

AUGUST 2024

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# PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



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# WHAT'S NEW IN OUR NEIGHBOURHOOD



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7					9			4
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SCAN THE QR CODE FOR THE SOLUTION



# Don't Get Burnt by Solar This Summer. Here Are Six Things to Consider While Shopping for Your New Solar System

by Taylor Holbrook, Solar Sales Consultant

**1. Beware of pushy sales tactics.** Solar is a big-ticket renovation to your home, much like a new kitchen or bathroom. If you don't hire the right team, the value and peace of mind it brings can turn into a headache overnight. Take your time when making such an important financial decision about your home. This might be one of the largest investments you make on your home, so make sure you never sign up "at the door." Take your time and make sure you feel like you've had time to digest the information, ask any questions, and that you are fully comfortable with the next steps. The best practice is to shop around – get a few quotes from reputable, local installers and move on from there. Industry standard does not require a deposit with a quote, so be wary of companies "locking you in" for a fee at the door, these are often predatory.

**2. Check reviews!** There will be a lot of new solar sales and installation companies popping up in Calgary in the coming years as the industry grows. Take into account their reputation. How long have they been in the industry? What are their customers saying about them? You can tell a lot about a company by their reviews. Tip: make sure to read through and ensure the reviews are genuine and from customers, not their staff!

**3. Do they subcontract out the installation?** There are two main ways that solar companies go about installation: through an in-house install team or subcontracted out to a third-party installer. Although not always the case, there have been instances where the third-party installation company does a less-than-stellar job, and since the solar sellers are not liable for the third-party installer's practices, this leaves the homeowner high and dry with their problems. We recommend choosing a solar company that does both the solar sale and installation, so all your warranties and customer service are in one place.



**4. Do they follow safety standards?** It only takes one OH&S violation to derail your entire project or stop it completely! Feel free to ask your solar sales representative about their company's installation safety practices. Great questions to ask include: Do they space their panels with enough distance between to safely access the panels if maintenance is required? Do they require safety practices for the installation team? You can also tell a lot from the design, like are the panels too close to or extended over the perimeter of your roof?

**5. Is your quote accurate?** Make sure that what your solar sales representative is offering you is actually obtainable and do your homework. Do they take into account the shade from the neighbour's house or the large evergreen in your front yard? Cross reference quotes and ask your representative what the accuracy percentage is on their designs. If one company is offering you 103% offset with eight panels, and another is offering you 98% with 12... the likely story is the eight-panel system is over-promising.

**6. Do they offer a warranty?** There is always a risk with any technological installation that either the technology itself needs replacing, or the workmanship may need a redo. Make sure both your system and the work are under warranty. At the moment, the best industry warranty that companies are offering is a 25-year workmanship warranty.

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# How to 'Hold Space' for Someone

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

An advertisement for Fairplay Pet Supply. The background is a black and white photograph of a person's legs and feet walking a small, fluffy dog on a leash. The text "FAIRPLAY PET SUPPLY" is written in a large, white, serif font across the top. Below it, the tagline "...everything pets" is written in a smaller, white, cursive font. At the bottom, the address "2604 Kensington Rd. NW 403-283-2117" is written in a white, bold, sans-serif font.

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## News from the Friends of Nose Hill

by Anne Burke

Urban green spaces enhance our lives in cities. Parks serve as spaces for physical activity, mental health, social contact, and connection with nature across Canada. As sanctuaries, they strengthen our bonds with nature and promote biodiversity. According to the 2023 Canadian City Parks Report, parks had high use and reflected great value during the period studied. Indeed, 94% of cities reported increased use of parks in the last year. Parks were also used more in the winter for 50% of Canadians and 73% expected this use to continue. Of all park types, Canadians say they preferred to visit local neighbourhood parks (71%), natural areas (61%), and trails (60%) for nearby green spaces. Community Park groups continued to use their local parks across the country.

There were interviews with 44 senior parks staff from 30 municipalities, who shared challenges they are facing, the projects and people that inspire them, and the vision for the future of city parks. About 64% of city residents said they visit parks two to three times per week or more, including 29% who visit every day or almost every day; while 51% of city residents said they'd like to spend more time in parks than they currently do. Addressing impacts from climate change/extreme weather is one of the challenges for 94% of cities; 60% said they feel equipped with the knowledge and tools to address climate change through their work in parks. Only 57% of cities agreed that most parks are well-designed and planned to withstand the impacts of climate change, but 3% strongly agreed. When many informal parallel bike trails lead to the same place, "during certain periods of the year, maybe we close the park and allow wildlife to migrate through it." See: [ccpr.parkpeople.ca/2023/](http://ccpr.parkpeople.ca/2023/) for more on this report.

### Do You Know Your ABCDEs?

Hopefully you are enjoying the outdoors this summer, but are you putting yourself at risk? This year, almost 7,000 Canadians will be diagnosed with melanoma after spending too much time in the sun in the past.

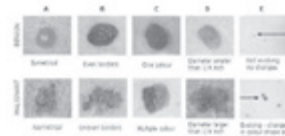
Melanoma is one of the most aggressive types of cancer and one of the most common types of cancer for those aged 15 to 29. If not caught early, it is the deadliest form of skin cancer.

Everyone is a candidate for melanoma, but those who are fair-skinned, blue-eyed, have red or blonde hair, have more than 50 moles on their body or have a family history of the cancer are most at risk.

The good news is that melanoma is easily, and often, detected by people doing personal examinations using the ABCDE method.

Examine your moles regularly and watch for:

- A - Asymmetry – One half of the mole does not match the other.
- B - Border – Mole edges are uneven, blurred, notched, or ragged.
- C - Colour – Colours are different or inconsistent with other moles.
- D - Diameter – Mole is growing in size or is larger than 6mm.
- E - Evolution – Mole has changed in recent weeks or months and may itch or bleed.



Limit your time in the sun and wear protective clothing, a hat, sunglasses, and sunscreen, even when it's cloudy. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays.

Remember that there is no such thing as a 'healthy' tan. Tanning equipment damages your skin and increases your risk of developing melanoma.

Get outside and enjoy the summer but be sun-safe and sensible.



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## Word of the Month

**Mellifluous: adjective**  
(muh-lif-loo-uhs)

Sweet or smooth sounding, as in a voice or string of words.

She believed Spanish to be the most mellifluous language in the world.



## Cats, Canines, & Critters of Calgary



Chiko, Stradwick Rise



Dude, Evanston



Harry, Bridgeland



Pikko, Hillhurst Sunnyside



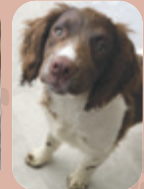
Riley, Kensington



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<b>News, Events, &amp; More</b>	<b>Crime Statistics</b>	<b>Real Estate Statistics</b>
		



# PARKDALE GARDEN TOUR

A SELF-PACED WALKING TOUR TO SHOWCASE THE GARDENS IN OUR COMMUNITY

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[PARKDALEYYC.COM](http://PARKDALEYYC.COM) | [@PARKDALEYYC](https://twitter.com/PARKDALEYYC)




# 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



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# PCA RINK RULES

Use At Your Own Risk

1. **No** Skateboarding
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3. **No** Hanging on Basketball Rims
4. **No** Game Play Outside of the Rink
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6. **Do Not** Damage PCA Property / Facility Equipment
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PARKDALE COMMUNITY ASSOCIATION PRESENTS

## MICRO-GRANTS PROJECT

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Ball Cap	\$35
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