

APRIL 2023

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your



PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



Dr. Luanne
Metz
CALGARY-VARSITY



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PARKDALE COMMUNITY ANNUAL GENERAL MEETING

SAVE THE DATE!

Please join us for our Annual Community Meeting! We will be discussing a variety of topics and providing updates.

Thursday, April 27 2023

7:00-8:00 pm

**Parkdale Community Center
3512 5 Ave NW**

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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




Beanie \$30

Hoodie \$50

Ball Cap \$35

OUR PARKDALE SWAG

Available at Every Parkdale Community Event!

To view our full line of Swag, Please visit www.parkdaleyyc.com

CELEBRATE OUR NEW LOGO WITH US!

MESSAGE FROM THE PCA BOARD

Thank you to all the residents who completed our recent community survey that was conducted over the month of January! Your feedback was greatly appreciated to inform on your values and priorities with the neighbourhood and our community association, and we will use the information gathered to guide our offerings in the future. A few key themes emerged from the survey, and we see a great opportunity for our community to engage and improve our neighbourhood.

- Membership in the PCA could be expanded, with member status and its benefits made clearer. People wish to support our community, and most would like to see membership give priority access to the programs and events we offer.
- We see great interest in more people attending some of our most popular events, with an opportunity to sculpt those events to be even more varied, welcoming, and inclusive. A number of people are willing to help out at events from time to time, which is great help for our events to happen smoothly.
- Among our programs, people highly appreciate and are quite familiar with the new accessible rink, and many would like to see time set aside regularly without sticks and pucks to encourage recreational skating and learning. Many families continue to enjoy our soccer program even though it is smaller than in the past, and our garden space has a steady level of interest and is well-regarded by many.
- The number of people volunteering for the PCA, whether in committees, programs, and events, can be improved. We do appreciate that energy and time to help are scarce for many, but we see there are a number of people who could help a few hours a year, and others that can help a few hours a month; either way, we want you to connect with us!

Most people who responded gave a heartwarming response that you value Parkdale to be safe, welcoming, and inclusive. The PCA Annual General Meeting is coming up at the end of April and as always, we encourage members to attend and hear some of the great things happening. We need new board and committee members to help guide the association and our activities to deliver those values we want. Volunteering with care is the life behind the Parkdale Community Association, allowing people to give to others around them and make a great neighbourhood. Thanks, and we look forward to you joining us, using your feedback, and shaping our community to be better every day!

Parkdale Community Association Board of Directors

GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



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PARKDALE CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



SAFE & SOUND



Bicycle Helmet Safety

from Alberta Health Services

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting started

- Allow children to assist when buying their helmet
- Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a “Y” below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

COME TRY
Ringette

REGISTER HERE

April 23
2:00-3:30PM
Flames Community
Arena

COMETRYRINGETTE.CA

mybabysitterlist

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Dance Fridays

The Calgary
Dance Club

Fridays
7pm - 10:15pm

PARKDALE COMMUNITY CENTRE
Register at: thecalgydanceclub.ca

Sportball

SUNDAYS
JAN 8th - MAR 18th

PARKDALE COMMUNITY CENTRE
Register at sportball.ca/calgary

sports sundays



Parkdale Real Estate Update

Last 12 Months Parkdale

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2023	\$761,890	\$722,500
January 2023	\$862,450	\$780,000
December 2022	\$0	\$0
November 2022	\$520,000	\$490,000
October 2022	\$659,000	\$623,500
September 2022	\$811,950	\$782,500
August 2022	\$794,700	\$770,000
July 2022	\$949,900	\$925,000
June 2022	\$702,450	\$702,500
May 2022	\$599,900	\$595,000
April 2022	\$549,900	\$540,000
March 2022	\$799,900	\$785,000

Last 12 Months Parkdale

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2023	6	2
January 2023	5	4
December 2022	4	0
November 2022	2	1
October 2022	2	5
September 2022	7	8
August 2022	5	2
July 2022	8	3
June 2022	13	10
May 2022	8	5
April 2022	3	7
March 2022	18	13

To view more detailed information that comprise the above
MLS averages please visit pdal.mycalgary.com



News from the Friends of Nose Hill

by Anne Burke

There is an annual global community science competition to document urban diversity. Public bioblitzes will be held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organism in urban areas. The 2023 City Nature Challenge involves taking pictures between April 28 and May 1 and then identifying them. Results will be announced on May 8. This will be the fifth year for Calgary region participation and there are awards for the top cities. For more information, go to inaturalist.ca/projects/city-nature-challenge-2023-calgary-metropolitan-region.

