

MARCH 2025

DELIVERED MONTHLY TO 2,275 HOUSEHOLDS

your



PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



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INFO

Epilepsy Awareness Month

Shine a Light on Epilepsy

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

MARCH 26
Purple Day



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



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



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



epilepsycalgary.com

Share your purple moments using

#postyourpurple





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WHAT A KNOCKOUT!

On March 17, 1908, Canadian world heavyweight boxing champion Tommy Burns knocked out Irish challenger Jem Roche in a blistering 1 minute and 28 seconds setting the record for the quickest world heavyweight title fight ever at the time!



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

Guess the Toy!

1. This fashion doll, created by Ruth Handler, made her debut at the American Toy Fair on March 9, 1959.
2. This toy originates from the Swahili word “kujenga” which means “to build”.
3. This was the first toy ever advertised on television, featuring parts that could be stuck into a fruit or vegetable.
4. Max Park holds the record for solving this 3D combination puzzle toy at 3.13 seconds.
5. This stretchy, bouncy, moldable toy was used aboard Apollo 8 to help secure tools and equipment in zero gravity.
6. This toy was named after Theodore Roosevelt who famously refused to shoot a captured animal during a hunting trip in 1902.



SCAN THE QR CODE FOR THE ANSWERS!

					7			8
4	3	2	6	8				
	8		4			2	3	
	6		1					
3								5
					8		2	
	4	1			6		7	
				1	2	9	5	4
9			3					

SCAN THE QR CODE FOR THE SOLUTION



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"Always Caring and Always Available"

A UNIQUE FAMILY AND WALK-IN CLINIC

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WE WELCOME OUR NEW FAMILY PHYSICIANS ACCEPTING NEW PATIENTS!

Dr. Olayinka Olusola Oginni, MD, MRCGP (UK), LMCC, CCFP (**Starting 1st of May 2025**)

Dr. A. A. Dayo, MD, MBChB, CCFP, FRACGP, FWACS

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)

Female Pediatrician & Female Family Physician COMING SOON!

Call: 587-392-9670 Visit: bowglenmedicalcentre.com

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



Give a Helping Hand



Be a snow angel this winter and help Parkdale residents keep their walkway's clear

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SCAN HERE TO VIEW ADDITIONAL PARKDALE CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Breakfast Quesadilla

by Jennifer Puri



Eggs are tasty, filling, and good for your health as a whole; eggs contain a little bit of every nutrient you need. Cheap and easy to prepare, they are an inexpensive source of high-quality lean protein.

Blue, green, brown, or white eggs may have different colours but there is no difference in taste or nutrition between them. An average hen lays 300 to 325 eggs per year. The colour of the yolk depends on the hen's diet and age, and typically as hens age, their eggs become larger.

An extremely versatile ingredient, eggs are not just for eating but are used to make beauty products such as face masks, compost, and garden fertilizer. In many cultures, the egg is a symbol of new life, fertility, and rebirth.

Eggs are also a breakfast/brunch mainstay, and scrambled, poached, baked, or fried are some of the ways to consume eggs. Quick and simple to cook, eggs can also be used in burritos or quesadillas as shown in the recipe for breakfast quesadillas below.

Prep Time: 20 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

- 2 large tortillas
- 1 ½ tsp. olive oil
- 1 chorizo sausage, cooked and casing removed
- 3 eggs lightly beaten
- ¼ tsp. salt
- 1 tbsp. butter

- 1 cup shredded Mexican cheese
- 2 cups kale washed, stemmed, and coarsely chopped
- 1 cup sliced button mushrooms
- ¼ cup chopped green onion
- ½ cup chopped red bell pepper
- ½ jalapeno, seeds removed and chopped (optional)
- Cooking spray

Directions:

