

FEBRUARY 2023

DELIVERED MONTHLY TO 1,525 HOUSEHOLDS

your



# PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



Dr. Luanne  
**Metz**  
CALGARY-VARSITY



**CONTACT LUANNE'S CAMPAIGN**



**403-247-1075**



**LuanneMetz@albertandp.ca**

Authorized by Alberta's NDP  
1-800-465-6587





# Point McKay DENTAL CARE

East Riverside Tower  
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## 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

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# Has someone ever tried to...

- Control your money or actions?
- Force you to sign papers against your will?
- Make you feel unsafe?
- Touch you in ways that you did not want?
- Hurt you physically?
- Deny you food, clothing, medication, medical care or proper shelter?

## Elder abuse

is any action or inaction by self or others that causes harm to the health and well-being of any older adult.

Elder abuse can take several forms including financial, emotional, physical, sexual, medication and neglect.

### Any kind of abuse is unacceptable.

*Remember, it's not your fault.*



#### To report a concern or get help for yourself or someone you know:

- In case of emergency, call **9-1-1**
- Calgary Police Service non-emergency line: **403-266-1234**

#### To get information or support:

- Elder Abuse Resource Line: **403-705-3250**
- 403-SENIORS: **403-736-4677**
- Talk to your family physician or someone you trust



Prepared by the "Coordinated Community Response to Elder Abuse" Action Team with Age-Friendly Calgary, Alberta Health Services, Calgary Catholic Immigration Society, Calgary Chinese Elderly Citizens' Association, Calgary Legal Guidance, Calgary Police Service, Calgary Seniors' Resource Society, Carya, City of Calgary, Diocese of Calgary, Distress Centre Calgary, HomeFront Calgary, Immigrant Services Calgary, Jewish Family Service Calgary, Kerby Centre, and University of Calgary.



## 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](http://www.parkdaleyyc.com)

**CELEBRATE OUR NEW LOGO WITH US!**

# PRESIDENT'S MESSAGE

It's February, which means it's time to renew your Parkdale Community Association membership. All memberships expire January 31 of each year.

## The Importance of Community Associations

Community associations have the potential to be on the front lines of important social, cultural, environmental, and community issues. They respond in many ways to the needs of their residents, fostering and supporting them to fully and actively engage in community and civic life. This happens through the provision of social, recreation, and sports programs through neighbourhood improvement initiatives, and through direct input into planning and traffic issues, and other public affairs.

Community associations have the potential to mobilize citizens and local resources to make a vital contribution to community life – enriching the quality of life and well being of their communities.

Overall, community associations can provide a shared sense of citizenship and inclusion. For decades, all Calgarians have benefited from community associations, which can be the anchor for community life.

Parkdale is no exception. Entering our 70<sup>th</sup> year as a community association, we have a lot to offer, and your membership and participation is important.

## Parkdale Membership

Membership in the Parkdale Community Association grants you voting rights during our AGM, but more importantly, it acts as a gateway into the larger civic life of the citizens in your community.

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

- **Youth 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 14.
- **Social Events** – Each year, the PCA holds a number of fun events including Family Day, Stampede Breakfast, PetFest, and the Kids' Holiday Party! A PCA membership keeps you up to date on events and lets 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 perennial gardens.

- **Outdoor Accessible Community Rink** – Supports the operation of our Rick Hansen certified accessible community rink.

To register for or renew your Parkdale Community Association membership, visit our new online registration system: <https://www.parkdaleyc.com/membership>.

See you at the community rink!

*Amanda Affonso*

**To View Additional Parkdale Content**

INCLUDING

- ▶ **News and Events**
- ▶ **Real Estate Statistics**
- ▶ **Crime Statistics**

and more...

**SCAN HERE**





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

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**9 PM ROUTINE**



**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



PHILIPS  
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In-Office  
Zoom Whitening  
**\$350**  
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home whitening  
trays!

## BRIGHTEN YOUR TEETH & FALL IN LOVE WITH YOUR SMILE!

Treat yourself or a loved one to a dazzling smile this Valentine's Day! Greystone Family Dental is proud to offer our professional in-office Zoom whitening promotion. What greater gift of love could you give yourself or your sweetheart?

\*The results from teeth whitening can vary from person to person. Ask our team for more information or to book a complimentary consultation to see if you are a candidate.



COME VISIT US AT THE MARKET  
MALL PROFESSIONAL CENTRE  
4935 40 Ave NW #110  
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**(403) 286-2222**  
[info@greystonefamilydental.ca](mailto:info@greystonefamilydental.ca)



## 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



For rental inquiries contact Amanda at  
[programs@parkdaleyyc.com](mailto:programs@parkdaleyyc.com) or 403.612.1081



The Calgary  
Dance Club

**February**  
3rd & 10th

PARKDALE COMMUNITY CENTRE  
Register at: [thecalgarydanceclub.ca](http://thecalgarydanceclub.ca)

Sportball

**SUNDAYS**  
JAN 8th - MAR 15th

PARKDALE COMMUNITY CENTRE  
Register at [sportball.ca/calgary](http://sportball.ca/calgary)



**sports sundays**

## Rink Update

Hello Parkdale,

Winter is here, so that means it is the perfect time to lace up your skates and hit the PCA rink. The PCA is home to Alberta's first fully accessible outdoor rink. With plexiglass along the player boards, seamless ice entry, heated changeroom, accessible washrooms, ice skate trainers, patio, and firepit, there is something for everyone at the PCA rink and hub!

