

JULY 2025

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your



# PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



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INFO

# Point McKay DENTAL CARE

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## General Dentistry

Cosmetic

Implants

Invisalign

Botox

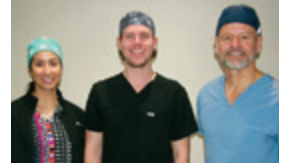
Oral Surgery

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**

## Your Patio Furniture Superstore!

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official-plumbing-heating.ca

## Cats, Canines, & Critters of Calgary



Lily and Fern, Calgary



Enzo, Calgary



Molly, Elbow Scene



Roscoe,  
McKenzie Towne



Stella,  
Elbow Scene



Tigger,  
Elbow Scene



Willow,  
McKenzie Towne

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## Parkdale Community Association (PCA)



3512 5 Ave NW, Calgary AB T2N 0V7

403-283-5767

[office@parkdaleyyc.com](mailto:office@parkdaleyyc.com)

[www.parkdaleyyc.com](http://www.parkdaleyyc.com)

### DIRECTORY

#### EXECUTIVE

President	Jeremy Methot <a href="mailto:president@parkdaleyyc.com">president@parkdaleyyc.com</a>
Vice-President	Stephanie Hagmann <a href="mailto:vice.president@parkdaleyyc.com">vice.president@parkdaleyyc.com</a>
Secretary	Sheila Hyatt <a href="mailto:secretary@parkdaleyyc.com">secretary@parkdaleyyc.com</a>

#### BOARD OF DIRECTORS

Rink Director	Richard Marquardt <a href="mailto:rink@parkdaleyyc.com">rink@parkdaleyyc.com</a>
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 <a href="mailto:programs@parkdaleyyc.com">programs@parkdaleyyc.com</a>
Facility and Operations	Mike Talarico <a href="mailto:facility@parkdaleyyc.com">facility@parkdaleyyc.com</a>

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

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

## No Yolk

Why don't eggs  
tell jokes?

They might  
crack up!







## News from the Friends of Nose Hill

by Anne Burke

Connect: Calgary's Parks Plan replaced the Open Space Plan and the Natural Areas Management Plan. Calgarians have historically and consistently had a strong desire for the inclusion of natural areas as Open Space. As early as 1914, The Mawson Plan recommended protection for the riverbanks. In the 1940s, the public wanted natural park environments to be preserved. Little or no management was considered. In the early 1970s, The Calgary Bird Club assessed several natural areas, including East and West Nose Hill, before specific natural areas management policies were identified. By 1980, City Council adopted the first Nose Hill Park Master Plan, to ensure that natural habitat would remain for wildlife species that use it. The Nose Hill Biophysical and Land Use Inventory was a major project, but any unexpected problem or difficulty was beyond its scope. Instead, The Nose Hill Park Management Advisory Committee was followed by the Nose Hill Park Trail and Pathway Plan.

The Natural Areas Management Plan called for long-term conservation methods to support appropriate public uses. Some activities were dog walking, hiking trails, and weed control. For Nose Hill, as a Major Natural Environment Area, there were guidelines about grazing, wildlife, signage, fallen trees, and brush. As in all Natural Environment Parks, the approach was based on habitat types, with the general principles being fire management, life cycling, planting, restoration, and reclamation. To communicate the aims of protection, management, and permitted uses in a natural environment park, staff training and public education were planned, so as to share information regarding natural areas and natural history in Calgary. The plan was to evolve, with more research and new techniques for managing urban natural areas, as the public perception of Open Space changed, not only in Alberta but across North America.



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# Typewriter

What is the longest word you can think of? Now how many rows of keys would you need to type it? Interestingly enough, the word 'typewriter' is the longest English word that can be typed out using only one row on a computer keyboard.