- Heat olive oil in a pan or nonstick skillet on medium heat. Add onions and sauté for about two minutes. Next add red peppers and mushrooms and sauté for another two minutes and then add kale, jalapeno pepper, and chorizo sausage. Cook until veggies are tender and then remove from heat and keep warm.
- In a skillet, melt butter on medium heat and pour in the egg mixture with a ¼ tsp. of salt. Cook eggs while stirring until they start to firm up then scramble until they are cooked through and remove from heat.
- Coat a large skillet or fry pan with cooking spray and heat on medium heat. Place a tortilla in the pan and sprinkle a ¼ cup of cheese on one half of the tortilla followed by half the veggie mixture and half the scrambled egg. Top with a ¼ cup of cheese and fold tortilla in half over filling. Cook for a few minutes until tortilla is golden brown, turning once.
- Transfer quesadilla to a cutting board and repeat the process with the second tortilla.
- Slice each quesadilla into two or three slices and serve with your favourite hot salsa, guacamole, or sour cream.

Bon Appétit!



Swish ORAL CARE

It's officially official.

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



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*

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:



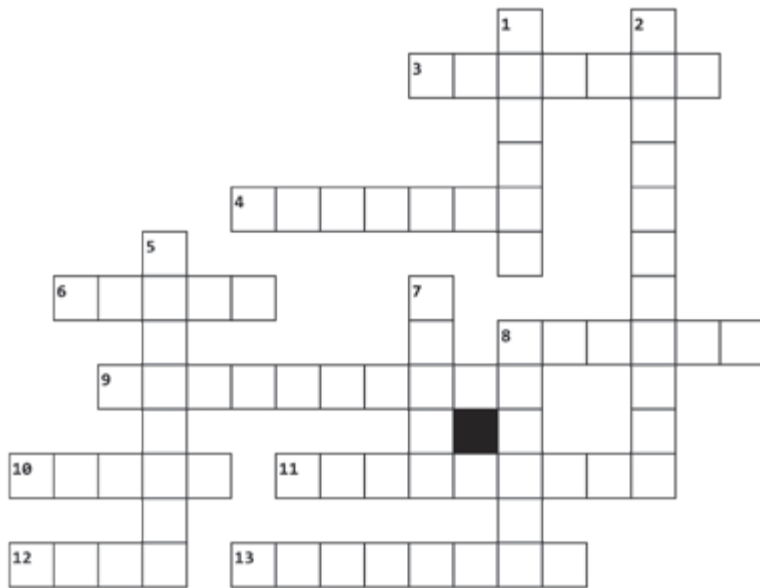
swishoralcare.ca

ud@swishoralcare.ca



@swishoralcare

March Crossword



Across

3. Known as the “Fight of the Century”, on March 8, 1971, Muhammad Ali’s 31-fight winning streak was ended by Joe _____ in Madison Square Garden.

4. Nathan _____ was born on March 27, 1971, in Edmonton, Alberta, and is best known for his role as Captain Malcolm on *Firefly*.

6. Pink _____’s album *The Dark Side of the Moon* was released on March 1, 1973, and stayed on the Billboard Top 200 album charts for 741 weeks!

8. A _____ *Life*, an emotional novel following the lives of four friends and written by Hanya Yanagihara, was first published on March 10, 2015.

9. This pale-blue gemstone is one of March’s birthstones.

10. On March 26, 1953, Dr. Jonas Salk successfully tested a vaccine for this disease that has affected notable individuals such as Frida Kahlo, Franklin D. Roosevelt, Joni Mitchell, and Neil Young in the past.

11. Known for her roles in *Schitt’s Creek*, *Home Alone*, and *Beetlejuice*, _____ O’Hara was born on March 4, 1954, in Toronto, Ontario.

12. The month of March is named after this Roman god of war.

13. This iconic film about a giant ape causing chaos in New York City first premiered on March 2, 1933, at Radio City Music Hall.

Down

1. Daylight _____ Time will start on Sunday, March 9 this year.

2. This national park with geothermal features spanning across Wyoming, Montana, and Idaho became the first national park in the world on March 1, 1872.

