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PARKDALE POST

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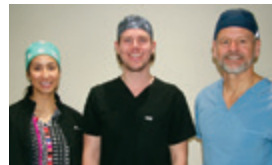
Oral Surgery

Children's
Dentistry

Restorative
Root Canals

Wisdom Teeth
Extraction

Experience the Difference



Dr. Paul Hul and Dr. Sheila Lipinski are thrilled to welcome Dr. Jess McKie to our relaxed, caring, and friendly dental office!

With a passion for patient-centered care and a gentle approach, Dr. McKie is excited to meet our wonderful patients and continue providing the high-quality dental care you trust.

Book your appointment today and help us give Dr. McKie a warm welcome!

Monday - Tuesday: 1 pm - 8 pm

Thursday: 7 am - 3 pm

Wednesday: 7 am - 8 pm

Friday: 8 am - 4 pm

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

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FEDERATION OF
CALGARY COMMUNITIES

Jane's Walk Calgary

May 2, 3, 4, 2025

Jane's Walk is an annual festival of free, community-led walking conversations inspired by urbanist and writer Jane Jacobs. On the first weekend of May every year, Jane's Walk festivals take place in hundreds of cities around the world. This event encourages people to share stories about their neighbourhoods, discover unseen aspects of their communities, and use walking as a way to connect with their neighbours.

Get your feet to the street: @janeswalkcalgary, janeswalk.calgarycommunities.com.

Proudly hosted by Federation of Calgary Communities.



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CCSD BOARD OF TRUSTEES

www.ccsd.ab.ca/board-column | trustees@ccsd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

Easter Message

Welcome to April, where we continue our journey through Lent to Good Friday, remembering the death of Jesus, who was rejected, despised, oppressed, condemned, and crucified. And then gloriously and full of joy, we come to Easter Sunday celebrating the resurrection of Jesus Christ. The resurrection is the cornerstone of our faith, the beacon of hope that illuminates our darkest moments and guides us through the shadows of doubt and despair.

I love the magnificence of and the beauty in the Easter message. The springing forth of new life in all its colours, the green starting to show in the grass and the trees, lavender hydrangeas, white and brown bunnies, yellow chicks, and sunrise-yellow daffodils, all accentuating the unfathomable concept of Jesus' power over death. Easter is a celebration of the transformative power of God's love. Death had been defeated by light, love, and life. Jesus lives. Love has prevailed.

There are many things to appreciate and look forward to in April, planning our gardens, less winter gear, the start of outdoor sports such as soccer and baseball, moisture for the land (hopefully in the form of rain, not snow), warmer weather, the trees starting to bloom, and a renewed sense of life after winter with eyes to summer and summer holidays. These hopeful events will have to sustain us with Easter being so late in April this year. Patience will be needed by our teachers, staff, and students as they wait for Easter celebrations and the Easter break. May the Lord bless teachers and staff with many moments of positivity and gratitude throughout April!

On behalf of the Board of Trustees of the Calgary Catholic School District, I wish you Christ's many blessings including peace, faith, hope, and happiness throughout April and the joyous Easter season!

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



ELDERDOG
CANADA



HELP KEEP LOVE IN THE HOME

ElderDog Canada is a national registered charity whose mission is to assist and support older adults in the care and wellbeing of their dogs.

We have a vibrant presence here in Calgary! Reach out to us if you are a senior in need of dog care support (dog walking, transportation to a groomer/vet clinic), to volunteer with us, or for more information at calgaryldr@elderdog.ca.

 facebook.com/elderdoggyyc

 [@elderdoggyyc](https://instagram.com/elderdoggyyc)

 elderdog.ca

*Help us provide
assistance to people
and dogs in need.*

Learn more:



Bicycle Helmet Safety

by Alberta Health Services EMS



Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury or even save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.

- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example – always wear a helmet when cycling.

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

Overcoming Dating Anxiety

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

6. Confidence Tips

Before the Date: Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

During the Date: Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

After the Date: Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.

Swish ORAL CARE

It's officially official.

Swish has arrived in the University District! Now accepting new patients.



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, and we opened this winter 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 us at the brand-new University District location, now open!

Good Vibes +
Shame-Free
Treatment

Fast and
Convenient
Direct Billing

Experience
the Extras at
No Extra Cost

This just in...

- “ This is a really friendly, relaxed and well designed space (the dental care is great too! Haha). It feels like a true self care experience from start to finish, and so far my care has been top notch.” - *CL*
- “ I've never been excited for a dentist appointment before like I was for my first visit yesterday and it did not disappoint.” - *Jl*
- “ Always amazing service from all the staff and every experience is as painless as the dentist can be! They are very accommodating and make sure you're comfortable every step of the way.” - *CH*
- “ The best dental experience I've ever had and I've been to a lot of different places. Now I've found my spot.” - *RL*

Take a closer look inside Swish U/D

Good vibes. Great care. Swish has officially landed in U/D! From our Patient Lounge to the Swish Bar, our clinic is designed to melt away dental anxiety and leave you feeling confident (not self-conscious) about your oral health.



