

FEBRUARY 2024

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PARKDALE POST

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PCA Update

Hello neighbours!

It was nice to see so many people at the Sport Chek Community Skate on January 14! With the extended fall that we had all the way into December, it was a great way to celebrate winter, the outdoors, and on-ice activities. Thank you so much to our facility manager, Rob, and the entire rink rangers crew for working tirelessly to get the rink up and running over the holidays!

Now that winter is fully here, we would like to remind everyone that the Parkdale rink is a space for all skaters and all abilities. We ask that hockey be played on only half the ice when free skaters are also present. Let's keep the rink available for all activities! If you would like to book the rink for a private skate, you can put in a request at www.parkdaleyyc.com/rentals.

There are lots of events and activities at the Rink and Hub so make sure to check the schedules posted around the facility or online at www.parkdaleyyc.com/calendar regularly. We would hate for you to come down with all your gear only to find that a private skate is going on.

While we are in the middle of winter, we are already preparing for the upcoming spring soccer season. We are excited to announce that we have partnered with Chinook Soccer for the 2024 season! Through this partnership, we hope to provide some more training, tools, and resources to all of our amazing volunteer coaches as well as more opportunities for play and activities for our U4, U6, and U8 programs.

To help make the 2024 soccer season the best the PCA has ever had, we are also actively recruiting a volunteer soccer coordinator. This role will be a liaison with Chinook Soccer and ICHL (the league our U10+ teams play in) as well as coordinate some key pieces for the soccer season. With the help of the soccer administrator, the time commitment for this role will be no more than two to four hours a week during the pre-season (February to April) and one to two hours a week during the season (May and June). You can find out more information at www.parkdaleyyc.com/soccertvolunteers or by emailing programs@parkdaleyyc.com.

Soccer registration opens on February 1 this year! You can find out more information on our program offerings and how to register at www.parkdaleyyc.com/soccer. We hope to see you all on the field this spring!

PCA Board of Directors

PCA Membership

Hello Parkdale,

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 the annual general meeting, and so much more. 2023 PCA memberships expired on January 31, 2024; unless you renewed or became a member in November or December of 2023 (those will expire on January 31, 2025) you will need to get a 2024 membership. 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. For more information and purchase a PCA membership, please visit www.parkdaleyyc.com/membership. As always, remember to let us know how you would like to volunteer with the PCA, your community association.

See you around Parkdale!



The Month of Love

by Danielle Robbertze



February arrives with temperatures still a bit frosty and all you can think about is that special person in your life to snuggle with.

The month of love typically celebrates those who are in a romantic relationship. But it does not have to be this way. It can also celebrate the love for a sibling, parent, guardian, friend, child or other family members. The month of love really should celebrate the love we share with all our fellow human beings, as love is a precursor to humanity.

Do not restrict your love to one person. Love brings meaning to our lives. Without it we struggle through life's challenges such as loneliness. Love is universal and can be extended to any person no matter their gender, sexuality, race, nationality, or ethnicity. Do not restrict yourself from a life-changing love because of pre-held biases and prejudices. Open yourself to all of humanity and see how your life can change to unconditional happiness.

Love comes more naturally to the human heart than hate, as Nelson Mandela once said. We should not judge others for who they love. We cannot change who we love, as it comes naturally to the heart and is hard to change. If we judge those who love one another simply because they are different from ourselves or different from the people we love, it is because we have been taught not to love, forced to see the differences in others. This only brings more isolation into a person's life.

For this month of love (and possibly your whole life), open your heart to others. Celebrate the differences that make each human a unique being in this world we share. Learn to love and you will see the joy of another person is essential to your own happiness.

YOUTH SOCCER
SPRING 2024
U4 - U18
REGISTRATION ENDS MARCH 15

LEARN MORE AND REGISTER AT
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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.

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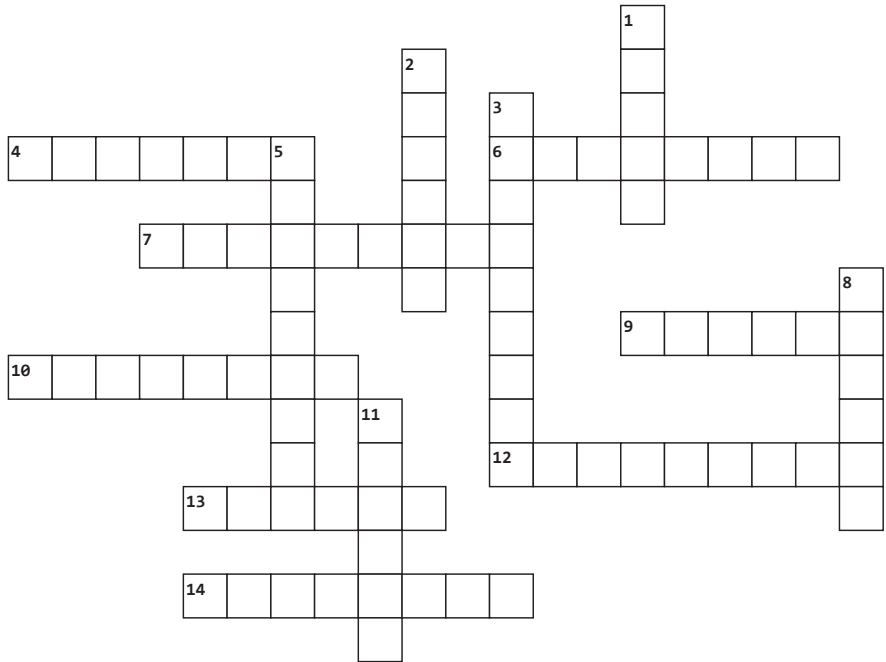
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February Crossword



