

AUGUST 2025

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your



PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



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Dr. A. O. Olawuni, MD, MPA (HS), MBA, MRCPI, MRCPS (Glasg), MICGP, DMOP, FRSPH, Dip (Peds), CCFP

Dr. C. O. Ndububa, MD, DRCOG (UK), MRCGP (UK), LMCC, CCFP

Dr. Thulani Gumede, BSc (SA), MBChB (SA), (Special Interest: Geriatrics and Mental Health)

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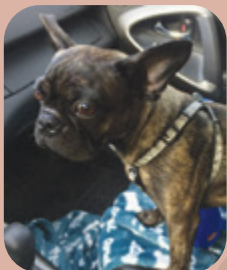
Service Call Fee



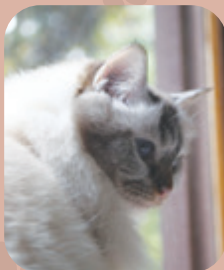
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Cats, Canines, & Critters of Calgary



Bugsy, Dalhousie



Ella, Mount Royal



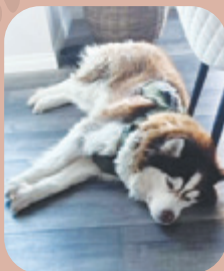
Mac, Evanston



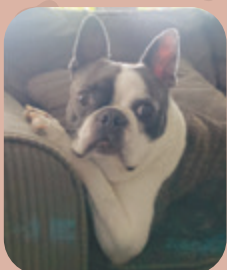
Mango, Evanston



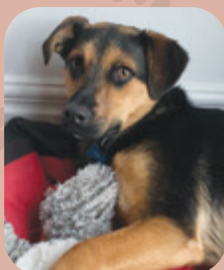
Mick and Turd,
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

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

Parkdale Community Association (PCA)



3512 5 Ave NW, Calgary AB T2N 0V7

403-283-5767

office@parkdaleyyc.com

www.parkdaleyyc.com

DIRECTORY

EXECUTIVE

President	Jeremy Methot president@parkdaleyyc.com
Vice-President	Stephanie Hagmann vice.president@parkdaleyyc.com
Secretary	Sheila Hyatt secretary@parkdaleyyc.com

BOARD OF DIRECTORS

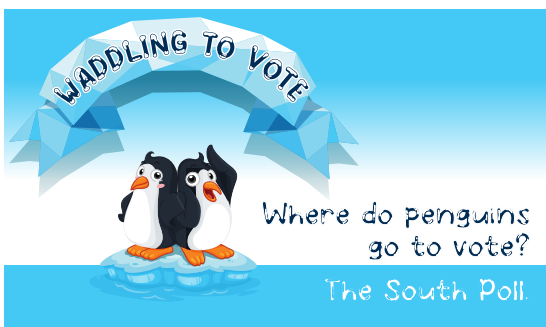
Rink Director	Richard Marquardt rink@parkdaleyyc.com
Director-At-Large	John Butterwick
Director-At-Large	Jon Balkwill
Director-At-Large	Stephanie Best
Director-At-Large	David Nelson Elske

PCA STAFF

Manager, Programs and Partnerships	Amanda Gramiak programs@parkdaleyyc.com
Facility and Operations	Mike Talarico facility@parkdaleyyc.com

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

Facebook: [parkdalecommunityassociation](https://www.facebook.com/parkdalecommunityassociation)





PARKDALE



CASINO



♦ ♠ VOLUNTEER
COORDINATOR ♣ ♥

DID YOU KNOW THAT VOLUNTEERING FOR
ONE CASINO SHIFT IS THE EQUIVLENT OF
DONATING \$3,000 TO THE PCA?

CONTACT OFFICE@PARKDALEYYC.COM TO
GET INVOLVED



AUGUST 7 & 8





CASINO *Fundraiser*

The Parkdale Community Association is looking for volunteers to help with our casino fundraiser.

