

DECEMBER 2023

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# PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



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- when?
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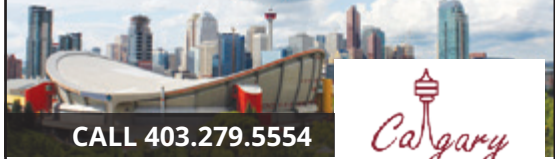
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|   |   |   |   |   |   |   |   |   |
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**WOOD'S HOMES**  
WORKING FOR CHILDREN'S MENTAL HEALTH  
SINCE 1914

## Season's Greetings!

As your neighbour, we're dedicated to  
'Building Good Mental Health' within our community.

This holiday season, we're laying the foundation  
for a brighter, healthier future.

Learn more at [engagewoodshomes.com](https://engagewoodshomes.com)



# Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (AHS EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior- and don't forget a toque! Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your cell phone is fully charged.

### **Hypothermia**

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with

blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

### **Frostnip**

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e., hand covering tips of ears).

### **Frostbite**

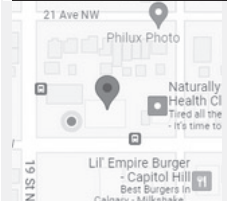
- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed.
- Seek further medical attention as required.

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## LETTER TO RESIDENTS

Season's Greetings,

As this year comes to a close, we would like to thank all of you for making 2023 a truly spectacular year, with 2024 looking to be even better. This time last year we reached out to you asking for your feedback on how we can continue to make Parkdale one of the best communities, and the best community associations in Calgary. This feedback helped guide us through 2023 and will continue to provide a framework for delivering to the needs and wants of Parkdale in the future.

2023 saw the return of PCA soccer; while this program is a mainstay of the community, we are excited for some big changes to it in 2024, so stay tuned. We also saw major growth in our garden program with all the beds being utilized in the community garden, while this year's garden tour was the largest and most successful one to date!

The Parkdale Rink and Hub continues to be the go-to centre in the community. With the addition of a pickleball court alongside hockey nets and adjustable height basketball hoops, the Rink and Hub is now truly a year-round recreational space. We were excited to bring back Thursday Para Ice Hockey Nights in 2023 and are pleased to announce the return of this amazing program with Calgary Sledge Hockey Association in 2024.

As more and more people find out about this unique facility it is getting busier and busier, with many evenings and noon hours completely packed. If you are interested in renting out the space for private use, please check out our website at [www.parkdaleyyc.com/rentals](http://www.parkdaleyyc.com/rentals).

2023 was also jammed packed with events, our annual Stampede Breakfast was the largest one yet (we served over 1,700 people), while Pet fest was truly the highlight of the year. Not only will these and many other events be returning in 2024, but we will continue to offer direct perks and benefits to PCA members who attend. If you have not yet done so, now is the perfect time to renew or sign up for PCA membership at [www.parkdaleyyc.com/membership](http://www.parkdaleyyc.com/membership).

While this year was truly amazing, we are extremely excited for what 2024 has to offer. Along with our close friends at Parkdale Nifty Fifties and the Parkdale United Church, we will be looking to expand upon our current offerings of programs and services. We look forward to staying connected to you in the new year. As always, to stay up-to-date or to get more involved please check our website at [www.parkdaleyyc.com](http://www.parkdaleyyc.com) or follow us on Instagram (@parkdaleyyc) or Facebook (@parkdalecommunity).

Have a wonderful holiday season,

*Parkdale Community Association Board of Directors*

**BARKER'S**  
• FINE DRY CLEANING •  
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Calgary Confederation  
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 Calgary, AB T2M 3M2  
 ☎ 403-220-0888  
 ✉ len.webber@parl.gc.ca

### Help Is Here

Many Canadians find the holidays to be challenging, with more than half of Canadians saying that the holiday season can be a source of anxiety, depression, and loneliness. Fortunately, this holiday season accessing help has become easier. Beginning November 30, Canadians in crisis from coast-to-coast will be able to call or text 9-8-8 and obtain counselling free of charge.

This new three-digit number aims to provide accessible and timely support to individuals in crisis, offering hope and saving lives. I was proud to vote in favour of establishing this hotline when my Conservative colleague, Member of Parliament Todd Doherty, introduced it in 2020. Since then, Canadians have waited years for 9-8-8 to be implemented; during this time, the COVID-19 pandemic highlighted the importance of accessible mental health resources.

This easily remembered number allows individuals in distress to swiftly connect with trained professionals. 9-8-8 operates 24/7, providing immediate assistance and reducing barriers that may prevent someone from reaching out for help. Regardless of socio-economic status or geography, 9-8-8 allows for better access to support.

The Centre for Addiction and Mental Health led the coordination of services for 9-8-8 with input from Provinces and Territories, Indigenous partners, crisis services, mental health experts, individuals with lived experience, and public safety officials. 9-8-8 will save the lives of Canadians who feel they have nowhere else to turn. By providing accessible, empathetic, and immediate support, this hotline serves as a beacon of hope, reducing the barriers to seeking help and saving lives.

If you or a loved one are struggling with your mental health, know that help is more accessible than ever. Please do not hesitate to call or text 9-8-8 any time you need mental health crisis or suicide prevention intervention and be sure to share this information with anyone who may be struggling.