Visit bit.ly/mycalgary answers or scan the QR code for the answers



Across

4. This historical fiction novel was released on February 10, 2009, and made into a major motion picture starring Viola Davis, Octavia Spencer, and Emma Stone.
6. A ring made with this birthstone had a carved image of Cupid and is said to be worn by St. Valentine.
7. This American painter, well-known for his artwork "American Gothic" was born on February 13, 1891.
9. On February 15, 1965, this country officially received its flag, 100 years after becoming a country.
10. Tessa Virtue and Scott Moir won gold in this category in February 2010 at the Vancouver Winter Olympics.
12. This well-known annual league championship takes place every year on the second Sunday in February. It will be played on February 11 at Allegiant Stadium in Las Vegas this year.
13. The official flower that represents birthdays in February.
14. The popular heart-shaped candies with cute messages were originally used as _____.

Down

1. This dwarf planet was discovered on February 18, 1930, and was named by 11-year-old, Venetia Burney.
2. February 10, 2024, marks the beginning of the Year of the _____.
3. This festival, which takes place on the same day as Shrove Tuesday, celebrates the end of the pre-Lenten season with colourful masks and parades.
5. Released in February 1940, this Disney motion picture featuring the beloved character Figaro, was the first animated feature to win a competitive Academy Award.
8. In 1990, the Lieutenant Governor of Alberta, Helen Hunley, introduced this day to celebrate and honour loved ones.
11. Abel Makkonen Tesfaye, better known as The _____, was born on February 16, 1990, in Scarborough.

February is Heart Month

by Alberta Health Services



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

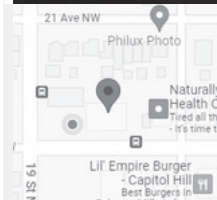
- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) 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.

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News from the Friends of Nose Hill

by Anne Burke

Some features produce a positive response in visitors, as a focus for passive recreation, education, and interpretation; they remain opportunities for interpretation of bedrock themes in the park. Among the landscape features are large sandstone boulders several metres across. Those in north slope coulees may contain fossil clam shells, as remnants of a wave cut terrace which tumbled onto valley glaciers.

The Nose Hill pre-glacial gravels in the eastern portion of the Hill extend throughout the hilltop. In the Burnco gravel pit - and the slopes leading to this area from 19 Street and from Charleswood Drive - several trails and junctions in the south-facing areas are where exposed gravel from the Hill use in the 1960s and 70s would have been visible unless remediation was done with nurse and native grasses, after re-rooting foot traffic while the repair was undertaken.

A review of land uses of Nose Hill revealed that areas more severely damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating. Although rutted trails remained, some already had grass growing in them due to less traffic. Ravine trails were heavily overgrown by tall grasses, thistles, and nettles, so that people used them less.

Firefighting, weeding, and controlled burns with vehicles damaged the plateau and slopes above the Porcupine Valley bike path. Widened and two-track trails are from social use; trail braiding on steeper hillsides due to wet, icy, or poor conditions. An on-hill project was raking to prevent new desire lines. Work was needed on the old motorcross routes up the bluff south of Porcupine Valley and along the Many Owls Valley Road where the trails had been washed out or deeply grooved. Pedestrian use of old vehicle roads slowed regeneration and remediation was warranted.



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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.



An Abundance of Sudoku

What is the significance of the number 6,670,903,752,021,072,936,960? And how do you even say it? This is the total number of solvable Sudoku puzzle layouts. It is six sextillion, 670 quintillion, 903 quadrillion, 752 trillion, 21 billion, 72 million, 936 thousand, 960. Try saying that five times fast! Super easy right?



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9:00AM – 10:00PM
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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



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

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COORDINATE THE SPRING SOCCER
SEASON

Time commitment is:
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1-2 hrs/week (May-June)



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