

OCTOBER 2024

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PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



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Backyard birding IS a THING.

- Feed the birds to....
- connect with nature
 - find relaxation
 - support our urban wildlife
 - have fun
 - take a break from technology

See us for all of your backyard bird supplies, and info on attracting birds.

Fairplay Wildbird Centre

2604 Kensington Road NW 403-283-2117 Find us on FB & IG



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Expires Feb 1, 2025

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- Oral Surgery
- Children's
Dentistry
- Restorative
Root Canals
- Wisdom Teeth
Extraction

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



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

Cats, Canines, & Critters of Calgary



Buck, Montgomery



Dry Bones,
McKenzie Lake



Harper Lee,
Beddington



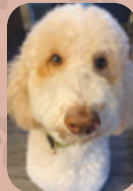
Hemi, Shawnessy



Jasper, Mahogany



Josie,
Springbank Hill



Leo,
Panorama Hills



Percy, Evanston

To have your pet featured, email news@mycalgary.com

Halloween Safety

by Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

PARKDALE COMMUNITY ASSOCIATION
RAINBOW ELDERS CALGARY AND PARKDALE NIFTY FIFTIES
PRESENTS...



FRIGHT FEST

*DANCE THE TIME AWAY WITH OUR DJ
SPINNING WEBS OF TERRIFIC TUNES...*

*NAVIGATE THROUGH OUR BONE-CHILLING
HAUNTED HOUSE...*

*AND EXPLORE THE EERIE HALL OF VENDORS
FEATURING YUMMY CANDIES FOR TRICK OR
TREATING AND EXCLUSIVE DOOR PRIZES...*

Saturday
26th October
4:00-8:00pm

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Calgary, AB, T2N 0V7

TICKETS

CALL 403-283-0620 OR
ONLINE AT WWW.PDNF.ORG

\$10/PERSON
OR \$35/ GROUP OF 4

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**COSTUME
CONTEST!**



Rainbow
Elders
Calgary

Parkdale
Nifty Fifties



A Little Time Invested in Your Mental Health Can Go a Long Way

by Calgary and area Primary Care Networks

October marks World Mental Health Day — a day to raise awareness and remind us of the importance of mental health. In today's fast-paced world, dedicating even a small amount of time to your mental health can help boost your mood, reduce stress, and improve your overall well-being.

Getting Support Doesn't Need to Be a Time Burden

A common misconception about accessing support for your mental health is the heavy time commitment. Studies show a single counselling session can be very effective.

"Our data shows that many patients find value in just one session," says Daniel Liddle, Mental Health Professional.

Health team members from the Primary Care Network share a variety of things you can do to help your own mental health in appointments and workshops.

Here are some simple steps you can try in your daily life.

Mindful breathing

Mindful breathing is a powerful relaxation technique to lower stress. This type of breathing can lessen the body's fight-or-flight response.

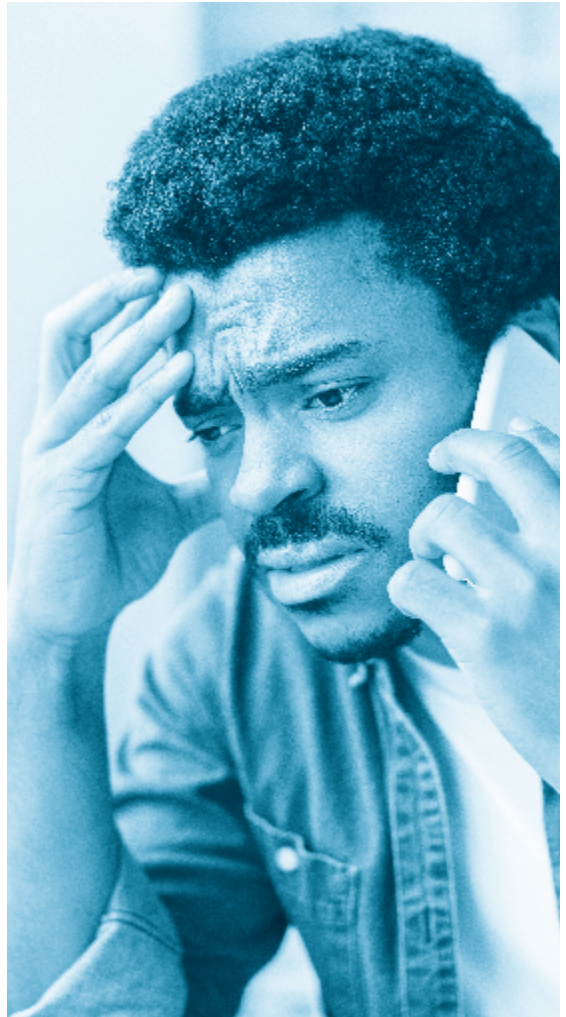
"When we feel anxious, we tend to breathe quickly and shallowly. Taking slow, steady breaths can help you move into a calmer state," says Lynette Smith, Health Management Nurse.