As our largest fundraiser, this event helps the PCA operate and maintain the rink, community centre, and to run events, sign up today!

Aug 7 & 8, 2025

Cowboys Casino

www.parkdaleyyc.com/volunteer



Sign Up





Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



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*

**9 PM
ROUTINE**

CALGARY
POLICE
SERVICE

☒ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

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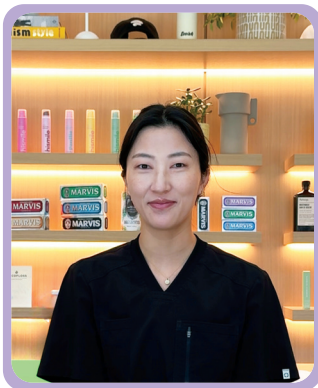
Meet Dr. Jade Park.

Now booking appointments with our newest U/D Dentist.

Dr. Park has been bringing an upbeat, warm energy to the Swish team since spring 2025. This girl knows Alberta through and through, having been born in Red Deer, AB and spending much of her childhood between Edmonton and Calgary. Craving a change of scenery, she made the move to Winnipeg to pursue a Doctor of Dental Medicine degree at the University of Manitoba. Upon graduating, she relocated back to Calgary, where she calls Swish U/D home.

Dr. Park is extremely passionate about creating a welcoming and comforting dental experience for every patient who walks through our doors. For her, education is key. She takes the time to walk patients through every step of their oral health journey, with the hope that each patient becomes as enthusiastic about their care as our team is.

Outside of the clinic, you can find her exploring the city or outdoors with her friends and family. From hiking new mountain trails, to giving cross-country skiing her best shot in the winter, she's always ready to take on a new challenge or try a new restaurant. Next time you're in, make sure to share your favourite hiking trail or restaurant with her.



Book your next visit with
Dr. Park today!



Our guide to booking your Swish Appointment

Been thinking about booking your first appointment? Here's your step-by-step guide to becoming a Swisher. Bonus: you picked a great time, we've just dropped a full suite of appointment openings.



Book online

Simply scan this QR code to select your appointment time and submit a request. Be sure to select U/D as your preferred location.



Can't find a time?

Call us at 825-540-7183 to be added to our ASAP List. If there's a cancellation, we'll give you a call to move up your appointment.



Bonus tip

Pre-book after each appointment. With clinic volumes at an all-time high, pre-booking is always your best bet.

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.



Cosmetic Dentistry

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



Fresh 5

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



Invisalign

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



Dental Work

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Emergencies

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

Brush up on all things

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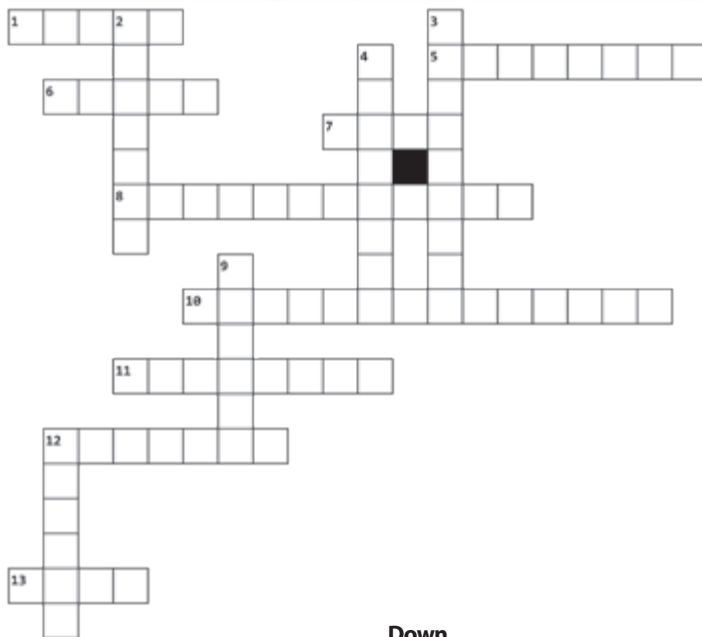
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August Crossword



Across

1. This classic Disney film about a young deer premiered in August 1942.
5. Canadian astronaut, Chris _____, was born in Sarnia, Ontario on August 29, 1959.
6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
7. *The Wizard of Oz* premiered on August 15, 1939, and was based upon the book written by Lyman Frank _____.
8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, _____.
10. In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and _____.
12. The _____ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
13. International _____ Handers Day is observed annually on August 13.

