

MARCH 2024

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your



# PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



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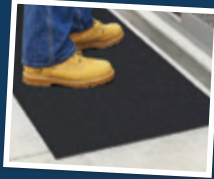
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# COME HOME TO UNIVERSITY DISTRICT

Magna a new luxury condo project by Jayman BUILT is now available in the mindfully made University District located in Northwest Calgary. Visit the Discovery Centre to learn more. *Life works here.*

Stay tuned for details on a new townhome project launching soon.

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403.288.0280

[myuniversitydistrict.ca](http://myuniversitydistrict.ca)

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Emergencies - Direct Billing - Extended Hours - Full Family Dentistry - New Patients Welcome



## 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 9-1-1.

## Winter Cart Placement Tips

by The City of Calgary



Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at [calgary.ca/cartplacement](http://calgary.ca/cartplacement).



## GAMES & PUZZLES

### Guess the Country!

1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



SCAN THE QR  
CODE FOR THE  
ANSWERS!

A registration poster for Parkdale Youth Soccer. The background is a green soccer field with a soccer ball on the right. The text is in yellow and white. It says 'YOUTH SOCCER' in large letters, 'SPRING 2024' below it, and 'U4 - U18' in the largest font. A yellow banner says 'REGISTRATION ENDS MARCH 15'. Below that, it says 'LEARN MORE AND REGISTER AT' with a yellow arrow pointing to the website 'www.parkdaleyyc.com/soccer'. There are two QR codes: one on the left and one on the right. The bottom of the poster has a dark blue background with white text: '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'. There are also two small Parkdale Youth Soccer logos on the left and right sides of the website link.

An advertisement for Great News Media. The background is a close-up of a pink rose. The text is in black and white. It says 'Get Noticed' in a large, cursive font. Below that, it says 'ACQUIRE AND RETAIN NEW CUSTOMERS. Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites. Call 403-720-0762 | sales@greatnewsmedia.ca'. There is a QR code on the right side of the advertisement. Below the QR code is a black button with the text 'SCAN ME'. At the bottom, it says 'GREAT NEWS MEDIA' in large, bold letters, and 'LEADERS IN COMMUNITY FOCUSED MARKETING' in smaller letters below it.

An advertisement for Official Plumbing &amp; Heating. The background is a blue and white image of a plumber working on a sink. The text is in white and red. It says 'OFFICIAL' in large, bold letters, with two red wrenches crossed over the 'I'. Below that, it says 'PLUMBING &amp; HEATING'. The services listed are 'Plumbing Services', 'Furnace Install &amp; Repair', 'Drain Cleaning', 'Boiler Install &amp; Repair', and 'Electrical'. A large red '\$50' is shown, with 'Service Call Fee' written below it. At the bottom, it says '403-837-4023', 'info@officialplumbingheating.ca', and 'official-plumbing-heating.ca'.

# Preventing Cumulative Stress

by Alberta Health Services

Imagine running a marathon. Now imagine running another marathon immediately after with zero recovery time. Then another. Then another.

Cumulative stress is a bit like running consecutive marathons, except in this case there is little to show for it. Instead, chronically stressful situations with no reprieve have a harmful impact on your body and mind.

Cumulative stress has been defined as a common experience for people who work in chronically stressful situations. It can be the result of an accumulation of a heavy workload, poor communications, multiple frustrations, coping with situations in which you feel powerless, or the inability to rest or relax. It can be experienced in both work and personal lives and exacerbates stress levels in both areas of your life.

Moderate and contained stress can be a source of motivation, inspiration, and energy. However, prolonged, and negative stress stimulates the level of stress hormones that can impact your emotions, thoughts, and physiological responses.

### Possible Cumulative Stress Reactions

If you are experiencing cumulative stress, here are possible reactions you may notice:

- Difficulty concentrating
- Feelings of hopelessness, powerlessness, and cynicism
- Sleep disturbances and chronic exhaustion
- Irritability and angry eruptions
- Chronic criticism and blaming of others
- Withdrawal from others
- Depression and anxiety
- Increased substance use/abuse

### What Can You Do?

There are many things you can do to improve your stress levels. Keep in mind that resilience should be a key part of a well thought out self-care plan that supports your ongoing personal and professional wellness needs.

Here are some suggestions or ways of reframing your thoughts:

- If possible, can you spot the silver lining? Researchers suggest that perception plays a key role in how we manage stress.
- Manage your stress levels by regularly putting time aside through your day to relax your nervous system (i.e. by using breathing exercises, taking your breaks or a walk at lunch, etc.)
- Re-assess any self-blaming or negative thoughts patterns and instead, look for one or two positive aspects of your day that you have control over.
- Connect with your family, friends and/or coworkers. Human connection has been shown to be a key factor in supporting resiliency.
- Get some physical exercise. Exercising stimulates the release of stress-relieving chemicals (such as dopamine and endorphins) into our system.
- Find something that will help distract you from intrusive thoughts. Some people find it helpful to be engaged in leisure and social activities. Returning to daily routines can also be helpful.
- Maintain good sleeping habits. Avoid using electronics (i.e.: cellphone, tablet, laptop, etc.) at least one hour prior to bed. Having healthy sleep patterns will support your recovery.
- If you find yourself re-experiencing distressing thoughts or images, it's recommended to use grounding techniques and diaphragmatic breathing to keep you in the present moment. Information on these topics can be found on credible and well-known websites.
- Avoid comparing your recovery to that of your coworkers. We all recover differently based on our connection to the event, our interpretation of the incident and our life experiences.
- Connect with your leader at work to discuss your source of stress: they might be able to help and accommodate your needs during that time.

