

MARCH 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

New patients receive a free  
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Dentistry

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Root Canals

Wisdom Teeth  
Extraction

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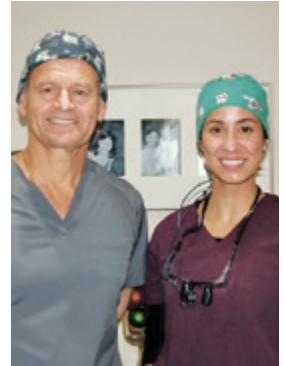
Dr. Paul Hul and Dr. Sheila Lipinski, along with their entire team, invite you into their relaxed, caring, and friendly practice.

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

## OFFICIAL

PLUMBING & HEATING

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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

## A Perfect Game




In baseball, a 'perfect game' refers to a complete nine inning game that is pitched without the opposing team making it to base. In Major League Baseball's 147 years, only 23 perfect games have ever occurred! The most recent took place in 2012 when Félix Hernández pitched a perfect game for the Seattle Mariners against the Tampa Bay Rays.

## 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



**CALGARY  
POLICE  
SERVICE**



## 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

Hello Neighbours!

A few updates this month:

- We are really happy with the new accessible community rink and the opportunities it brings for the community. In February, we held the first outdoor sled classic featuring para ice hockey teams from across the province. It was also a great way to celebrate the first birthday of the facility. Thank you to the Calgary Sledge Hockey Association for partnering with us on this event and to our Parkdale Community Association staff, board, and committee volunteers for delivering a great event!
- Our youth soccer program registration has launched. Be sure to purchase your membership to access this great program! We are also looking for parent volunteers to run the program. Programs like this are successful because of our parents and community members volunteering. If you are interested in leading the soccer program, please email [programs@parkdaleyyc.com](mailto:programs@parkdaleyyc.com).
- The Annual General Meeting is scheduled for April 27. All members have the opportunity to participate. We are seeking new volunteers to join our board and committees. For more information, contact [volunteer@parkdaleyyc.com](mailto:volunteer@parkdaleyyc.com).
- Stay tuned for our spring and summer events: Family Day, Stampede Breakfast, and Petfest. I look forward to seeing you at these great events.

As a reminder, community memberships are available online at [www.parkdaleyyc.com](http://www.parkdaleyyc.com). Thank you for supporting the Parkdale Community Association!

*Amanda Affonso*

President

*"Changing the world can start from just one very small event in time, and one person." – Kenneth Shinkozuka*

**SCAN HERE TO VIEW ADDITIONAL  
PARKDALE CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



## RESIDENT PERSPECTIVES

### Spring Cleaning Your Way to Better Health

*by Nina Wilder*



March is here and we all know what that means: time for spring cleaning! This time of year is all about hitting that 'refresh' button and tackling the chores

that we have been putting off. But this tradition doesn't have to just be about dusting the blinds and decluttering our garages, it can also be a great opportunity to set our environment up to support healthy habits.

To form new habits, we must make them attractive, easy, and satisfying. We can do this by cleaning and organizing our homes in such a way as to encourage us to do certain behaviours. For example, if we want to increase our activity and aren't interested in going to a gym, we can create a designated activity space in our home. We can clear out a corner or – if you have the luxury – an unused room and make it appealing for activity: set out a music player, hang up motivating images or quotes, and lay out equipment in an organized and accessible way. The more appealing the room is, the more you'll want to use it!

Conversely, to kick a bad habit, we must make it harder to do, unattractive, and unsatisfying. If our goal is to eat less junk food, we can start by reorganizing the kitchen. We can declutter our pantries and fridges of things that tempt us and put them somewhere harder to reach such as that cupboard in the garage, or the freezer downstairs. We can also organize the contents in our fridge so that healthier snacks are more towards the front so they're easier to grab and give us a strong visual reminder to go for those instead. If you find yourself throwing out uneaten vegetables and fruits that have gone bad, stop putting them in the fridge drawer, out of sight!

With a little elbow grease, we can not only make our homes cleaner and more organized, but also conducive to having better health. How's that for a new tradition?