Down

2. In August 2008, the _____ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
4. Delia Owen's murder mystery novel, *Where the _____ Sing*, was published in August 2018.
9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
12. Inventor Isaac _____ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.



The Art of Finding Work: Rare is the Jobseeker Who Does Their Homework

by Nick Kossovan

In the late '90s, I was interviewing for a call centre management position with a well-known insurance company. Karl, my interviewer, and I clicked. Small talk revealed we shared a love of golf and agreed that Rhum Corner makes the best mojitos in Toronto. Karl seemed impressed by my STAR stories and experience creating incentive programs that drove sales. Forty minutes into the interview, Karl asked, "Knowing you'd be interviewing here, did you call the call centre?"

I hadn't.

I didn't get the job.

Hard lesson learned.

Since my interview with Karl, I have always made it a point to contact the company's call centre, use their products if I'm not a current user, speak to previous employees, and review recent media coverage. My goal is to gather as much information as possible, which I can leverage in my interview. If it's a job I'm eager to land, I'll gather information to mention in my cover letter.

"Last night, I called your call centre and waited more than three minutes before speaking with Stacy, who was pleasant. What's the average wait time for customers calling the Bank of Galicia call centre? While managing NOLA Bank's 60-seat call centre, I reduced the average wait time from 2:45 minutes to less than 42 seconds by..."

Candidates who've done their homework are few and far between, and those who have always stood out in my mind.

When I say "homework," I'm not talking about visiting the company's website and simply reviewing the rudimentary aspects of the business, such as what they do, annual revenue, the name of the CEO, and such. I'm talking about doing a deep dive—thinking like a private investigator—looking to uncover possible pain points (read: challenges) the employer is experiencing, such as my above example regarding average wait time and explaining how you'd resolve it.



In preparation for an interview, start by visiting the company's website; then go the extra mile. Here are some examples:

Call the employer's call centre (or visit their stores, branches, dealerships, etc.)

Since I'm in the call centre management space, my interviews have been for call centre management positions. Karl's question made me realize that calling the employer's call centre to gauge its performance is worthwhile, even if only to understand what I'm getting into and what challenges I'll encounter. Whether you're applying for a call centre management position or not, calling the company's call centre will give you an insight into the company's culture and how important customer service is to the employer,

In my case, I'll call the employer's call centre several times and assess how easy it is to navigate their IVR (Interactive Voice Response), how long it takes for an agent to answer my call, how their agents introduce themselves, etc. During the interview, I'll discuss my experiences with the call centre and how I would resolve any issues.

Experience the employer's product

While overseeing Crocs' customer service department, I had to hire several agents. Although all the candidates I interviewed knew what Crocs did, few wore them. Several candidates even admitted they weren't "a fan of" Crocs. Crocs have been a part of my life for a few years, so when I interviewed with Crocs, I wore a pair of my Crocs, which my interviewer and to-be boss noticed. During the interview, I shared the good and bad aspects of wearing Crocs, how I felt Crocs compared to Birkenstock, Skechers, Teva, and Vans, and how I see Crocs positioned in the footwear market.

Demonstrating that you use the employer's products and why you choose them over their competitors will give you an edge over other candidates. What employer wouldn't want to hire one of their fans, someone enthusiastic about their brand? If you have never experienced the employer's product(s), you should do so and let your interviewer know what you think.

