

JUNE 2025

DELIVERED MONTHLY TO 2,275 HOUSEHOLDS

your



# PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



**RE/MAX**  
REAL ESTATE (CENTRAL)  
Each Office Independently Owned and Operated

## MICHAEL FREITER

MBA | REALTOR®

ADDING VALUE TO YOUR MOVE™

A proud resident of ST. ANDREWS HEIGHTS

403 • 819 • 2121 | [michaelfreiter@remax.net](mailto:michaelfreiter@remax.net) | [michaelfreiter.com](http://michaelfreiter.com)

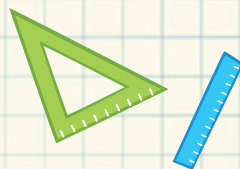


INFO



**SAB CONNECTIONS**

# ANNUAL BACKPACK PROGRAM



**A PROGRAM TO HELP STUDENTS  
IN NEED TO ASSIST THEM WITH  
BACK-TO-SCHOOL FEES.**



Give the gift of learning! We need the following school supplies:  
School bags, water bottles, ziplocks, lunch bags, pencil cases, art supplies,  
scissors, crayons, hygiene kits, markers, highlighters, glue, school snacks,  
and juice boxes.

## DROP-OFF LOCATION:

150 Martinbrook Rd NE, Calgary, AB T3J 3E3

*\*or we can send a volunteer to pick up the items\**

## FOR MORE DETAILS:

Email us at [contactsabconnections@gmail.com](mailto:contactsabconnections@gmail.com)  
or call (403) 708-7924

Visit our Facebook page:  
[www.facebook.com/  
sabconnections2025](https://www.facebook.com/sabconnections2025)



# Point McKay DENTAL CARE

New patients receive a free  
Sonicare toothbrush with:  
full exam, X rays and cleaning  
Expires March 1, 2026

East Riverside Tower  
#4 - 145 Point Drive NW  
Calgary, AB T3B 4W1  
**403.283.7829**

## General Dentistry

Cosmetic

Implants

Invisalign

Botox

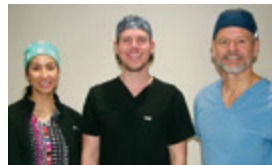
Oral Surgery

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**

# OFFICIAL

PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

# \$50

**Service Call Fee**

**403-837-4023**

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)

[official-plumbing-heating.ca](http://official-plumbing-heating.ca)



## Your Patio Furniture Superstore!

**Located Three Blocks East of Chinook Mall**  
6125 Centre Street S, (403) 258-2506  
[WickerLand.ca](http://WickerLand.ca)



# 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](mailto:office@parkdaleyyc.com)*



# We Dream in June

by Garth Paul Ukrainetz

The month of June can't come too soon  
The saying goes inside the staff rooms  
Most teachers' tanks are running empty  
Low fuel within, they're all teached out

Ignition sequence slowly starting  
Young astronauts awaiting lift off  
Dreaming, gazing out the windows  
The students now in countdown mode

Long year it was for sharpened minds  
10 months of grinding education  
The pencils short, good patience shorter  
Toss learning's shavings to the wind

Yes, summer's here, it's time to fly  
Fold lesson plans like paper airplanes  
Let's rocket launch to outer space  
New frontiers bold beyond the schoolyard

Calgary Public, Calgary Catholic  
Deep down it's true we're all the same  
We dream in June of summer breezes  
That blow the cares of school away

## News from the Friends of Nose Hill

by Anne Burke

We are celebrating the 10<sup>th</sup> Anniversaries of the City Nature Challenge and of iNaturalist Canada. The 7<sup>th</sup> Annual Calgary City Nature Challenge was on April 25 to 28, 2025. So far, the previous year was most successful with 13,000+ observations. Other micro bioblitzes will happen all this summer. The iNaturalist platform is being used to help provide up to date records of the occurrence of the flora and fauna of Nose Hill with particular emphasis on the native vascular and nonvascular plants, fungi, birds, mammals, butterflies, moths, and bees.