Worry journaling

Using a journal to write and reflect on your worries can help you feel more in control and less overwhelmed. "Putting your thoughts on paper can make them seem less intimidating," says Smith. "You can identify what is causing you to worry and challenge those thoughts with more helpful perspectives."

Daily movement

Physical activity can be good for your mind and body. Liddle adds: "Our mental and physical health have a very strong connection. Incorporating daily movement is one of the easiest ways to help reduce stress and improve our overall wellness."



Find support

If you are looking for mental health support, your family doctor can help. You can also access free counselling and workshops through the Primary Care Network.

If you are in a crisis, struggling with severe depression or anxiety, or having suicidal thoughts, please call the Distress Centre's 24-hour helpline at 403-266-4357 or call 2-1-1.

Swish ORAL CARE



Good vibes,
great care.

It's official: our second location is opening in the University District this fall. Sign up for our patient waitlist and be the first to experience Swish 2.0.

Scan me
Scan me
Scan me



swishoralcare.ca

[@swishoralcare](https://www.instagram.com/swishoralcare)

At Swish, great care comes easy.

Swish is a locally-owned dental clinic, opening this fall in the University District. Since opening our Bridgeland location in the summer of 2022, we've earned over 500 5-star reviews for our people-first, hospitality-inspired approach to dentistry. Our mission? To make every dental appointment feel less like a chore, and more like your favourite self-care routine.

Say goodbye to dental anxiety and switch to Swish. Join our patient waitlist and be the first to experience our brand-new University District location.

Good Vibes +
Shame-Free
Treatment

Fast and
Convenient
Direct Billing

Experience
the Extras at
No Extra Cost

Swishers say...

“ I have dreaded going to the dentist for decades and now I finally found an office that I enjoy coming to.” - *Kayla R.*

“ First class dental service.” - *Chad T.*

“ I am truly astonished that this place exists—in the most wonderful way possible.” - *Shelby B.*

“ The way a dental clinic should be run. Top notch experience and service. Well worth the wait to book!” - *John S.*

Why Switch to Swish?



Designed for Care & Comfort.

We've partnered with award-winning designer, Sarah Ward Interiors, to create a clinic that's anything but clinical. Say no to the fluorescent glow and yes to thoughtful design details that put your mind at ease. Sneak-a-peek at our new space on Instagram at @swishoralcare.

Tailored to Your Tastes

Mint or Strawberry floss? Netflix or Disney+? A scoop of Village Ice Cream or a cup of coffee from Monogram? Everything you didn't know you needed from your dentist, at your fingertips, at no extra cost.

Healthcare, Meet Hospitality

Our philosophy of care puts people first, always. We ease dental anxiety with kindness, compassion, and empathy. When you enjoy your routines and rituals, great care comes easily.

Say ahhh...

Swish specializes in all things dental for all ages. From essentials to emergencies, our services are priced according to the Alberta Dental Association fee guide.



The Essentials

A comprehensive dental exam, cleaning, 3D wellness scan, x-rays, complimentary oral cancer screening, and free whitening.



Fresh 5

Fresh 5 is a flat rate option with five must-have treatments.

*Price updated January 1, 2023, as per the Alberta Dental Association Fee Guide.