Imagine you're interviewing for a social media manager position at a Mexican restaurant chain called Taco Loco. You've never eaten at a Taco Loco before, so you go to Taco Loco for lunch two days before your interview.

"The other day, I had lunch at your Dundas Square location. I had the Tres Quesabirria Tacos. Both the food and the atmosphere were on point. Something you should consider is offering keto-friendly and gluten-free options since these diets have become mainstream. As Taco Loco's social media manager, I'd lean more towards creating behind-the-scenes content, such as videos of meal preparations and customer testimonials, instead of simply posting pictures of dishes. Furthermore, I would increase followers and engagement by offering a 25% off coupon to anyone who follows Taco Loco's Instagram account or by hosting a contest where you can win a \$200 Taco Loco gift card by posting a selfie of yourself eating at Taco Loco and tagging Taco Loco."

Other ways to do in-depth homework:

- Read the company's annual report.
- Read reviews and look for common complaints.
- Google [company name] under 'News.'
- Speak to current and former employees.

Doing more homework than most job seekers shows that you're committed to contributing to the company's success, making it harder not to hire you.

Lake Windermere

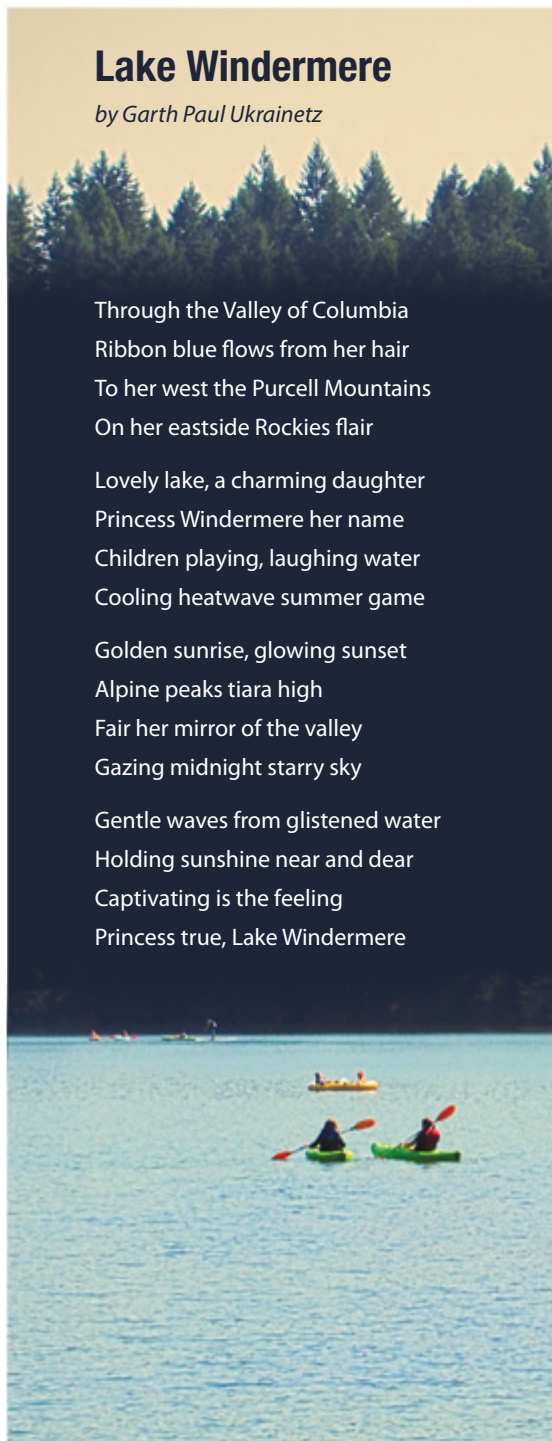
by Garth Paul Ukrainetz

Through the Valley of Columbia
Ribbon blue flows from her hair
To her west the Purcell Mountains
On her eastside Rockies flair

