

SEPTEMBER 2025

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PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



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Re-Elect

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for Ward 7



terrywong.ca

**Tell Terry. Talk with Terry.
See the Results with Terry.**

Election Day: Oct. 20, 2025

ElectionsCalgary.ca/For-Voters.html

7 Real Solutions for Ward 7

- **Smart Growth, Not Blanket Rezoning**

Planning growth that fits the community—preserving character while welcoming thoughtful development.

- **Tax Dollars Delivering Results**

Focusing on core services and real outcomes—no waste, no delay—just real value for your money.

- **Safe Spaces, Secure Places**

Protecting our homes, streets, and parks with safety-focused planning and visible enforcement.

- **Free Residential Parking**

Protecting parking for residents—no fees, no hassle, just fair access in your neighbourhood.

- **Clean and Vibrant Downtown**

Revitalizing the heart of our city with cleaner streets, thriving businesses, and cultural energy.

- **Public Engagement, No Surprises**

Ensuring residents are heard before decisions are made—transparent, timely, and respectful.

- **Visit, Watch, Listen, and Learn**

Staying present in every community—open ears, open eyes, and open conversations.

YOUR CITY OF CALGARY

What Is Cart Contamination?

by The City of Calgary, Waste and Recycling Services

We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures material ends up at the right facility to be turned into new products or to be disposed of properly.



Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at calgary.ca/contamination.





**Samaritan Club
of Calgary**

Celebrating
115 years
of helping
Calgarians
in need

Semi-Annual Super Thrift Sale

Saturday, September 27

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**



**Get great deals on household goods,
clothing & shoes for all, fashion accessories,
vintage & boutique items, collectibles,
art, books, toys & much more**

Don't forget to bring your tote bag!



**For More Information:
samaritanclub.ca**

**All proceeds will benefit
Calgarians in need (Cash Only)**

Back by popular demand:

- Concession
- Parcel Pickup



The Library Ship

by Garth Paul Ukrainetz

On the ocean of Calgary
Sails the library ship
Filled with books and good readers
Packed from stern to bow's tip

She's a beautiful vessel
Maiden voyager grand
Inspirational learning
All her crew lend a hand

Nearby Calgary Tower
Glowing lighthouse of red
Rolling waves, Rocky Mountains
Grace horizon ahead

She's at one with her ocean
Step on board you'll agree
Yes, the world is her oyster
Blue Sky City her sea



Parkdale Community Association (PCA)



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office@parkdaleyyc.com
www.parkdaleyyc.com

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SCAN HERE TO VIEW ADDITIONAL PARKDALE CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



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*

La La La...

In September 2001, Kylie Minogue released "Can't Get You Out of My Head" - and the world couldn't! The hypnotic pop song topped charts in over 40 countries and became the biggest smash hit of her career. La la la... you'll be humming it all day now.





News from the Friends of Nose Hill

by Anne Burke

Tuscany, Calgary

by Garth Paul Ukrainetz

No leaning tower of Pisa there
No art of Michaelangelo
No vineyards, nor the Florence dome
Chianti grapes, too cold to grow

Instead, refreshing western air
That blows from mountains pure and wild
That flies the flags Alberta Blue
To fill the lungs of soul inside

In Tuscany they mow their lawns
They drop their children off at school
Cheer loudly for their local teams
Make weekend trips to Banff's hot pool

A community of Calgary
200 more around it grow
Yes, life is good in Tuscany
O renaissance, thru foothills blow