Dental Work

Cavities, wisdom teeth, root canals, crowns, implants, and more. Thorough, yet gentle on tough stuff.



Cosmetic Dentistry

Form meets function. Botox, whitening, veneers, and more.



Invisalign

Complimentary scans and detailed consults from the leader in straighter smiles.



Emergencies

Broken or chipped tooth? Extreme toothaches? Say no more – we're on it.

Brush up on all things

Swish

Opening this fall in the University District. Be the first to book – join our patient waitlist.

Find us online:



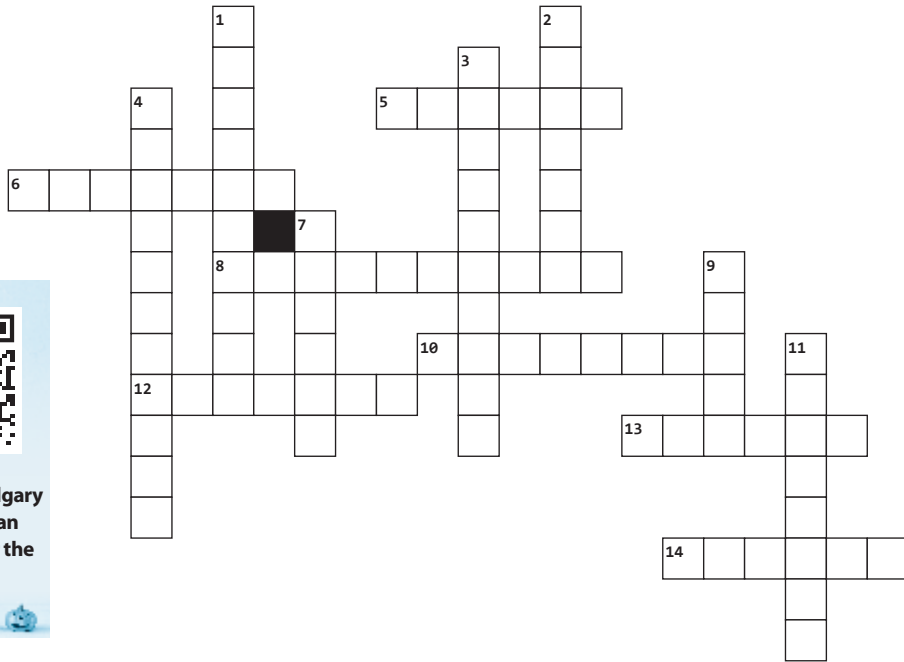
swishoralcare.ca

hello@swishoralcare.ca



@swishoralcare

October Crossword



Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World _____ Day.
6. In October, Canadians commemorate Women's _____ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League _____'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian _____, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, _____ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance _____, was born on October 29, 1998.

Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for _____ on October 13, 2016.
2. *Joker*, starring Oscar-winner _____ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. _____, was first published on October 14, 1926.
11. October's birth flower, the _____, is a popular bright orange and yellow flower used during Día de los Muertos festivities.



News from the Friends of Nose Hill

by Anne Burke

Nose Hill Park is one of the largest urban parks in North America and is distinguished by its unique geological, ecological, and anthropological history (<https://inaturalist.ca/projects/nose-hill-park-bioinventory>). With an abundance of remarkable flora and fauna, this project aims to record observations made by Park users. This information and a quick update were posted on our Facebook page about how the Nose Hill Park iNaturalist project is going. There have been many awesome observations this year. Since January over 2,600 observations have been added. We have nearly 10,000 iNaturalist posts made for the Park. Let's keep the momentum going! Hopefully, we will be close to 11,000 by 2025 and encourage everyone to share their photos of flora and fauna on the Hill. We recently surpassed 200,000 posts made within the City of Calgary municipal boundaries. Of course, you can post (on iNaturalist generally) your biodiversity photos from anywhere in the world, including your own yard and other favourite parks. All this data will help to guide the Nature Calgary updated "Green Book" which is currently in the data collection phase.