Nature Calgary is a community that promotes the preservation of natural habitats, provides educational opportunities, and supports the collection of natural history observations. This year, the group is focusing their efforts on Nose Hill and Bowmont Park. We were contacted to encourage our members to take pictures of the Nose Hill biota (animal and plant life of a particular region, habitat, or geological period) and submit the photographs to <https://inaturalist.ca/projects/nose-hill-park-bioinventory>.

The goal is to publish an updated version of "The Green Book" in time for its 50<sup>th</sup> Anniversary and to monitor the changes in eleven Calgary Natural Areas. Whenever you visit a park, you can upload your observations to eBird and there are links to all these Parks at <https://inaturalist.ca/>. The project is being spearheaded by Nature Calgary and the Native Plants Council of Alberta - Calgary Chapter. In 1980 "The Green Book" was called "Calgary's Natural Areas: A Popular Guide" as one of the City's most extensive repositories of biodiversity. The first of its kind when data collection began in 1975, it was cited during the planning and creation of several of our Natural Parks. Many contributions provided by citizen scientists will add to the accuracy of the new publication and are greatly appreciated.

# Reducing Household Food Waste: Planning, Shopping, and Storage

by Alberta Health Services



Food waste is food that was grown or harvested but never eaten. Some food waste at home can't be avoided, like eggshells, bones, tea bags or coffee grounds, but some food waste can. Avoidable food waste is food that is thrown out because we don't store it properly, buy too much, or cook too much. A 2022 study showed that 63% of food Canadians throw away could have been eaten. While all types of foods are wasted, the top foods that are thrown away are: vegetables and fruits, leftovers, and bread.

This article includes tips and resources to reduce your food waste at home.

### Planning Your Meals

Planning meals a few days or a week ahead of time may prevent you from buying too much food. Consider what food items you already have. Check your fridge and cupboards carefully to see how much is left in containers or packages. Checking best before dates is helpful so you can use up food while it's at its freshest. Note that 'best before' dates are not the same

as expiration dates. Expiration dates are about food safety, whereas 'best before' dates are about freshness. So just because a food is past its 'best before' date doesn't mean it needs to be tossed. Then think about some meals that you like or can easily make with items you already have. Then create a list on paper or your phone of items you do not have.

### Grocery Shopping

When buying fresh, consider what options are best for your family, for example, pre-washed and pre-cut fruits, vegetables and salads can be convenient, but are more expensive. However, if this means you are more likely to eat them instead of throwing out unprepared produce, then this may be an option for you. It can also be helpful to pre-wash and cut your produce for easy access during the week, so you are more likely to eat it and less likely to have waste.

Frozen and canned options are also time-savers as the preparation has already been done for you. They last a lot longer than fresh, so are less likely to go bad before

you can use them up. Buying frozen or canned produce offers year-round variety that otherwise might not be available. Try adding frozen or canned vegetables into pasta sauce, casseroles, soups, or stir-fry. Frozen or canned fruit can be added to yogurt, cereal, baking, or smoothies.

### Storing Foods

Consider the order that you use some foods as some foods can keep longer in the fridge than others. Most fresh vegetables and fruits will stay fresh longer if they are unrinsed. Consider washing produce before preparing, freezing, or eating it. Some produce gives off a gas (ethylene) that speeds up ripening - apples, bananas, kiwis, tomatoes, avocados. Keep these vegetables and fruits in a loosely tied bag away from already ripe produce. Some produce will also stay fresh longer than others so consider using produce like kale, chard, carrots, and cabbage later in the week.

Since bread and baked goods are among the top foods that are thrown away, store bread and buns in a cool, dark, and dry place in the original packing. Or consider freezing if you don't think you will be able to use up the bread by the best before date. Storing bread in the fridge may make it go stale more quickly.

If you have leftovers, it's important to store them properly. Wrap leftovers or place them in a covered container. Place them in a refrigerator within two hours of preparing or cooking. Consider labelling them with a date and remember to use the oldest ones first. Leftovers like soup can be safely eaten within two to three days after cooking, while other cooked dishes containing eggs, meat, vegetables, cooked fish, or poultry can be safely eaten within three to four days of being stored at the correct temperature in the fridge. Leftovers can be frozen for longer.