Although the City introduced two new program, Green Leader and Water Steward, its decision to temporarily discontinue its Adopt-a-Park program was unpopular. Now you can join the Parks Environmental Education team on a Green Initiative project to restore habitat with tree and shrub planting, tree wiring, weed pulling, or painting projects. These group projects are seasonal (May to October) and typically require a 3-to-4-hour commitment. A screening policy is in place, which may include checks by police. Once accepted, volunteers receive orientation, training, and other support. For more information and to register, please call 3-1-1.

9 PM ROUTINE

CALGARY
POLICE
SERVICE

CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

Parkdale Community Garden Update

After another long winter, the PCA is excited for the upcoming spring! With that, it is time to turn our attention to our gardens again. 2023 looks to be another great growing season in Parkdale. With our two growing areas, the Marjorie Hyatt Memorial Garden (near the entrance), and the Rain Garden (in front of the PCA building), there are lots of options for growing enthusiasts to choose from.

Past garden members have already begun to claim their spots, while those on the waitlist will be receiving their invitation to register mid-April. Spaces are limited, so be sure to contact garden@parkdaleyyc.com today!



Like all programs at the PCA, we entirely depend on volunteers to help, and this year will be no different. Whether you have a rented bed or not, there's a wide variety of opportunities to help out and we invite everyone to contribute. Whether it's caring for plants, helping maintain the site, helping run activities or events, or taking on improvement projects, we can do so much when we come together. Just let us know by emailing garden@parkdaleyyc.com.

Be sure to check www.parkdaleyyc.com for updates and information on garden events. The Parkdale Garden Tour will be taking place again this year! This community favourite, self-guided walk will be returning in an expanded format over the summer. Looking ahead to the fall, the yearly Harvest Dinner will cap off another successful growing season.

The Parkdale Community Garden is a truly special space and gets more established and better each year. We are fortunate to have this space so close to us, to be enjoyed by all ages, and we welcome you to be a part of it!

NEW CONDOS COMING TO U/D!

University District is excited to announce the third residential project by Homes by Avi.

Come and celebrate with us at the builder launch featuring music, light refreshments, and tours of the new show suite. Meet the team and explore this exciting new housing opportunity in our award-winning community. Don't miss out!

May 6, 12-5 PM

University District Discovery Centre
4410 University Avenue NW

For more information visit
myuniversitydistrict.ca



UNIVERSITY
DISTRICT
— CALGARY —





RINK
DAILY HOURS OF
OPERATION
9:00AM – 10:00PM
(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 fires completely out.

In case of an emergency call 911



Volunteers Wanted

Help us make a difference in your neighbourhood, Parkdale!



Open Volunteer Board Positions:

**Communications
Planning & Development**

*Volunteers
also needed
in key areas*

Over the past couple of years, we have achieved alot!
 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@parkdaleyyc.com

www.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 or TV schedule inside Locker Room

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

Jason Copping

MLA, Calgary-Varsity
Minister of Health

Unit 201, 1055 20th Avenue NW

403.216.5436

calgary.varsity@assembly.ab.ca

facebook.com/jasoncoppingAB

Jason_CoppingAB @JasonCoppingAB



Budget 2023: Securing Alberta's Future

With a forecast surplus of \$2.4 billion in 2023-24, Budget 2023 provides the opportunity for our government to invest in Alberta's future, providing security for Alberta families and communities.