**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](tel:403.216.5436) with your questions and concerns. Scan below to sign up for my digital non-partisan MLA newsletter!

*Happy Holidays!*

X @luanne\_metz

f @drmetzndp

ig @drmetzndp



<https://linktr.ee/mlametz>



## A CAST OF CHARACTERS



In December, it is common to watch a good Christmas movie or two. A popular film around this time of year is *The Polar Express*. Although there are lots of things to love about this film, you may not know that Tom Hanks plays six different roles! He is the voice of Santa Claus, Hero Boy, Scrooge, Father, Hobo, and the Conductor. Talk about talent!



## News from the Friends of Nose Hill

by Anne Burke

Grazers have played an important part in controlling taller, nuisance weeds such as thistle and common nettle. The first recorded land occupancy of Nose Hill was an 88,000-acre lease granted in 1882 and the activity continued in some form until 1989. By 1910, the City's expanded boundaries extended as far north as 48 Avenue. Residential development rapidly occurred north of 16 Avenue after the war. From 1945 to 1959 it began to approach Nose Hill. By 1959, development was as far north as Capri Avenue and east of 14 Street and as far north as 56 Avenue. When Nose Hill was still privately held land, more people were cutting fences and trespassing north of John Laurie Boulevard.

Aerial photos reveal various human uses and their effects on Hill activities. There were many old 1959 vehicle trails, with severe damage on slope crests and the top of hummocky areas. Although cultivation of Nose Hill was suspended in 1979, other uses led to an extensive trail network in almost all areas of the Hill. A six-foot high mesh fence was built along part of 14 Street and John Laurie Boulevard in the 1970s. There were vehicle impacts north and south of Porcupine Valley. The heavily scarred hillside due west of Berkley Gate parking lot was a challenge from dirt bikers and trucks, as were the ravine slopes and trails up the north face of the bluff that rises from the south side of the Valley. Although regeneration was slow, scarring of the Hill by vehicle traffic was reduced. Much of what is now the south portion of Nose Hill Park was owned by the City in 1982, when AGT developed a three-mile utility easement in the Park for a conduit and cable between MacEwan Glen and the new Edgemont development.

## Memberships

A new year is a time for renewal: dusting off and renewing your resolutions from 2023 (how successful were you in completing them); renewing your resolution to exercise more and eat healthy; and perhaps, renewing your commitment to become more engaged with your neighbours and community. After all, knowing your neighbours and being an active participant in your community makes for a safer, more desirable, and fun community—a community that you can be proud of. And that is what the Parkdale Community Association (PCA) is striving for. You can do your part by joining the PCA for the first time or renewing your annual membership.

Your PCA membership helps to bring you programs and events such as the accessible rink and hub, youth soccer program, community garden, Family Day celebration, Stampede Breakfast, voting at the PCA's annual general meeting, and so much more. Your current PCA membership expires on January 31, 2024, unless you renewed or became a member in November or December of 2023 (those will expire on January 31, 2025). The PCA membership year is from February 1 to January 31.

The annual family membership is \$31.50. Individuals pay \$21 per year, and seniors (ages 65 and older) just \$5.25 per senior. The annual membership for businesses and organizations is \$52.50 per year.

Joining the PCA or renewing your membership is quick and easy. Just click on the link <https://www.parkdaleyyc.com/individual-family-membership-form> for families, individuals, and seniors. Businesses and organizations can renew memberships at <https://www.parkdaleyyc.com/business-membership-form>. And remember to let us know how you would like to volunteer with the PCA, your community association.

See you around Parkdale!



# 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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Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
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**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**





**PUBLIC SKATING**  
**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



## 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. Outdoor ice quality is unpredictable, all participants enter at their own risk
2. Helmets are mandatory for kids under 18 years old
3. Helmets & protective equipment strongly recommended for all users
4. The ice is for all ages & abilities. Please be considerate of all users
5. Aggressive skating or shinny that interferes with others is prohibited
6. Abusive language or behaviour will not be tolerated
7. No alcohol, smoking, or chewing tobacco
8. Shooting and hockey played inside the rink surface only
9. No shoes on the ice surface
10. No pets on the ice surface
11. The PCA is not responsible for loss or injury to rink users, or damaged property
12. This rink is maintained by volunteers, please clean up after yourself

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

# Parkdale Holiday Food Drive

In Support of the  
**CALGARY FOOD BANK**

CBC CALGARY  PARKDALE NIFTY 50'S

JOIN US TO HELP FIGHT HUNGER THIS HOLIDAY SEASON

## How To Donate

DROP OFF YOUR DONATIONS  
AT THE PARKDALE COMMUNITY CENTER  
3512 5 AVE NW

DECEMBER 1-22, 2023  
MONDAY TO SATURDAY  
BETWEEN 9AM-4PM  
NIFTY 50'S ENTRANCE

Visit [www.calgaryfoodbank.com](http://www.calgaryfoodbank.com)  
for Wish List Items



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

PIZZA LUNCH, FACE PAINTING,  
CRAFTS, COOKIE DECORATING,  
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PARKDALE COMMUNITY CENTER  
3512 5 AVE NW

FOR MORE INFO VISIT  
[WWW.PARKDALEYCC.COM](http://WWW.PARKDALEYCC.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 |



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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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