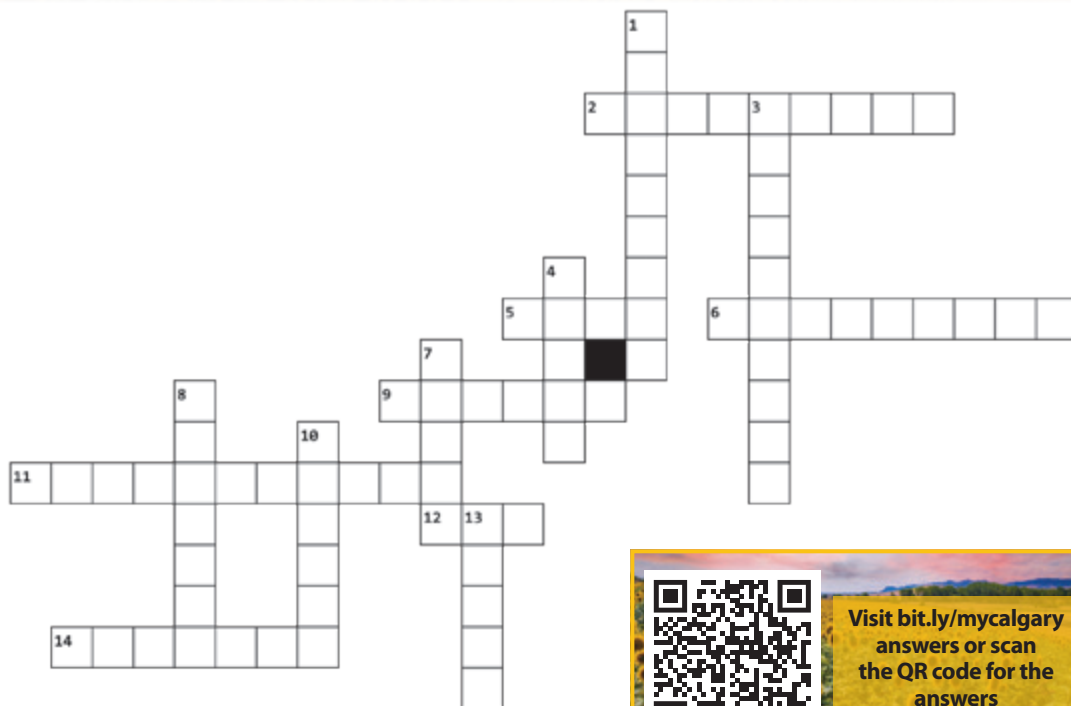
Learn how citizens fought to preserve Nose Hill, its history, how it unfolded. The Calgary Local Council of Women recommended that all development of Nose Hill be delayed, until after a major study by the Calgary Planning Commission of city growth. The only existing control was the absence of zoning approval for development and should be delayed, until such time as the City had sufficient funds. Calgary had never expended significant monies for parkland. In its natural state, the only cost for their proposal would be land acquisition, without any capital expenses, facilities, and maintenance.

They believed that Nose Hill is a beautiful natural area. We must preserve prime natural areas to offset urban sprawl and the concrete City Centre. Nose Hill is to Calgary what Citadel Hill is to Halifax; Battlefield's Park to Quebec City; Mount Royal to Montreal; Stanley Park to Vancouver; and Beacon Hill Park to Victoria. Calgary would become the first city in Western Canada to have a natural area of prairie vegetation. Tourists will visit the natural grassland of Nose Hill or view it from the Calgary Tower.

The group proposed that approximately 3,500 acres, bounded on the West by the Sarcee Trail right-of-way, South by the John Laurie Boulevard, East by the existing development adjacent to the escarpments of Nose Hill, and North by the highlands and escarpments of Nose Hill to and beyond 80 Avenue NW, be zoned as Natural Parkland in perpetuity.

The Hill is a dominant geographical feature in Calgary since its southern slopes can be seen from most locations, providing a constant reminder to citizens of the prairie landscape surrounding them which has played such an influential role in our economic and cultural development.

September Crossword



Across

2. Ernest _____'s *The Old Man and the Sea* was first published on September 1, 1952.
5. September's full moon is named after a plant also known as maize.
6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the _____ Islands.
9. *The _____ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
11. Ice hockey forward, John Tavares, was born on September 20, 1990, in _____, Ontario.
12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
14. Starring Canadian actor, William _____, *Star Trek* premiered on September 8, 1966.

Down

1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in _____, Ohio.
3. On September 19, 1893, this country became the first to grant all women the right to vote.
4. Canadian singer-songwriter Leonard _____ was born on September 21, 1934.
7. On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
8. Canada beat the USA by 23 runs on September 25, 1844, in the first international _____ match.
10. On the first Monday of September, _____ Day is observed in Alberta.
13. Stars of *Bridget Jones's Diary*, Colin _____ and Hugh Grant, were both born in September 1960, just one day apart.

The Art of Finding Work: Jobseekers Need to Learn to 'Move On'

by Nick Kossovan

Everyone knows ghosting and rejection are inherent parts of job searching. Yet, job seekers waste vast amounts of energy and time lamenting what they can't control. There's a prevalent sense of entitlement that employers owe job seekers, which goes against the universal truth that nobody is owed anything, be it a job, to make a living, or even happiness.

Job searching, regardless of the economic climate, has always required resilience. The key to resilience is having realistic expectations, such as understanding that employers you don't work for don't owe you anything. Having a 'F*ck it!' mindset that empowers you to move on quickly is how you foster resilience.

Ghosted: You didn't get the job. Move on.

- You didn't hear from an employer after submitting your resume: There were candidates with more relevant experience and were a better cultural fit. Move on.
- When a networking attempt fails: A stranger isn't willing to drop everything to help you. Move on.
- Not taking down a job posting: Some people never take down their Christmas decorations. If a job can be left open for a significant amount of time, assume it isn't critical. Do you want a non-critical or non-essential job? Move on.