Lovely lake, a charming daughter
Princess Windermere her name
Children playing, laughing water
Cooling heatwave summer game

Golden sunrise, glowing sunset
Alpine peaks tiara high
Fair her mirror of the valley
Gazing midnight starry sky

Gentle waves from glistened water
Holding sunshine near and dear
Captivating is the feeling
Princess true, Lake Windermere





News from the Friends of Nose Hill

by Anne Burke

Long ago, what we know as Alberta was underwater, covered by the ocean and surrounded by tropical forests. As many as 20 major glacial advances and retreats reshaped the landscape, including the continuous plateau of Nose Hill and Lake Calgary. Nose Hill provides spectacular views of the Bow River Valley and the uplands across the valley. Their geological history began in the floodplain of the Bow River which flowed at the top level of the present Hill where the river deposited gravel, sand, and mud. These are relatively thin on the steeper slopes. Nose Hill is bounded by the overflow spillway system, now Beddington and Nose Creek. Big Hill Springs Coulee is what remains.

Erratics are stones, boulders, or big blocks picked up and moved from one place to another during the last ice age. There are many in Nose Hill Park traced to a landslide from Mount Edith Cavell in Jasper National Park; they are part of a series across the Foothills region of Alberta. The Foothills Erratics Train runs from near Hinton, Alberta, to the Montana border. Some large boulders, such as the Nose Hill Buffalo Rubbing Stone, were used centuries ago. You can hike up to the Nose Hill 64 Avenue Glacial Erratic from the parking lot off 14 Street NW. At the top of Nose Hill Park there are several scattered glacial erratics of different sizes grouped close together. The Nose Hill Brisebois Glacial Erratic is between the south Nose Hill Parking Lot at Brisebois Drive and John Laurie Blvd. The Nose Hill Tower Glacial Erratic is on the top of the hill near transmission poles and a small building. Access is by an uphill hike from the North Hill SE Parking Lot along an old access road.



Parkdale Real Estate Update

Last 12 Months Parkdale
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2025	\$1,239,499	\$1,200,000
May 2025	\$1,285,000	\$1,275,000
April 2025	\$875,000	\$885,000
March 2025	\$1,309,400	\$1,291,500
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

Last 12 Months Parkdale
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2025	14	6
May 2025	13	13
April 2025	9	5
March 2025	10	4
February 2025	8	2
January 2025	6	5
December 2024	1	2
November 2024	5	4
October 2024	5	7
September 2024	9	6
August 2024	9	6
July 2024	9	7

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

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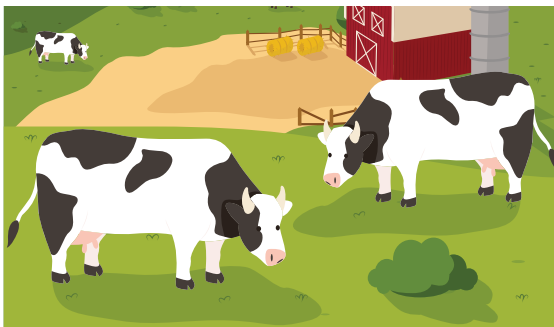
NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

DANCE THROUGH LIFE! Adult Dance and Fitness: New this fall coming to Morpheus Theatre. Since 2009 DTL has provided recreational dance and fitness classes for adults. Join Paula Thursday mornings for Beginner Plus/Improver Line Dancing and Essentrics (Dynamic Stretching program). Stay active and have fun! Call 403-921-9757 or email paula@dancethroughlife.ca. www.dancethroughlife.ca.

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Udder-ly Adorable

Cows have best friends! Humans aren't the only ones who know the importance of and reap the benefits of having a bestie. Studies have shown that the heart rate of a cow will slow, and they will be less stressed and calmer when they are with their best friend/favourite partner.



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
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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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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!

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Thursday: 7 am - 3 pm

Wednesday: 7 am - 8 pm

Friday: 8 am - 4 pm

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