Making some or all of these choices when shopping or storing food can play a part in reducing your food waste at home.

For more helpful tips on food storage and safety visit [Canada.ca](http://Canada.ca) and search: "Storing Vegetables and Fruits" and "Food Safety".

For more ideas to reduce food waste visit [ahs.ca/nutritionhandouts](http://ahs.ca/nutritionhandouts) and search "Reduce Food Waste."

## CALGARY FINE DENTISTRY

*Dedicated to providing you with optimal dental health.*



*Dr. Lauren Vredenburg,  
Practice owner*

21 Ave NW  
19 St NW  
20 Ave NW  
18 St NW

Calgary Fine Dentistry

**Come check us out!**

403-284-3061  
#206 1910 20th Ave, NW  
[www.calgaryfinedentistry.com](http://www.calgaryfinedentistry.com)

# Longest Day

**Mark your calendars - this year's summer solstice will take place on June 20. Calgary will experience approximately 16 hours and 35 minutes of daylight. That means there is plenty of time to play, relax, and maybe even forget what bedtime is!**



### Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

#### Water Hazards

- Drowning contributes to unintentional injury-related death among young children.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres\* high and have a self-latching, self-closing, lockable gate. (\*Alberta Building Code)

#### Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

#### Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.



- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

## WORD OF THE MONTH

**Acumen:** noun (uh-kyoo-muhn, ak-yuh-)

A keenness; the ability to make quick, good decisions.

Her sharp business acumen meant she would be a great CEO at the company.





# Swish ORAL CARE

Fresh  
appointments  
just dropped

Swish U/D is filling up  
fast. Now booking new  
appointments.



Scan me  
Scan me  
Scan me



[swishoralcare.ca](https://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.” - *JJ*
- “ 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*

# 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.



## 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](https://swishoralcare.ca)

[ud@swishoralcare.ca](mailto:ud@swishoralcare.ca)



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



A red background with a marquee sign in the center. The sign is yellow with a red border and contains the text "CASINO Fundraiser". Above the sign are five playing cards: Ace of Clubs, Ace of Hearts, Ace of Spades, Ace of Diamonds, and a red heart. To the left and right of the sign are two more playing cards: Ace of Clubs and Ace of Diamonds. At the bottom, there is a QR code, a yellow arrow pointing to it, and the text "Sign Up".

# 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](http://www.parkdaleyyc.com/volunteer)**



**Sign Up**



## Roasted Chickpea Salad

by Jennifer Puri

Chickpeas are often considered a superfood due to their high nutritional value and have been enjoyed by humans for over ten thousand years.

Grown in over fifty countries, chickpeas are a type of legume and in the same family as peanuts and kidney beans.

The high plant-based protein and fiber of chickpeas may also promote healthy ageing and assist in retaining our skin's elasticity and firmness.

Roasted chickpea salad is delicious on its own or can be served with pita bread or as a side salad.

**Prep Time:** 30 minutes

**Cook Time:** 30 minutes

**Servings:** 4

### Ingredients:

- 1 540 ml can of chickpeas
- 2 tbsp. olive oil
- 1 tsp. paprika or hot pepper sauce
- 1 tsp. salt
- ½ tsp. ground black pepper
- 4 cups of chopped head lettuce
- 4 cups of cooked quinoa
- 1 cup Kalamata olives
- 1 cup sliced radishes
- 1 cup cucumber chopped
- 1 cup chopped tomatoes
- 1 small container of store-bought red pepper hummus

### Dressing:

- ¼ cup extra virgin olive oil
- ¼ cup almond butter
- 3 tbsp. fresh squeezed lemon juice
- 2 tsp. Dijon mustard
- 2 tsp. maple syrup
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 5 to 6 tbsp. cold water

### Directions:

- Preheat oven to 450 degrees Fahrenheit.
- Rinse, drain, and pat dry the chickpeas and place in a small bowl, then combine with the olive oil, salt, black pepper, and paprika or hot pepper sauce.
- Spread chickpeas on a foil lined baking tray and bake in the oven for about 25 to 30 minutes until brown and crisp. Remove from the oven and allow to cool.
- In a screw top jar place the olive oil, salt, pepper, Dijon mustard, lemon juice, and maple syrup, and shake until combined. Next add the almond butter and 5 to 6 tbsp. of cold water and stir until you get a smooth consistency.
- To serve divide the quinoa among the bowls and top with lettuce, olives, radish, tomatoes, cucumber, roasted chickpeas, red pepper hummus, and some dressing. Serve with pita bread if desired.