World Migratory Bird Day is on the second Saturday in October and again in May. The goal is to raise awareness of issues affecting migratory birds and to inspire action around the world to take measures for their conservation. Migrating birds may fly from 24 kms to 960 kms or more per day. Hawks, swifts, swallows, and waterfowl migrate primarily during the day, while many songbirds migrate at night. Calgary has over 200 bird species and is one of Canada's first Bird Friendly Cities certified by Nature Canada. Bylaws preventing off leash dogs and encouraging people to stay on designated paths can lessen disturbance and decrease the risks to sensitive grasslands species.



Calgary Confederation
Len Webber, MP
2020 – 10 St NW
Calgary, AB T2M 3M2
☎ 403-220-0888
✉ len.webber@parl.gc.ca

Time, Talent, and Treasure

We all have something to give – our time, our talents, and our treasure (money). Some have more of one than another, but we all have something we can give.

Community service is the price you pay to live somewhere, and everyone should get involved in their community in one way or another. In the end we all benefit when people in the community step up to help organizations, run events, and fill the gaps in community services.

One of the best ways to get involved is through existing community service organizations because they are experienced in our community and know where help is needed.

Your local community association is a great place to start because you will be helping and improving the very neighbourhood where you live.

However, there are also many other organizations that also do incredible work in our neighbourhoods like food banks, animal shelters, newcomer groups, and youth sports organizations.

You can volunteer locally but still be part of a massive global network if you join organizations like the Salvation Army, Calgary Lions Club, the Kiwanis Club of Calgary, or the Rotary Club of Calgary. Each organization offers a slightly different focus, so look around for the best fit for your interests.

Volunteering is something we ought to pass along to younger generations. Please consider inviting a young person out to your volunteer activities so that they can learn early the value of community service. Their enthusiasm and energy will liven up any gathering and the lessons they learn will be of life-long value. It's a win-win for all involved.

Finally, if you are not able to commit your time or your talents to any of the organizations above, please consider helping with a donation. Your donation can be monetary, or it could be with a life-saving blood donation. Afterall, these are the very people that make your community the place you proudly call home.



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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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



the Gutter Doctor

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RINK
DAILY HOURS OF
OPERATION
9:00AM - 9:00PM
(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



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 or TV schedule inside Locker Room

This area is monitored 24/7 by CCTV
 In Case of an Emergency Call 911




**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@parkdaleyc.com or 403.612.1081



PARKDALE COMMUNITY ASSOCIATION PRESENTS

**MICRO-GRANTS
PROJECT**

PCA Micro-grants of up to \$500 will be awarded to initiatives that encourage community involvement and good citizenship. This program is meant to encourage active citizenship by providing residents with funds to implement creative projects that benefit their local community.

To learn more & apply, please visit email Jean-Michel Pare at volunteer@parkdaleyc.com




**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



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!

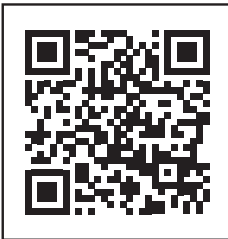
Thank you for supporting
us with your donation!

app.skipthedepot.com/parkdalecommunity

Your community plan is ready

Hey South Shaganappi Communities!

That's you Banff Trail, Montgomery, Parkdale, Point McKay, St. Andrews Heights, University Heights, University District, University of Calgary, and Varsity.



The South Shaganappi Communities Local Area Plan is ready.

Wondering what the Plan's all about?

- ③ The South Shaganappi Communities Local Area Plan sets the vision for the evolution of your community over the next 30 years, including direction on future development and community improvements.

A few of the key ideas in the Plan include:

- Enhancing the mobility network and options
- Protecting and enhancing parks, open spaces and the Bow River Pathway System
- Improving recreational opportunities for all
- Fostering vibrant transit station areas
- Increasing housing choices for all ages

Change is gradual, but having a plan in place to guide change – from proposals for new homes and businesses to future investment into community spaces – helps ensure change is aligned to the future vision for the area.

Visit calgary.ca/Shaganappi starting October 15, 2024 to:

- ③ Check out the final draft South Shaganappi Communities Local Area Plan.
- ③ Learn how public input informed the Plan.
- ③ Find out about upcoming public information sessions (online and in person).