The Patient Lounge

Sip on complimentary Monogram coffee, browse our curated selection of beauty and oral care must-haves, or flip through a stunning coffee table book while you wait. It's a whole vibe.

The Ops

Fully stocked with the latest tech and wellness-inspired amenities to make your appointment *actually* enjoyable. Aromatherapy, blankets, and noise-cancelling headphones are all on the menu here. Take your pick and let our team take care of the rest.



The Swish Bar

Because everyone deserves a little treat and flossing is more fun when it's coconut flavoured. Every visit ends at the Swish Bar, where you can stock up on the extras at no extra cost. Take home elevated self-care essentials from Cocofloss, Marvis, Sonicare, and more.

Get to know Swish!
Scan the QR code to book your first
appointment. We'll see you soon.



Say ahhh...

Swish specializes in all things dental for all ages, from essentials to emergencies.



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.



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

Now open and accepting new patients.
Scan to book your Swish Experience.

Swish Oral Care
3928 University Ave NW
Calgary, AB T3B 6N7
825-540-7183

Find us online:



swishoralcare.ca

ud@swishoralcare.ca



@swishoralcare

YOUTH SOCCER

SPRING 2025

U4 - U18

REGISTRATION ENDS MARCH 31



LEARN MORE AND REGISTER AT



www.parkdaleyyc.com/soccer

CHINOOKS
FC

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





Parkdale Real Estate Update

Last 12 Months Parkdale

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2025	\$830,000	\$828,000
January 2025	\$1,199,000	\$1,180,000
December 2024	\$1,887,450	\$1,780,000
November 2024	\$864,950	\$861,250
October 2024	\$879,900	\$860,000
September 2024	\$1,077,000	\$1,032,500
August 2024	\$499,450	\$478,500
July 2024	\$499,900	\$487,500
June 2024	\$899,900	\$955,000
May 2024	\$722,450	\$749,400
April 2024	\$1,079,450	\$1,053,750
March 2024	\$814,950	\$800,000

Last 12 Months Parkdale

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2025	9	2
January 2025	8	5
December 2024	2	2
November 2024	5	4
October 2024	5	7
September 2024	9	6
August 2024	9	6
July 2024	9	7
June 2024	13	7
May 2024	14	12
April 2024	8	6
March 2024	11	12

To view more detailed information that comprise the above
MLS averages please visit pdal.mycalgary.com



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COSMIC TRUCE: THE ECLIPSE THAT STOPPED A BATTLE!

On April 6, 648 BC, the Ancient Greeks recorded one of the earliest solar eclipses! Greek historian Herodotus described how the eclipse coincided with the battle between the Lydians and the Medes, scaring the armies into a truce. Talk about a cosmic peacekeeper!



Tips On Quitting Smoking for Good

by Alberta Health Services

Thinking about quitting smoking in 2025? You're not alone. More than half of adults who smoke cigarettes are seriously thinking about stopping.

Quitting can be hard, but there are things you can do to make it easier. Everyone is different, so it's important to get the right kind of help for you. Use the tools, programs, and services that make sense for you.

The following tips can help you on your journey.

Know Your Reasons for Quitting Smoking

Reflect on why you want to quit smoking. Write down or say out loud the reasons that matter most to you. For example:

- I want to feel better.
- I want to save money.
- I want to protect my family and friends.

Taking stock of why you want to quit is a good first step on the path to quitting for good. This activity can help you decide if you're ready to make a change. It can help you set a goal and stick with it.

Make a Plan

When you're ready, pick a day to quit smoking in the next three weeks. As this date gets closer, pay attention to your urges to smoke. Keep track of the routines, places, and emotions that trigger you. Think about how you'll handle these cravings and stay in control when you're quitting.

Planning ahead helps you stay on track when you're quitting. It sets you up for success in the long run.

Consult the Experts

Reach out for advice and support:

- Call 1-866-710-7848 to speak with an AlbertaQuits counsellor. They'll listen with no judgment and offer you free, confidential advice and helpful tips.
- Ask a physician, pharmacist, or other healthcare provider about medications to reduce cravings, limit withdrawal, and help you feel comfortable when you're quitting.
- Join a QuitCore program in your local area or online.



In six facilitated sessions, you'll learn skills to quit smoking and connect with other people who are trying to quit. Call the AlbertaQuits helpline at 1-866-710-QUIT (7848) to find a QuitCore group in your local area or online.

- Go to AlbertaQuits.ca for guidance and tools to build a quit plan.
- Text 123456 to ABQUITS for free text messages to keep you motivated.