5. Daffodils and _____ are the official birth flowers of March.

7. March is officially _____ Heritage Month in Canada and celebrates the history and impact of individuals, past and present, from the country nicknamed the “Emerald Isle”.

8. On March 2, 2024, _____ James made NBA history by becoming the first player to score 40,000 career points.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Learning About Palliative and End-of-Life Care

by Alberta Health Services



People can live for many years with a chronic disease. Palliative and end-of-life care gives extra support at all stages of a chronic illness, not just near the end-of-life. This type of care works with people's family doctor and specialist as they're being treated for chronic illness. It helps to give people the best quality of life possible so people and their families can live a more settled and peaceful life.

How Specialized Care Teams Help

Living with a chronic disease can be harder some days than others. People may need to be in the hospital for a short time, and it can be tough on people and their caregivers. Sometimes medicine can help treat a chronic disease, and sometimes other therapies are a better choice.

Palliative and end-of-life care focuses on people's comfort, no matter what health problems a disease may cause. Care teams work to:

- Treat symptoms using medicine and other therapies.
- Help people feel more positive.
- Help with fears and anxiety.

- Show what community supports are out there.
- Teach about care options.
- Make sure all caregivers know what the person wants and needs.
- Explain how the health care system works.

Care Options

In Alberta, you have many options for where to get palliative and end-of-life care – your home, a hospital, a continuing care centre, or a hospice. Talk to your family and your health care team about what's important to you and where you'd like to be at this time in your illness. Your choice may change as your illness changes, and you can get palliative and end-of-life care at any time.

Home

Many people choose to stay in their own homes to get palliative and end-of-life care from a home care program. Being in a familiar place, close to loved ones, can help you live as normally as possible. Home care programs offer nursing care and other home support services, such as:

- Volunteer services.
- Community day programs for you.
- Care to manage your pain and symptoms.
- Teams to help with urgent needs 24/7.
- Interdisciplinary care such as support with finances and rehabilitation.

There's also a program that's helping to bring emergency care to people who get palliative and end-of-life care in their homes. The EMS Assess, Treat, Refer program has Emergency Medical Services, home care clinicians, doctors, and families working together to help people stay in their homes if that's what they wish.

Hospitals

In a hospital, care is often given by a team of doctors, nurses, and other health care providers. The team has access to expert palliative care consultants or palliative doctors. Some hospitals have palliative and end-of-life care units, and others set aside beds in different units.

Continuing Care Centres

You can get palliative and end-of-life care services in continuing care centres, like long-term care and supportive living facilities. The type of facility you choose depends on:

- The lifestyle you want.
- The care you need.
- How much you can do for yourself.

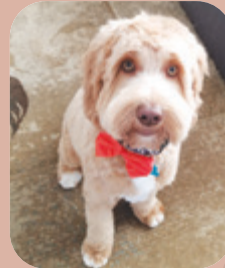
If you're in one of these facilities and you need specialized palliative care services, you may need to stay in a hospital for a short time.

Hospices

Alberta has many hospices. These places are made to feel like home while giving specialized end-of-life care, 24/7. The care teams focus on your comfort and quality of life and can help you and your family cope with your feelings about serious illness. In a hospice, you're cared for by health care professionals. Availability of other professionals such as spiritual counsellors and other services such as volunteers may be different for each hospice.

For more information about end-of-life care, go to myhealth.alberta.ca/palliative-care/resources.

