New Year!

*Amanda Affonso*



## SOUTH SHAGANAPPI AREA STRATEGIC PLANNING GROUP (SSASPG) UPDATE

**Calgary Cancer Centre** - Parkade complete, Lot 6 new entrance open, final crane to be removed at the end of 2020, building envelope to be weather tight by March 2021, and interior ongoing. Over 4 million hours worked.

**FMC Power Plant** - Construction started in November 2020 and will proceed through 2022.

**Market Mall** - Parkade open after repair and mall is open holiday hours.

Local area guidebook to go to special Policy Committee on Planning and urban Development in January 2021.

**Varsity Fire Station** - The Multi-Service redevelopment land use amendment has been challenged by the Calgary Planning Commission and is scheduled to be heard again by March 2021.

**University of Calgary** - Over 80 COVID related research projects are in progress, enrollment is up, topping 35,000. Community feedback is wanted for their growth through focus project, go to <https://ucalgary.ca/president/unstoppable-growth-through-focus>.

**Vecova** - Has a new website Vecova Centre for all activities- Vecova on <https://vecova.ca/>. Vecova is closed on weekends and December 21 to January 4, 2021, check their website for operating hours during COVID.

**Montgomery** - Main streets project is shut down for the winter, and completed from MacKay Road to 44 Street NW, and various sections between 46th and 52nd Street NW. A door knocking survey reported 72% of residents in favor of renaming Bowness road, knowing there would be costs and inconveniences.

**City of Calgary** - All 11 new communities proposed by developers have been unanimously rejected. The residential speed limit review will be put to plebiscite in the 2021 election. Residential parking fees have been sent back to Administration for more work.

### University District

- Block 23 Central Park Construction under way with windows going in the East Building.
- AVI construction complete and residents are moving in.
- Brookfield Capella - Single level residences under construction.
- Brookfield IVY - Last phase of townhouses under way.
- Truman Esquire - Construction of parkade under way.
- Retail Parking - 2-hour free underground and north side of University Ave NW, 30 min free surface.

## 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 a.m. to 3:00 p.m. 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.

EXECUTIVE	
President	Amanda Affonso
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Contact: office@parkdalecommunity.com	Catherine Gulinao

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# PUBLIC HEALTH RESTRICTIONS ANNOUNCED DECEMBER 8, 2020

## Effective Immediately:

- Outdoor and indoor social gatherings are now restricted to only those in the same household, including in indoor workplaces. People who live alone may still have up to two non-household close contacts.
- A mask mandate is now in effect for Alberta – masks are required in all public spaces. Farms are excluded from the mask mandate.
- Community halls remain CLOSED.

## Effective December 13, 2020 at midnight:

- Retail businesses, including shopping malls, can remain open at 15 per cent capacity allowed under the fire code. Places of worship can remain open/active at 15 per cent capacity.
  - Restaurants, pubs, bars, lounges, and cafes must close in-person service. Takeout, curbside pickup, and delivery services will be permitted.
  - Casinos, bingo halls, gaming entertainment centres, racing entertainment centres, horse tracks, raceways, bowling alleys, pool halls, legions, and private clubs must close.
  - Recreational facilities such as, fitness centres, recreation centre, pools, spas, gyms, studios, camps, indoor rinks, and arenas must close.
  - Libraries, science centres, interpretive centres, museums, galleries, amusement parks, and water parks must close.
  - Businesses offering personal and wellness services such as, hair salons, nail salons, tattoo parlours, and massage businesses will also have to close.
  - Funerals and wedding ceremonies will be limited to 10 people.
  - Regulated health services such as, physiotherapy, social or protective services, shelters for vulnerable persons, emergency services, and soup kitchens can remain open for in-person attendance.
  - Hotels may remain open but must follow sector specific guidelines: No spa or pool use or in-person dining. Room service is permitted.
  - Working from home is mandatory unless the employer requires a physical presence for operational effectiveness.
- Note: The restrictions do not apply to service visits for care-givers, health, or child-care providers, or co-parenting arrangements.*

## Summary of Restrictions for Sport, Physical Activity, and Recreation Organizations/Programs:

1. Group physical activities, including team sports, fitness

classes, and training sessions, are prohibited or restricted across Alberta.

- Outdoor group physical activity, including team sports, must be limited to 10 people or fewer. Members of different households must maintain 2 metre distancing at all times.
- Indoor group physical activities are prohibited unless the group only involves members of the same household.
- The activity involves students at a school or post-secondary institution as part of an education program.
- The activity involves students at a post-secondary institution.
- One-to-one indoor training, such as training with a fitness trainer or coach, is not permitted.