Getting help to quit smoking really works. Research shows that by combining different methods of support, you can double or even triple your odds of success.

Stick With It!

Be mindful that it can take more than one attempt to quit smoking. If you have setbacks, keep trying! Count the days and weeks you were able to go smoke-free as wins and think about what you can learn from them. Reflecting on what worked will help you next time.

Quitting is one of the best things you can do for your health, no matter how old you are or how long you've been smoking. Quitting lowers your risk of heart disease, cancer, lung disease, and diabetes. It improves your health in ways you can see and feel. Within 20 minutes of putting out your last cigarette, your blood pressure and heart rate go down with less stress on your heart and blood vessels.

For more information on smoking and your health, go to MyHealth.Alberta.ca/Tobacco-Smoking-Vaping. For more tips to quit smoking for good, go to AlbertaQuits.ca.

Amendments to the Business Licence Bylaw for Short-Term Rentals Are Now in Effect

by The City of Calgary



Starting April 1, 2025, there will be several changes to Calgary's short-term rental (STR) regulations as part of The City of Calgary's commitment to adapt to our evolving short-term rental market.

- STR business licenses will now be classified as either primary or non-primary. If you currently have a licence, you will be asked to verify your property type as part of your next renewal. Fees will vary based on the licence type.
- Short-term rentals now include rentals up to 180 consecutive days. If you own a short-term rental offering stays between zero and 180 consecutive days, you require a business licence to operate in Calgary.
- New applicants will be responsible for complying with their condominium bylaws, The City will no longer require condo board consent.
- A ban on issuing licences for homes designated as affordable housing.

Additionally, if the Purpose-Built Rental Vacancy Rate drops below 2.5%, The City will impose a temporary pause on issuing new non-primary licences. This would not apply to new primary residence applications or existing licenses.

These changes aim to balance housing affordability, safety, community impact, and enforcement, while continuing to support property owners and the economic benefits STRs bring to Calgary.

Enhancing regulatory processes will improve STR management and foster market innovation to benefit the community. Visit calgary.ca/str for more information.

Collection Days Are Changing in April

by The City of Calgary

Starting April 22, many Calgary households will see blue, black, or green cart pick-up days moving to improve routes. These updates also align with the return of city-wide weekly green cart collection. The new collection schedules will be available on calgary.ca/cartschedule by April 8. Check your schedule to:

- Find out whether your blue, black, or green cart pick-up day is changing.
- Know when your weekly green cart begins.

Collection schedule changes update automatically if you have signed up for reminders.

Did you know that The City provides free reminders for your blue, black, and green cart pick-up days? All you need to do is sign up! When it's time to put your carts out for collection, we'll send you a reminder. When you sign up, you will get:

- Instant access to your pick-up schedule.
- Notifications about any changes to your collection schedule.
- Useful tips for using your blue, green, and black carts.

It's Easy!

Option 1: Go to calgary.ca/cartschedule.

- Type your address in the search box to view your collection days.
- Click on 'Get a reminder' to receive your preferred method. Choose to be notified by email, calendar, or phone, either the day before or the day of your collection.

Option 2: Download the Garbage Day App onto your phone.

- Available on the App Store or Google Play.
- Set notifications to remind you of your cart collection days.

Never miss another cart collection day again.

Her SAIT Graduation

by Garth Paul Ukrainetz

She took the risk and made the move

Enrolled in courses, paid tuition

Embarked upon a journey bold

Nothing worthwhile makes it easy

She hit the books and studied hard

Placed hopes and dreams upon her desk

Homework structured every evening

The future more important now

From class to class, through rain and snow

Lectures, essays, midterms, finals

And once a week she volunteered

Community, connection, care

Good coffee always faithful friend

Wide awake for morning learning

Then soon, bright shining GPA

No more her forward path unknown

She pushed with all her might, she did

Propelled that boulder up the mountain

She's reached the top, SAIT graduation

A new career, a rolling stone

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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, window washing and pressure 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.

April Fools... Not!

 On April 1, 2004, many people thought Google played an April Fools' joke when they launched Gmail. But the joke was on them - Gmail was real, and it's still one of the most popular email services today.



the Gutter Doctor 403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. 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!



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

Treasurer
Events Director
Board Member

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



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@parkdalevvc.com.



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



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

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CANADA STRONG



CANADA STRONG



Canadians are ready for strong leadership. Only Mark Carney and the Liberal team have a real plan that will:

- ✓ Deliver a middle-class tax cut.
- ✓ Create new jobs.
- ✓ Build the fastest growing economy in the G7.
- ✓ Stand strong against Donald Trump.



*It's time to build together.
Because we are strong –
Canada strong."*

– MARK CARNEY

Authorized by the registered agent for the Liberal Party of Canada.