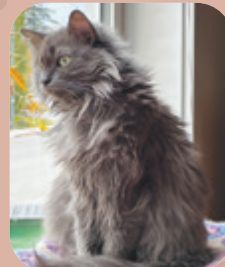
Cats, Canines, & Critters of Calgary



Jax, McKenzie Towne



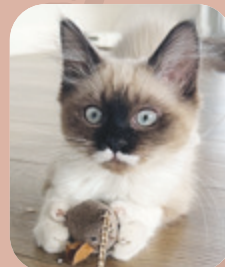
Louie, Panorama Country Hills



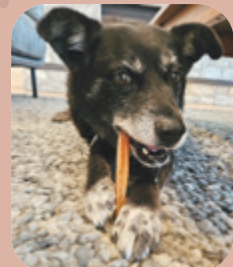
Luna, Marda Loop



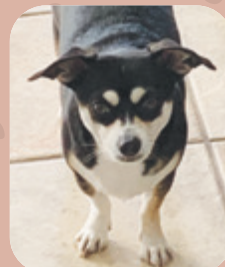
Luna, West Hillhurst



Lutik, Douglas Quarry



Mystery, Christie Park



Neville, Douglas Glen



Snoop, Southwood

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

Earth Hour 2025

by *The City of Calgary*

Calgary Unplugged is an annual family-friendly Earth Hour event. Join us for music, entertainment, and learn about environmental actions you can take in your community. Bring along some personal LED lighting and dance to the DJ when the lights go down for the Earth Hour party!

- Location: Central Library (800 3 Street SE)
- Date: Saturday, March 22
- Time: 7:00 to 9:30 pm

You can still participate in Earth Hour if you can't make it to the event! Reduce your impact by turning off nonessential lights, "unplug" from electronics at 8:30 pm, and take this time to reconnect with people, play games, or enjoy hobbies.

Share your participation in Earth Hour on social media with #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre, with support from The City of Calgary and community agencies.



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Expires March 1, 2026

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General Dentistry

Cosmetic

Implants

Invisalign

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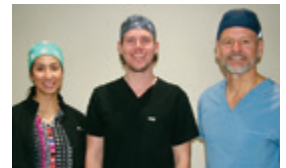
Oral Surgery

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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



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

Buy Canadian, Shop Local

As we navigate through these challenging times, it's more important than ever to support our local economy and fellow Canadians. By choosing to buy Canadian-made products and shopping locally, we can make a significant impact on our community's prosperity and resilience.

When you buy local, you are not just purchasing a product; you are investing in your community. Local businesses are the backbone of our economy, providing jobs and supporting local families. Every dollar spent at a local business is reinvested into the community, helping to create a vibrant and sustainable local economy.

Buying Canadian also means supporting our national economy. Canadian businesses produce high-quality goods and services that meet rigorous standards. By choosing Canadian products, you are supporting our industries and helping to create jobs across the country. This not only strengthens our economy but also ensures that we are less dependent on foreign goods.

Moreover, buying local and Canadian products is an environmentally friendly choice. Local products often require less transportation, reducing carbon emissions and contributing to a healthier planet. By supporting local farmers and producers, we also promote sustainable agricultural practices that benefit our environment.

I encourage everyone to make a conscious effort to buy Canadian and support local businesses. Whether it's shopping at a local farmers' market, choosing Canadian-made products at the store, or dining at a locally owned restaurant, every small action counts.

The best way to shop Canadian is to look for the 'Made in Canada' or 'Product of Canada' label. You could also take the opportunity to ask the shop employees which products are produced in Canada or sourced locally.

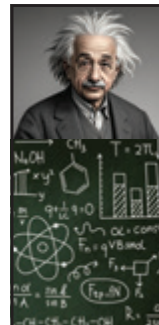
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PARKDALE MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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.



Pi and Einstein, a Perfect Pair!

Many may know Pi Day is celebrated on March 14 - but it also marks the birthday of Albert Einstein. Born in Ulm, Germany in 1879, Einstein's birthday coincides with this mathematical celebration, making March 14 a double treat for both math and science enthusiasts!



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@parkdaleyyc.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

SPACE ODDITY

On March 18, 1965, cosmonaut Alexei Leonov became the first person to conduct a spacewalk. Leonov floated outside his spacecraft, Voskhod 2, for twelve minutes. Talk about a cosmic journey!

GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

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SCAN ME

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