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



### SPRING INTO A BEAUTIFUL SMILE

Treat yourself to a dazzling smile this spring! Greystone Family Dental is proud to offer our professional in-office Zoom whitening promotion. What greater gift can you give yourself?

\*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  
#110, 4935 40 Ave NW  
greystonefamilydental.ca**



**(403) 286-2222**  
info@greystonefamilydental.ca

### Joke of the Month

What's the difference  
between a hippo and a Zippo?

One is really heavy, and  
the other is a little lighter.



### 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.

**Dance Fridays**

The Calgary  
Dance Club

**Fridays**  
7pm - 10:15pm

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

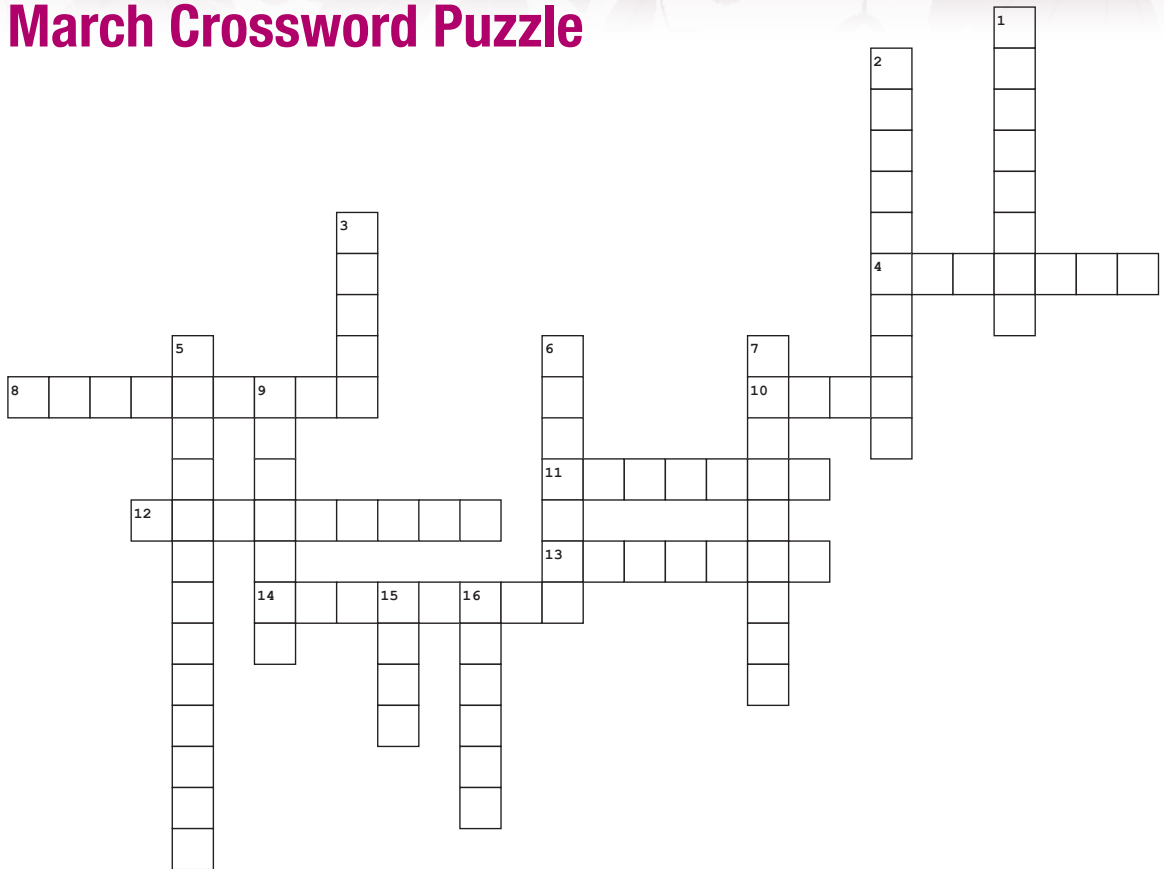
Sportball

**SUNDAYS**  
JAN 8th - MAR 19th

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

**sports sundays**

# March Crossword Puzzle



## Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

## Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR  
THE ANSWER KEY**



# Burns and Scalds

from Alberta Health Services



Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

### First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.

- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

### Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.