2. Entertainment and Recreation Facilities must close, including:

- Casinos, bingo halls, gaming centres.
- Racing centres, horse tracks, raceways.
- Bowling alleys, pool halls.
- Legions and private clubs (nightclubs must remain closed).
- Art galleries, libraries, and museums.
- Science and interpretive centres.
- Amusement and water parks.
- Children's play centres and indoor playgrounds.
- Theatres, auditoria, and concert halls.
- Banquet halls, conference centres and trade shows.
- All indoor recreation facilities must close, including:
- Gyms and studios.
- Fitness and recreation centres.
- Spas, pools, indoor rinks, and arenas.
- Day and overnight camps.
- Community halls and centres.

*Note: Outdoor recreation is permitted (i.e., outdoor rinks), but facilities with indoor spaces, except for washrooms, will be closed.*

3. Performance activities including, dancing, singing, theatre, and playing wind instruments have new mandatory restrictions, including:

- Outdoor settings.
- Rehearsals and practices are permitted up to a maximum of 10 participants. Physical distancing and other relevant guidelines must be followed.
- Performances with audiences are not permitted.
- Indoor settings:

## PARKDALE COMMUNITY ASSOCIATION MEMBERSHIP RENEWAL

- No group performances in indoor settings are permitted.
- Rehearsals, practices, and lessons involving 2 or more are not permitted.
- Lessons:
- 1-to-1 in-person lessons are permitted.
- Virtual lessons are strongly encouraged where possible.

These measures are in effect for the next four weeks. The measures will be reassessed after four weeks.

### **Supports Available:**

Special thanks to the Calgary Chamber of Commerce; below is a list of supports available, which may be relevant to you. Please check the eligibility criteria closely.

1. Small and Medium Enterprise Relaunch Grant (SMERG): This grant provides up to \$20,000 to Alberta businesses, cooperatives, and non-profit organizations that were ordered to close or reduce operations, and that experienced a revenue reduction of at least 30% due to public health orders.

2. Canada Emergency Wage Subsidy (CEWS): Depending on your revenue, you may be eligible for a subsidy of up to 75% of employee wages retroactive from March 15, 2020 to June 2021.

3. Canada Emergency Rent Subsidy (CERS): Businesses, non-profit organizations, or charities with lost revenue due to the COVID-19 pandemic may be eligible for a direct subsidy to up to 65% of their commercial rent or property expenses from September 27, 2020 until June 2021. Applicants eligible for the base subsidy may also be eligible for an additional 25% in lockdown support for up to 90% of expenses if your business is forced to close as a result of Alberta's new public health orders.

4. Canada Emergency Bank Account (CEBA): Through financial institutions, this program provides interest-free loans of up to \$60,000, \$20,000 of which is forgivable, to small businesses and not-for-profits to help cover their operating costs.

5. Employment Insurance, Canada Recovery Benefit, Canada Recovery Caregiving Benefit, and Canada Recovery Sickness Benefit: These supports can help employees if they are impacted directly by COVID-19.

Your 2020 PCA Membership automatically terminates on January 31, 2021. Please renew or register your Membership on PCA website:

<http://parkdalecommunity.com/about-the-pca/membership/registration/>

The Membership of the Parkdale Community Association grants you voting rights during our annual AGM, each adult resident from the Membership household is allowed one vote at the AGM. But more importantly, it acts as a gateway into the larger civic life of the citizens in your community.

- 1-year Family Membership: \$31.50
- 1-year Single Membership: \$21.00
- 1-year Senior Membership: \$5.25
- 1-year Business/Organization Membership: \$52.50

An individual or family membership in the PCA grants you or your family discounts on our PCA programs, including:

- Parkdale Soccer Program – One of the most popular programs in the community with more than 100 children participating, our soccer program is available for children as young as 2, and as old as 15.
- Social Events – Each year the PCA holds a number of fun events! A PCA membership keeps you up to date on events and you receive the lowest price for entry.
- Garden Participation – In operation since 2013, the Parkdale Community Garden is an ideal spot to meet and have fun with other gardeners in the community, grow your own produce, or enjoy the bountiful perennial gardens. PCA membership is required to join the garden group.

Business/Organization benefits:

- Membership benefits – Access to our newly created business directory on the community website and quarterly social media advertisement.
- Sponsorship benefits - Sponsorship proposal that will include all events for the year.

## OVERVIEW OF CALGARY AND ALBERTA'S FIRST ACCESSIBLE OUTDOOR RINK



The PCA is focused on building a vibrant community and quality of life for our residents and the city of Calgary. Our outdoor community rink was at the end of its usable life and has qualified for a lifecycle fund replacement with the City of Calgary. The PCA is taking this opportunity to create a project which will transform the community for generations to come. We are redesigning our social area, along with the rink replacement, to create access inclusive of people with all abilities.

Specifically, we want to be the first outdoor community rink in western Canada that is fully sledge hockey accessible! We love how outdoor hockey brings boys and girls, young and old, new and experienced, together. And we want everyone to enjoy this opportunity together. To accomplish this, we need to design and fund the accessibility components which include, creation of addition of warming areas (transition to sleds), ramps, railings, and washrooms.