Balancing the Budget and Creating Jobs

Building on Alberta's strong foundations, including low taxes, a skilled and educated workforce, and an efficient regulatory environment, Budget 2023 enhances Alberta's business climate even further by making strategic investments that support key and emerging sectors.

Record Investment in Healthcare

Our government continues to invest in healthcare this year by committing an additional \$965 million to health to build a stronger public healthcare system for Albertans.

Continued Investment in Our Students

The UCP has increased investments in K-12 education, directly addressing inflation and rising enrolment growth in schools, meeting students' increasingly diverse needs, and building and refurbishing schools to meet both current and future demand. We are also increasing post-secondary seats and providing more supports for these students.

Making Life More Affordable

Budget 2023 continues to provide relief through our Affordability Action Plan. Albertans continue to benefit from ongoing programs such as the fuel tax relief program, electricity rebates, natural gas rebates, and monthly \$100 affordability payments for eligible seniors, families, and Albertans on certain benefit programs.

We are building a province that is stronger and more resilient than ever. For more information on the budget, please visit <https://www.alberta.ca/budget.aspx>.

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.

As you may know, I am the United Conservative Candidate for Calgary-Varsity. Our campaign team is reaching 200 strong and I would sincerely appreciate your support, both on our team, and on election day. Please reach out to me at jason@copping4varsity.ca if you are interested in volunteering for my campaign. And thank you all for relating your questions and concerns. I am delighted that knowledgeable and engaged citizens in the riding keep holding me to account.

Authorized by the Calgary-Varsity UCP 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, 403-269-2707.

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DOLLARS & SENSE

Bored? Think Twice Before Taking That Facebook Quiz

from the Better Business Bureau

Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

How the scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match you with a character from a favourite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?", "What is your mother's maiden name?", or "What is the name of the street you grew up on?" These are common security questions for insurance, banking, and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity or enable a scammer to impersonate you to your friends and family.

Tips to avoid social media scams

- **Be skeptical:** Before answering a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent, doesn't mean there isn't an inherent risk.
- **Adjust privacy settings:** Review the social media account's privacy settings and be strict about any information that is shared - and be mindful of who you are sharing it with.
- **Remove personal details from your profile:** Don't share information like your phone number or home address on social media accounts.
- **Don't give answers to common security questions:** Be cautious if the questions in a quiz ask for things like your mother's maiden name, street you grew up on, previously owned vehicles, favourite foods, or the name of your high school.
- **Monitor friend requests:** Don't accept friend requests from people you don't know. Also be wary of a second friend request from someone you are already connected with; the second profile may be an imposter trying to access your data and your friends list.

Read more at BBB.org.

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YOUR CITY OF CALGARY

Weekly Green Cart Returns End of April

from the City of Calgary



Weekly green cart pick up returns the last week of April. Check your schedule at calgary.ca/collection and sign up for reminders, including email, phone, or download the Calgary Garbage Day app.

As you clean up the yard, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll the tops of the bags closed and set them at least two feet to the side of your green cart for collection.

Compost Giveaways

Compost will be available for pick up by online appointment from April 24 to June 10. Appointment bookings will be available on calgary.ca/compost starting April 10.



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Joke of the Month

I asked the gym instructor, "Can you teach me to do the splits?"

"How flexible are you?" she asked.

I said, "I can't make Tuesdays."

The Quietest Place on Earth



A laboratory in Minneapolis has the quietest room in the world! As an anechoic chamber, it prevents the reverberation of sound waves. It's said to be so quiet inside that you can hear your bodily functions, such as the blood circulating in your veins. Being in this room is so off-putting to the senses that no one has stayed inside for longer than 45 minutes!



Wanted Volunteer Communications

Do you love to plan, develop, and implement branding/marketing strategies, advertising/marketing communications via various communication mediums?

Consider joining our board as a Volunteer Communications

Interested? Please contact Jason at secretary@parkdaleyyc.com

For job description & responsibilities please check out: <https://www.parkdaleyyc.com/post/wanted-volunteer-communications>



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