### Reducing Cumulative Stress

Experiencing Cumulative Stress for a prolonged duration of time can have a negative effect on your wellbeing, impacting everything from decision making to your immune system. Fortunately, there are several options you can choose from to bring yourself to a better and more positive head space and find your

healthy balance. The key is implementing your chosen strategies consistently, and to review your self-care plan on a regular basis to ensure it is working.

If you are struggling, you are not alone. AHS has resources and services available to help you. For information on supports in place to help, visit our support site at [AHS.ca](https://www.ahs.ca), or call the Mental Health Helpline at 1-877-303-2642.



**MLA Calgary - Varsity**  
**Luanne Metz**  
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☎ 403-216-5436  
✉ [calgary.varsity@assembly.ab.ca](mailto:calgary.varsity@assembly.ab.ca)  
📱 @drmetzndp | 📧 @luanne\_metz

### **Budget 2024**

We began sitting for the Spring 2024 Session of the Legislature on February 28, 2024, and the government introduced the 2024 Alberta budget.

As Official Opposition Health Critic, I will be taking a lead role in scrutinizing the health budget. To prepare for this, I'm consulting with healthcare experts, frontline workers across the province, and everyday Albertans trying to access healthcare. In this budget, I will be looking for a long-term, evidence-based plan that makes the most effective use of money to recruit and retain health care workers, and to improve access and quality of care.

We cannot effectively increase spaces to care for people without enough staff. We must immediately focus on retention of our workforce. We cannot let the system crumble further.

### **Town Halls**

On February 24, I hosted a "Your Pension Is Yours" town hall, to give constituents such as yourself a chance to share your thoughts on changes to the CPP. It remains clear that the vast majority of Albertans just do not want Alberta to leave the CPP, nor do they want politicians having control over their hard-earned retirement money.

On Thursday, March 21, I will be hosting a Health Care Town Hall in Parkdale, with an open house from 2:00 to 4:00 pm, and a town hall at 6:00 pm. With government health care reforms looming, and the system crumbling, there needs to be a serious refocus of the reforms to support frontline workers. I want to hear from the health care workers, the people who have been affected by this crisis, and you. If you are interested in attending, you can find more information at [linktr.ee/mlametz](https://linktr.ee/mlametz), or email my constituency office at [Calgary.Varsity@assembly.ab.ca](mailto:Calgary.Varsity@assembly.ab.ca).

If you are interested in reading more in-depth about issues affecting Albertans, and what I am doing to represent you, please sign up for my digital newsletter at [linktr.ee/mlametz](https://linktr.ee/mlametz)!





## News from the Friends of Nose Hill

by Anne Burke

As many of you are aware, there is an annual global community science competition which documents urban diversity in 460 cities.

Find Wildlife. Take a Picture or Record. Share! Public bioblitzes are held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organisms in urban areas. Since parks are for everyone, use only designated pathways and trails. Respect wildlife and keep your distance. Use designated garbage bins. Keep dogs leashed and pick up after them. Respect other visitors.

The 2023 City Nature Challenge involved taking pictures from April 28 to May 1, and then identifying them. In all there were over 1.8 million observations, nearly 58,000 species, and 66,394 participants. For example, Urban Bee Flies were among one of the species identified and they are important pollinators in Calgary. One of Calgary's most observed butterflies, in spring and fall, was the Mourning Cloak. Common Greenshield Lichen and Red-stemmed Feather Moss were also observed in Calgary. A Water Strider was observed in Bowness Park. A Boreal Chorus Frog was also observed in a threatened wetland of Calgary. The Canada Goose in Calgary's urban ecosystem was also observed. An Orange-Crowned Warbler in Weaslehead Natural Area was also identified. Find pictures of all these species and more at [www.citizenblitz.ca/](http://www.citizenblitz.ca/).

Yes, the City Nature Challenge will take place again this year. The dates for the event are April 26 to April 29: Taking pictures of wild plants and animals. April 30 to May 5: Identifying what was found. Canadian and global results will be announced on Monday May 6, 2024. This will be the sixth year for Calgary Region participation and there are awards for the top cities. It can be any plant, animal, or any other evidence of life found in the City. Take a picture of what you find or record a sound. Be sure to note the location. Share your observations. The set up for the project page, working with the global organizer team for materials, and more can be found at: [www.inaturalist.ca/projects/city-nature-challenge-2024-calgary-metropolitan-region](http://www.inaturalist.ca/projects/city-nature-challenge-2024-calgary-metropolitan-region).



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# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or 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; 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 | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up / Drop-Off Service Available.

**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.



## JOKE OF THE MONTH



What do you call two monkeys who share an Amazon account?

Prime mates!



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### SCAN HERE TO VIEW ADDITIONAL PARKDALE CONTENT

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



## PARKDALE COMMUNITY VOLUNTEER OPPORTUNITIES

**Planning & Development**  
**Garden**  
**Events**  
**Memberships**

The PCA is always looking for outgoing individuals looking to contribute to their community

Interested? Please email [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



**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 or 403.612.1081

# WANTED: SOCCER REFEREES

PCA IS SEEKING REFEREES FOR  
U10 AND U13 GAMES IN PARKDALE  
**PAID POSITION**

Time Requirement:  
Tuesdays & Thursdays : 6:00pm -7:30pm

contact  
programs@parkdaleyyc.com  
for more information



**Parkdale  
Community  
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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



## 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)

# Epilepsy Awareness Month

## Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!

MARCH 26  
**Purple Day**



**Light up the Night in Violet Vibes!** Light up your homes, offices, and public spaces in purple to show your solidarity.



**Dress in Grape Glory!** Show your support by wearing purple clothing or accessories on March 26th.



**Spark a Purple Revolution!** Be a part of the change! Donate or start a fundraiser.



[epilepsycalgary.com](http://epilepsycalgary.com)

Share your purple moments using

**#postyourpurple**