These social space upgrades have the potential to be a game changer for the community, by bringing people together, growing the volunteer base, and making grassroots hockey, recreational skating, and community place making, a success for generations to come. We are setting a new standard for inclusivity and accessibility.

### **Project Scope:**

The vision PCA has for this project is to become the first accessible rink in Calgary and Alberta. To accomplish this, both phase 1 - the rink replacement, and phase 2 - the Parkdale Hub need to be completed. The reason to split this project into two phases is purely financial. The PCA does not have enough funds at the present time to complete both projects simultaneously. This section will detail the current status and scope of each phase.

### **Phase 1 – Rink Replacement**

Current State (fully funded):

- Stantec has completed the design with consultation with Level Playing field to ensure it is built to Canadian sledge hockey standards.
- Stantec completed a CCDC-2A fixed price bidding process, and PCA has selected RPC Group Inc. to build Phase 1. Construction started September 2.
- PCA has hired Colliers Project Leaders to manage the project for the PCA.
- PCA has fundraised \$410,000 from grants and donations to fund Phase 1. Major donors include, the Calgary Flames Foundation, Parks Foundation Calgary, Government of Alberta and the Calgary Foundation.
- PCA is also approved for a \$300,000 Capital Conservation Grant from City of Calgary.
- Expected opening date is January 2021, pending the weather.

## Phase 2 – Parkdale Hub

The Parkdale Hub is an absolute necessity to realize the benefit of completing phase 1. This second phase of the project will include building an external structure that will have accessible washrooms, warming benches to transfer to sleds, ramps to the rink, a garage for a small ice resurfacing machine, accessibility to both parking lots, and redesign the social area to promote community gatherings, summer/winter hockey and sledge hockey tournaments, and create an amazing, inclusive, accessible center for Calgarians to enjoy.

### Current State (your help is needed and greatly appreciated)

- PCA requires funding to proceed with Phase 2.
- The Parkdale hub is at the 'concept' stage.
- LUNA Architecture has been engaged to develop the detailed design, tendering, construction assurance, and project oversight for the Parkdale Hub.
- LUNA Architecture will be developing the full project budget based on the design. Timeline for design is expected Fall 2020.
- The PCA is seeking funding partners to realize Phase 2.

Donations can be made via Parks Foundation Calgary at <https://app.etapestry.com/onlineforms/ParksFoundationCalgary/sportsother.html>. Select Parkdale Outdoor Rink & Community Space Revitalization.

For more information, please email [office@parkdalecommunity.com](mailto:office@parkdalecommunity.com).

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media  
at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

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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](http://www.communitymediation.ca), 403-269-2707.

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## COMMUNICATIONS DIRECTOR NEEDED!



**Are you creative? An aspiring writer? Do you know your hashtags from your emojis? We need you!**

We are looking for a volunteer Communications Director to join our Board of Directors.

Communications Director Responsibilities include:

- Manage Parkdale's social media accounts, the website, and community newsletter content
- Support our Events Committee with developing advertising to promote our annual events
- Attend board meetings once a month
- A PCA member in good standing

**Interested?** Email [president@parkdalecommunity.com](mailto:president@parkdalecommunity.com) for more information.

**MLA, Calgary-Varsity**  
**Jason Copping**

Unit 201, 1055 20th Avenue NW

☎ 403.216.5436

✉ calgary.varsity@assembly.ab.ca

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**Happy New Year**

**2021 – Focus on Lives and Livelihoods**

I think we can all agree that we look forward to what 2021 has in store for Alberta. 2020 is behind us, and I am optimistic that this new year will be better. Albertans have continued to do what we do best – show resilience and support one another through challenging times.

At this time last year, COVID-19 was a virus we may have heard about in other parts of the world, but it wasn't long before it was affecting all of us. The Alberta government has, and continues to, focus on lives and livelihoods. Supports for Albertans have included \$500 million in additional health care funding to support our front-line health professionals, \$30 million to support seniors and other vulnerable populations, \$120 million of additional funding for educators, and \$52 million to support mental health.

We still have a way to go to beating this virus, but a vaccination is on the horizon, and we once again can see a brighter future.

The Alberta Government, through the Alberta Recovery Plan, will help shape this future. Alberta's economy will get back on track through historical infrastructure funding. There is continued commitment to the University of Calgary's MacKimmie Library, and the Calgary Cancer Centre. Commitments to getting Albertans back to work with retraining programs and making Alberta an attractive place to do business. Finally, commitments on economic diversification in the fields of technology and biomed, playing to the strengths of our riding, home to the University of Calgary.

