

NOVEMBER 2023

DELIVERED MONTHLY TO 1,525 HOUSEHOLDS

your



# PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



**GET YOUR BUSINESS  
IN THE SPOTLIGHT!**

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**403-720-0762 | [grow@greatnewsmedia.ca](mailto:grow@greatnewsmedia.ca)**



**GET A QUOTE NOW**

**Share your thoughts  
from November 14 -  
December 11, 2023:**

- Tell us what you think via **online engagement** at [calgary.ca/Shaganappi](http://calgary.ca/Shaganappi).
- Check your mailbox for an **engagement booklet** or pick one up at an Engagement Station (see map online) starting Nov 14. Each engagement booklet includes a feedback form that can be mailed in with prepaid postage included.
- Join an **engagement session**—check out the schedule and register at [calgary.ca/Shaganappi](http://calgary.ca/Shaganappi).

## Get Involved

### South Shaganappi Communities Local Area Planning

The South Shaganappi Communities Local Area Plan will set the vision for how your communities will evolve over the next 30 years.



We need your input as we create a local area plan that will provide direction on where and how future growth, redevelopment, community improvements and investments could happen in the South Shaganappi Communities of Banff Trail, Montgomery, Parkdale, Point McKay, St. Andrews Heights, the University of Calgary, University District, University Heights and Varsity.

## We want to hear from you

Phase 2 of the South Shaganappi Communities Local Area Planning project kicks off November 14, 2023.

In this phase of engagement, you can provide feedback on topics including:

- **The Draft Vision and Core Values for the South Shaganappi Communities** - the big ideas, hopes and priorities for the area's evolution.
- **Potential Focus Areas for Moderate-to Large-Scale Growth** - where homes and businesses that are 4+ storeys might fit best.

**Learn more at [calgary.ca/Shaganappi](http://calgary.ca/Shaganappi)**





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

*[MadebyMomma.org/Christmas](https://MadebyMomma.org/Christmas)*

**\* Urgently Needed Items \***

Pyjamas  
Gift Cards  
Winter Gear

Board Games & Craft Kits  
Mom & Dad Gifts  
Non-Perishable Food Items

Books  
Teen Gifts  
New Toys

*\*All items must be new*

*Made by Momma has been supporting local families for 14 years  
through wholesome nourishment and nurturing care.  
Help make the holidays matter by donating non-perishables,  
new unwrapped gifts or family essentials today.  
14 Years. Volunteer-Run. Donation-Driven. Impact-Focused.*

# Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. 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 one-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., 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, 150 m is nearly 1.5 times the length of a football field.



AUArtsSA Presents

# SHOW + SALE

## IN-PERSON WINTER MARKET

NOV. 17-18, 2023



### FIRST NIGHT FUNDRAISER

NOV. 17 • \$25 ENTRY

# OFFICIAL

## PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

**Service Call Fee**



**403-837-4023**  
info@officialplumbingheating.ca  
official-plumbing-heating.ca

# Point McKay DENTAL CARE

New patients receive a free  
Sonicare toothbrush with:  
full exam, X rays and cleaning  
Expires Feb 1, 2024

East Riverside Tower  
#4 - 145 Point Drive NW  
Calgary, AB T3B 4W1  
**403.283.7829**

## General Dentistry

Cosmetic  
Implants  
Invisalign  
Botox  
Oral Surgery  
Children's  
Dentistry  
Restorative  
Root Canals  
Wisdom Teeth  
Extraction

## Experience the Difference

Dr. Paul Hul and Dr. Sheila Lipinski, along with their entire team, invite you into their relaxed, caring, and friendly practice.

We are offering extended hours and services.

Mon - Tue: 1 pm - 8 pm    Thu: 7 am - 3 pm  
Wed: 7 am - 3 pm        Fri: 8 am - 4 pm

***Open every other Saturday, please call to check.***



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

# U/D NIGHT MARKET – HOLIDAY EDITION

Join us for the holiday edition of our popular summer Night Market! Enjoy a curated selection of over 35 local artisans, entertainment and more! The event is free to attend. Bring your skates to take a spin on the Central Commons Park outdoor rink and enjoy the toasty warm fire features.

**Nov 30 & Dec 7, 5-9 PM**  
Central Commons Park

UDNIGHTMARKET.CA

**UNIVERSITY  
DISTRICT**  
— CALGARY —



IN PARTNERSHIP WITH:



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## SCAN HERE TO VIEW ADDITIONAL PARKDALE CONTENT

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



**Dr. LUANNE METZ**  
**MLA Calgary-Varsity**

Hello, Calgary-Varsity! I'm Dr. Luanne Metz, your new MLA. You can contact my office at [calgary.varsity@assembly.ab.ca](mailto:calgary.varsity@assembly.ab.ca) or 403.216.5436 with your questions and concerns. Scan below to sign up for my digital non-partisan MLA newsletter to find out more about what we are doing in the Alberta Legislature to represent you!