We are pleased to have Para Ice Hockey Nights back; this season is proudly sponsored by Hockey Alberta Foundation. Come by the hub every Thursday from 6:30 to 8:00 pm to see players with the Calgary Sledge Hockey Association practice and play this exciting (and difficult) sport.

The rink and hub are available for both public use and for private bookings; we even offer discounted rates for schools and grassroots programs. If you are interested in booking a private skate, please contact [programs@parkdaleyyc.com](mailto:programs@parkdaleyyc.com).

Make sure to check out our public skating schedule at [www.parkdaleyyc.com/calendar](http://www.parkdaleyyc.com/calendar). Here you will also find information on any PCA events, programs, or closures for private bookings, so make sure to check back often as it is constantly changing.

### February Public Skating Times

**Mondays:** 12:00 to 10:00 pm

**Tuesdays:** 12:00 to 10:00 pm

**Wednesdays:** 12:00 to 10:00 pm

**Thursdays:** 12:00 to 6:30 pm; 8:00 to 10:00 pm

**Fridays:** 12:00 to 10:00 pm

**Saturdays:** 9:00 am to 10:00 pm

**Sundays:** 9:00 am to 10:00 pm (except for February 5 from 12:30 to 2:30 pm)

If you are interested in helping out at the rink or with the PCA, please reach out to [volunteer@parkdaleyyc.com](mailto:volunteer@parkdaleyyc.com).

We looking forward to seeing you out on the rink this season!

## SAFE & SOUND

### February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

#### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

#### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

#### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

## RESIDENT PERSPECTIVES

# Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

**Venus:** Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

**Earth:** A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

**Saturn's Moon Mimas:** The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

**Uranus:** All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

**\*Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.



# Mardi Gras

On February 24, 1857, New Orleans held its first Mardi Gras parade. Interestingly, attendees wore masks to conceal their identities and in so doing, they were able to escape society's rigid class constraints. Masks gave them the freedom to act however they wanted, with whomever. To this day, masks and parades remain sacred Mardi Gras traditions!



## CALGARY FINE DENTISTRY

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CalgaryFineDentistry.com  
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COME CHECK US OUT!



**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](mailto:volunteer@parkdaleyyc.com)

[www.parkdaleyyc.com](http://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](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



## 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



### Building a Stronger Healthcare System

Our government is moving swiftly with our Healthcare Action Plan. We are making it a priority to address areas that need improvement in our healthcare system so that Albertans can get healthcare when and where they need it. We are investing an additional \$1.8B over three years to build capacity.

### Ensuring Access to Primary Care

- Expanding seats for family physicians in our medical schools including the University of Calgary
- Making it easier for international doctors to work in Alberta
- Providing patients with easier access to nurse practitioners and other allied health professions

### Lowering Emergency Wait Times

- Increasing access to doctors on 811 to reduce number of people going to emergency
- Building more continuing care spaces so people can be moved out of hospital faster
- Adding resources in hospitals so people can be treated faster without being admitted

### Faster EMS Response Times

- Establishing non-urgent medical transport for patients to go home when clinically safe
- Using non-ambulance service providers to move patients between health facilities
- Supporting paramedics with direct doctor access so they can better treat patients on site

As always, if you have questions or concerns feel free to reach me through email at [calgary.varsity@assembly.ab.ca](mailto:calgary.varsity@assembly.ab.ca) or call 403-216-5436.

# BUSINESS CLASSIFIEDS

For business classified ad rates call 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.

**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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# PARA ICE HOCKEY THURSDAYS



CALGARY SLEDGE  
HOCKEY

## Thursdays

6:30pm-8pm

**PARKDALE COMMUNITY CENTRE**

**Proudly supported by Hockey Alberta**

HOCKEY ALBERTA FOUNDATION

(No public skating Thursdays 6:30pm-8pm)



# 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](https://app.skipthedepot.com/parkdalecommunity)



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](mailto:secretary@parkdaleyyc.com)

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







Please allow us to introduce ourselves! We are  
**RAINBOW ELDERS CALGARY**

*A support group for 2SLGBTQ+ seniors*



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

*To discover more, please contact us!*

email: [rainbowelderscalgary@gmail.com](mailto:rainbowelderscalgary@gmail.com)

[www.rainbowelderscalgary.ca](http://www.rainbowelderscalgary.ca)

- Friendships*
- Social Events*
- Picnics*
- Role Models*
- Companionship*
- Coffee & Cookies*
- Movie Nights*
- Connecting with Youth*
- Making a Difference*
- Being Proud*
- Celebrations*