We may have a bit longer before life is truly back to normal, but I know Albertans can make it through. Albertans have shown they can make sacrifices and work together to make it through the pandemic – if we continue to do so, I know we can make it to the finish line, stronger than ever.

As always, if you need to get in touch with me on any provincial issue or have questions, please feel free to reach out to my office at [Calgary.Varsity@assembly.ab.ca](mailto:Calgary.Varsity@assembly.ab.ca).



**Calgary Confederation**  
**Len Webber, MP**

2020 10 St NW, T2M3M2

☎ 403-220-0888

✉ [len.webber@parl.gc.ca](mailto:len.webber@parl.gc.ca)

**There Is Help**

Suicide takes the lives of far too many Canadians each year, but it is preventable. On average, ten Canadians die from suicide every single day. It's the second leading cause of death for those aged 20 to 29.

The Canadian Mental Health Association has verified that the pandemic has caused intense stress and disruption for all people in Canada, and is causing pronounced mental health concerns, including, suicidal thoughts and feelings. Increased rates of substance abuse have also added to the suicide problem.

Too often, those who need help cannot find it in a timely fashion. My colleague, Conservative MP Todd Doherty, has proposed Canada adopt the 9-8-8 phone number as a quick, easy-to-remember number for mental health services. This service will be available in the United States starting in 2022.

This is real, concrete action, that will save Canadian lives. Help should only be three digits away.

Currently, those looking for help can call the National Suicide Prevention Hotline 24/7 toll free at 1-833 456-4566 or text 45645 (from 2:00 to 10:00 pm). Youth can call Kids Helpline 24/7 toll free at 1-800-668-6868, text 686868, or by using Facebook Messenger and searching for Kids Help Phone. Help is available!

As I said in the House of Commons, "I am sure we all know of someone who committed suicide. Many just do not talk about it. We all know someone who tried to commit suicide. We just do not talk about it. We all know that more needs to be done to prevent and treat suicide. We just do not talk about it. This has to change, and that is why I am very happy that we are discussing this here today. I want those who need help to reach out for it, to demand it."

I am confident easy access to help through a 9-8-8 service would save many lives.



Councillor, Ward 7

**Druh Farrell**

✉ ward07@calgary.ca

📞 druhfarrell.ca

📱 @DruhFarrell 📺 Druh Farrell

### **Affordable Housing**

What would life be like if you didn't know where you would sleep next month, next week, or even tonight? How much harder would it be to go to work, be a parent, be a kid, or stay safe during this pandemic. Every human being has a right to secure housing, and to live with dignity. It's the first step to allow people to focus on all other aspects of life.

More affordable housing ensures people at all income levels can live and work in our city. People in affordable housing have greater chances to find and keep jobs, to learn and build skills, and be active participants in their communities. Affordable housing also helps boost the local economy. When people can focus less on paying the bills for basic needs, they have more disposable income, and employers have a more stable workforce. Providing housing for just one person experiencing homelessness saves about \$34,000 in public funds annually. It costs less to have someone in affordable housing than living on the streets.

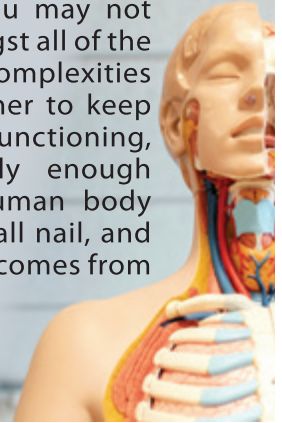
Affordable housing is important to Calgarians. The 2020 Citizen Satisfaction Survey demonstrated that citizens want to see an increased investment in affordable housing for low-income families. Currently, Calgary needs 2,000 to 2,500 new affordable homes each year, and behind each of these numbers are real people and families. Over the last 10 years, only an average of 300 affordable homes per year have been completed.

Affordable Housing is important to Calgarians. It is, and should remain, a top priority to mitigate the impacts of this pandemic. During the pandemic, people have been told to stay home and away from others to slow the virus spread. This is simply impossible for those who do not have a place to live, or who live in overcrowded conditions, and as a result significant outbreaks have occurred in homeless shelters throughout this pandemic. We can and must do better.

Not only is affordable housing needed now, but investment in affordable housing could play a key role in Calgary's economic recovery, and a resilient future.

# WE NAILED IT!

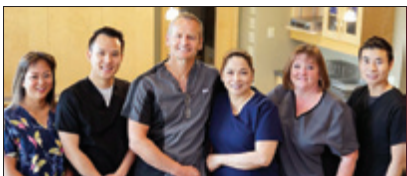
We know that our bodies are amazing, intricate, works of art. However, you may not know that amongst all of the wonders and complexities that work together to keep our bodies functioning, there is actually enough iron inside a human body to produce a small nail, and most of this iron comes from our blood.



## In this time of social distancing...

# ...we are here to help keep your community connected.

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