Bon Appétit!



# Stop Apologizing Already

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

### 1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

### 2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

### 3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.

**the Gutter Doctor®**  
Home Exterior Services

GUTTER CLEAN, FIX & INSTALL  
FASCIA • SOFFIT • ROOFING  
GUTTER GUARDS • WINDOW CLEAN  
SIDING • CLADDING • HEAT CABLES

**403-714-0711 • [gutterdoctor.ca](http://gutterdoctor.ca)**

## Farm Stands Across Calgary Are Coming to a Neighbourhood Near You This Spring!

*by The City of Calgary*



Since 2017, The City has partnered with local and regional farms to offer Calgarians more options for fresh and local food through The Farm Stand Program. This program supports nine incredible farmers and vendors with over 30 farm stands to bring more fresh fruit, vegetables, and artisanal products to more Calgary communities.

Beyond increasing accessibility for Calgarians to purchase healthy, fresh and local food, the Farm Stand Program supports local and regional growers by creating more places for them to sell their produce.

When you shop at a farm stand, you get to participate in your food shopping in a new and personal way. You can ask questions about how your food was grown, get recipe ideas, get to know your farmer, connect with your neighbours and keep your dollars spent in the local economy. You also help to build a stronger local food system, which keeps us all stronger when we face various disruptions to our food systems, such as a pandemic, fuel price increases, or political instability.

Launch dates for each farm stand vary throughout May to June and most of the stands run weekly for two to five hours. We encourage all Calgarians to stop by your local farm stand, grab some delicious seasonal produce, chat with a farmer and learn more about where your food comes from.

To learn more about the program, or find a location near you, visit [calgary.ca/localfood](http://calgary.ca/localfood).

## Register to Vote in Calgary's General Election in October

*by The City of Calgary*

Calgary's General Election will take place on October 20, 2025, and eligible voters can check if they are registered, update their information or add themselves to the Permanent Electors Register until August 1, 2025.



Visit [www.voterlink.ab.ca](http://www.voterlink.ab.ca) or call Elections Alberta toll free at 310-0000 then dial 780-427-7191.

If you miss the opportunity to register or update your information in advance, you can register at the voting station during Advance Vote (October 6 to 11) or on Election Day (October 20). Information about Calgary's upcoming General Election, including voter eligibility can be found at [www.electionscalgary.ca](http://www.electionscalgary.ca).



**Need Mortgage Solutions?  
We've Got You Covered!**

Prime, Alternative,  
Reverse – We Do It  
All! Let Us Find Your  
Perfect Fit Today!



**ANITA** 403-771-8771  
[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

*Licensed by Avenue Financial*





# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media  
at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

## Parkdale Real Estate Update

Last 12 Months Parkdale  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
June 2024	\$899,900	\$955,000
May 2024	\$722,450	\$749,400

Last 12 Months Parkdale  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2025	11	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
June 2024	13	7
May 2024	14	12

To view more detailed information that comprise the above  
MLS averages please visit [pdal.mycalgary.com](http://pdal.mycalgary.com)

**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](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://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](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**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.

**GUTTER DOCTOR!** Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.





**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](mailto: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](http://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](mailto: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](http://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

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

### SCAN HERE TO VIEW ADDITIONAL PARKDALE CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



# GREAT NEWS MEDIA

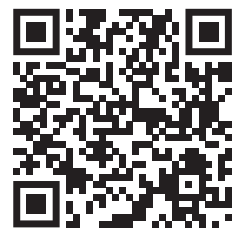
LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.  
We bring you more customers.  
We grow your sales.**

**Call 403-720-0762 | [grow@greatnewsmedia.ca](mailto:grow@greatnewsmedia.ca)**



**HAPPY  
Father's  
DAY**



**SCAN ME**