**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



### Investing In Our Future

A balanced budget and a growing economy create jobs and enable us to invest in what is important to Albertans. Here are a few highlights on how our government is investing in Alberta.

### Supporting Job Creation

Our province created 88,800 new jobs in 2022 (almost 25 percent of all new jobs created in the country). Job outlook for 2023 has forecasters predicting more economic growth and diversification on the horizon for Alberta.

### Diversifying the Economy

Alberta is once again a top destination for investment capital. The last few years saw major investments from companies like Telus, Mphasis, Amazon, Walmart, Air Products, Dow, PIP International, de Havilland, and Phyto Organix Foods, to name a few. Imperial Oil recently announced that it is building a \$720 million renewable diesel facility – the largest facility of its kind in Canada – in Alberta.

### Balancing the Budget

International credit rating agencies are taking note of Alberta. Moody's Investors Services upgraded Alberta's credit rating to AA2. This decision speaks volumes about our government's management and decision-making as we focus on healthcare, education, the economy, and affordability for all Albertans.

### Investing in Healthcare

A balanced budget and growing economy allow us to continue to invest in healthcare. We have invested a record breaking \$22 billion in healthcare in 2022, the highest amount ever, and we will continue to invest more in Budget 2023.

We are building a province that is stronger and more resilient than ever.

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.



**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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## Parkdale Real Estate Update

Last 12 Months Parkdale

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
February 2022	\$689,900	\$692,500

Last 12 Months Parkdale

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
February 2022	12	12

To view more detailed information that comprise the above  
MLS averages please visit [pdal.mycalgary.com](http://pdal.mycalgary.com)

## CRIME STATISTICS



### Parkdale Crime Activity was Down in January 2023

The Parkdale community experienced 0 crimes in January 2023, in comparison to 1 crime the previous month, and 4 crimes in January one year ago. Parkdale experiences an average of 3.9 crimes per month. On an annual basis, Parkdale experienced a total of 47 crimes as of January 2023, which is down 25% in comparison to 63 crimes as of January 2022. To review the full Parkdale Crime report visit [pdal.mycalgary.com](http://pdal.mycalgary.com).

*How To Report Crime In Parkdale: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*





## 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)



# Soccer Registration

Hello Parkdale,

As we begin to head into the tail end of winter, now is the time to start thinking about spring activities. Once again, PCA is offering soccer programming for youth from ages 2 to 18. The 2023 season is from April 23 to June 17, with teams beginning to practice in mid-April. Our home field will be the same as in previous seasons, behind Westmount Charter School on 29 Street NW. Registration is now open until March 15 at [parkdaleyyc.com/soccer](http://parkdaleyyc.com/soccer).

Our U4 and U6 programs operate entirely within Parkdale, with the focus being on practice and scrimmage. Once in U8, participants will play against nearby communities. While those in U10 and above are part of the Inter-Community House League, which consists of teams for Northwest inner-city communities. For more information on age brackets and program offerings, please visit [parkdaleyyc.com/soccer](http://parkdaleyyc.com/soccer).

To keep registration fees low, our soccer program is entirely volunteer run. If you are planning on attending your child's practices and games, we ask you to consider assisting the team as either a coach or manager. If you are interested in seeing what to expect from these roles, please visit [parkdaleyyc.com/soccervolunteers](http://parkdaleyyc.com/soccervolunteers).

We look forward to seeing you on the field!



**YOUTH SOCCER**  
**SPRING 2023**  
**U4 - U18**  
**REGISTRATION ENDS MARCH 15**

LEARN MORE AND REGISTER AT  [www.parkdaleyyc.com/soccer](http://www.parkdaleyyc.com/soccer)

Parkdale Youth Soccer is now open until March 15th.  
With offerings for children as young as 2 all the way up to 18, there is something for everyone.  
For more information and to register, visit [www.parkdaleyyc.com/soccer](http://www.parkdaleyyc.com/soccer)



**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>



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