X @luanne\_metz Instagram Facebook @drmetzndp



<https://linktr.ee/mlametz>



# CASINO *Fundraiser*

The Parkdale Community Association is looking for volunteers to help with our casino fundraiser. As our largest fundraiser, this event helps the PCA operate and maintain the rink, community centre, and to run events, sign up today!

**Jan 11 & 12, 2024**

Cowboys Casino

**[www.parkdaleyyc.com/volunteer](http://www.parkdaleyyc.com/volunteer)**

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109 - 10836 24th Street SE

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Commercial mat rentals and purchases

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Linens for tables, chairs, and napkins. Laundry and pressing services

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Workwear and cleaning of uniforms and coveralls

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[calgarymatandlinen.com](http://calgarymatandlinen.com)



**A Ton of Tongue**

Blue whales are the largest animals known to live on Earth. Not only are their bodies ginormous at a staggering 100 feet long, but their tongues are actually incredibly heavy, with the average tongue weighing over 8,000 lbs!



**Fresh Jock**

**No matter how much you sweat, we can get the stink out!**

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.

**OUR OZONE PROCESS**

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

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**403-726-9301**  
[calgaryfreshjock.com](http://calgaryfreshjock.com)



# BUSINESS CLASSIFIEDS

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

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**PARKDALE MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

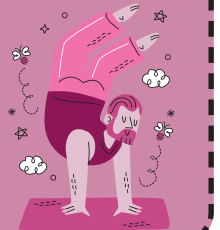
**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.



## Joke of the Month

What did the yoga instructor say when his landlord tried to evict him?

Namaste.



## Word of the Month

**Opine:** verb (oh-pahyn)

To have an opinion.

Dentists opine brushing your teeth is important for good dental hygiene.



**RINK**  
**DAILY HOURS OF**  
**OPERATION**  
**9:00AM – 9:00PM**  
**(LIGHTS OFF)**



## PCA RINK RULES

Please make yourself aware of the fire safety plan posted about the fire wood.

Keep the area clean. Garbage must be removed before leaving the area.

Fire pit door may be hot, use caution when opening.

When you're finished, ensure the fire is completely out.

In case of an emergency call 911



## THE PARKDALE COMMUNITY ASSOCIATION IS LOOKING FOR VOLUNTEERS!

The Parkdale Community Association has open positions on our Board of Directors and with various sub-committees that support our community

email your interest or questions to  
[office@parkdaleyyc.com](mailto:office@parkdaleyyc.com)



## PCA RINK RULES

Use At Your Own Risk

1. **No** Skateboarding
2. **No** Use of Ramps, Rails or Obstacles
3. **No** Hanging on Basketball Rims
4. **No** Game Play Outside of the Rink
5. Protective Equipment Highly Recommended (helmets, padding)
6. **Do Not** Damage PCA Property / Facility Equipment
7. Volunteer Run, Please Help Keep it Clean

For Rental/Program Information,  
Please website: [www.parkdaleyyc.com](http://www.parkdaleyyc.com) or  
TV schedule inside Locker Room

This area is monitored 24/7 by CCTV  
In Case of an Emergency Call 911



**Looking to hold an event?  
Running a program?**

**Hall & Hub  
Rental Opportunities**

Hall includes:  
200 capacity  
Commercial Kitchen  
Bar Area  
Tables & Chairs

The Hub includes:  
Accessible Rink  
Change room  
Washrooms  
Firepit  
Licensed Patio




JOIN US FOR THE  
PARKDALE  
**KID'S  
HOLIDAY  
PARTY**  
**SATURDAY  
DEC 2, 2023**  
11 AM - 2 PM

**PIZZA LUNCH, FACE PAINTING,  
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PARKDALE COMMUNITY CENTER  
3512 5 AVE NW

FOR MORE INFO VISIT  
[WWW.PARKDALEYCYC.COM](http://WWW.PARKDALEYCYC.COM)




**Parkdale  
Community  
Association**  
Bringing together 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



**RECYCLING & FUNDRAISING**

Have bottles  
to recycle?

Help Support the  
Parkdale Community  
Association

Donate with  
Skip The Depot

Download the app  
today, & select the  
PCA to support!

Thank you for supporting  
us with your donation!

[app.skipthedepot.com/parkdalecommunity](http://app.skipthedepot.com/parkdalecommunity)





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**PICK UP &  
DELIVERY  
SERVICES**



**403-282-2226**

**Calgary**



The **Residential Parking Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



New fees ensure that the cost of running the service is covered by those who benefit from it.



You only need a permit if your street has parking restriction signs and you want to park on the street.