Thinking about how the hiring process should be won't get you a job.

Getting frustrated and angry at how an employer designed their hiring process won't get you a job.

Getting upset over being ghosted won't get you a job. It wasn't the employer who ghosted you; it was an employee whose behaviour doesn't speak for an entire company.

Life is too short to spend time and energy dwelling on "what could have been" and "whys." This is especially true regarding things out of your control, such as how an employer designs their hiring process or runs their business. The most common false belief I repeatedly see people hold, and which causes much of their

frustrations and anger, is that they can change other people's behaviour—as if it's their place to do so.

While it's natural to feel disheartened, it's crucial to understand that wallowing in the many disappointments you'll experience throughout your job search and believing you can control other people's behaviour hinders your progress.

When you invest your heart and soul into an application only to be met with silence or rejection, it's easy to spiral into self-doubt. Consider why you're giving a hiring manager—a stranger—influence over your self-esteem. Hence why I recommend embracing a 'F*ck it!' mindset as a defence against rejection eroding your confidence.

I've been rejected many times, more than I've been accepted. I've learned the hard way, a running theme throughout my life, that if I permit it to do so, repeated rejection triggers a cycle of negative thinking that paralyzes me, regardless of whether I'm searching for work, submitting my writing, or reaching out to someone hoping to form a relationship. Dwelling on past disappointments sabotages future opportunities.

There are many reasons why quickly moving on, as opposed to wallowing, playing the "I'm a victim!" card, getting angry, or venting on LinkedIn and other social media platforms—which is never a good look—benefits your job search.

There's no shortage of opportunities.

In several previous columns, I've mentioned that opportunities are all around you, with one caveat: they're attached to people. In 2024, employers are turning to their employees for referrals since job postings result in avalanches of applications, predominantly from job seekers who spray and pray. This underscores the importance of networking rather than applying to online job listings.

Clinging to rejections, being ghosted, or whatever is frustrating you is wasting mental energy you could be using to speak to people who may be able to refer you to job openings where they work. Starting right now, shift your focus away from past disappointments—forget about them, what's done is done, you can't change the past—and focus on future possibilities aligned with your skills and aspirations and start making



it a point to meet people, because you never know what opportunities they may be attached to.

Much of the hiring process is out of your control.

In the same way that you can't control the behaviour of others, you can't control how an employer hires. Many factors influence hiring decisions, notably internal politics and team dynamics. Instead of internalizing these setbacks, remind yourself of your skills, experiences, and past achievements.

Not quickly moving on is counterproductive.

Dwelling on why you were ghosted or didn't get the job—instances in which you'll never know the actual reason—drains your energy, energy better spent on proactive measures to enhance your candidacy for future roles.

The key to a successful job search is to keep moving forward and stay focused on what you can control, such as optimizing your LinkedIn profile—arguably the most critical tool in a job seeker's arsenal—resume, and expanding your network to take advantage of all the opportunities around you.

Cats, Canines, & Critters of Calgary



Harley, Cranston



Jasper, Glenbrook



Lulu, Signal Hill



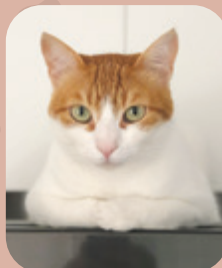
Mika, Richmond Knob Hill



Mr. Fuggs, Christie Park



Rollie, Auburn Bay



Ruby, Glenbrook



Rusty, Glenbrook

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



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DAILY HOURS OF
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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



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The PCA is always looking
for outgoing individuals
looking to contribute to
their community

Interested? Please email
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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

Bringing together Calgary's
most vibrant community

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Hoodie M	\$50
Hoodie L	\$50
Hoodie XL	\$50
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Water Bottle - 500mL	\$40
Ball Cap	\$35
Beanie	\$30

BRAIN GAMES

SUDOKU

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

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FOR THE SOLUTION



RECYCLING & FUNDRAISING

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to recycle?

Help Support the
Parkdale Community
Association

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Download the app
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app.skipthedepot.com/parkdalecommunity



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@parkdalecyc.com





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WORD OF THE MONTH

RIGMAROLE: NOUN (RIG-MUH-ROHL)
Something long, tedious, and complicated.

*Mr. Scott went through the usual social rigmaroles
at the party.*

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full exam, X rays and cleaning
Expires March 1, 2026

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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.

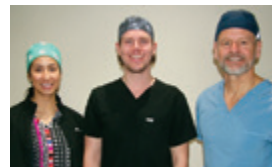
Book your appointment today and help us give Dr. McKie a warm welcome!

Monday - Tuesday: 1 pm - 8 pm

Wednesday: 7 am - 8 pm

Thursday: 7 am - 3 pm

Friday: 8 am - 4 pm



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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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