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@PARKDALEYYP.COM](mailto:OFFICE@PARKDALEYYP.COM) TO  
GET INVOLVED



AUGUST 7 & 8





## BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

**Servings:** 4

### Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

### Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

### Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

### Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

#### Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

#### Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

#### First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.



- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

#### Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

#### Québec Village

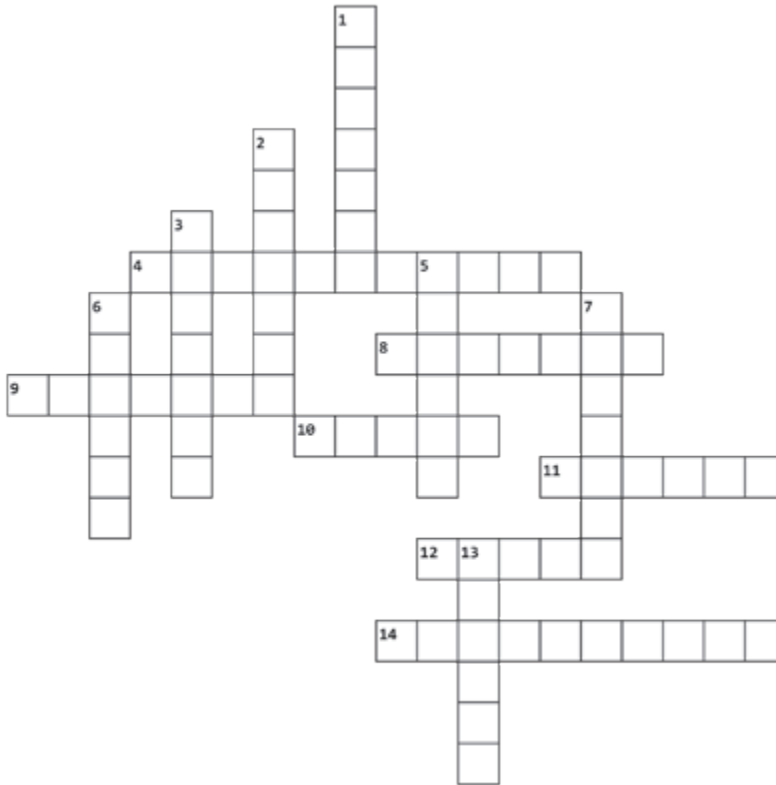


On July 3, 1608, a trading post was established on the site of present-day Québec City that was part fort and part village. Samuel de

Champlain fostered fur trades and used this building as a base. We're sure it looked a whole lot different back then!



# July Crossword



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers)  
or scan the QR code  
for the answers

## Across

4. Harper Lee's Southern Gothic novel, *To Kill a \_\_\_\_\_*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast \_\_\_\_\_ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate \_\_\_\_\_ celebrates her 22nd birthday on July 1.
14. Lucy Maud \_\_\_\_\_, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

## Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan \_\_\_\_\_ premiered on July 22, 1988.
3. The popular mobile game, \_\_\_\_\_ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first \_\_\_\_\_ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.



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 symbol. 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 the text "Sign Up", and a red heart symbol.

# 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**





# 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)*

## Best Thing Since Wrapped Bread!

Ever wonder where the phrase “best thing since sliced bread” comes from? Well, it all started on July 7, 1928, when the Chillicothe Baking Company became the first to sell pre-sliced bread thanks to a machine invented by Otto Frederick Rohwedder. Back then, sliced bread was the best thing since wrapped bread!



# What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.



### Six Steps to Keeping Our Rivers Healthy

by The City of Calgary



Calgary is a growing city on a small river. When it rains, water runs off our streets, driveways, and yards and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, fertilizers, dirt, and other debris, washing it into our storm drains and our rivers. Calgary is seeing

higher volumes of stormwater, which is resulting in urban flooding and more river pollution.

The City of Calgary and Calgarians need to work together to manage our stormwater. The City uses storm ponds to naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is critical. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

You can help keep stormwater clean and our rivers healthy by doing these simple actions:

- Point downspouts toward lawns and gardens or use a rain barrel.
- Limit the use of fertilizers and pesticides.
- Sweep up debris from your garage and driveway instead of washing it away.
- Wash your vehicle at a car wash instead of your driveway.
- Never pour anything down the storm drain.
- Pick up pet waste and litter and put them in the proper waste containers.

What ends up on our streets, ends up in our rivers. Visit [calgary.ca/stormwater](http://calgary.ca/stormwater) to learn more.

### Downtown Summer Festivals and Events

by The City of Calgary



Calgary's Summer Festival Season is in full-swing and downtown is where you'll find the electric energy as people come to experience the ultimate celebration of community, creativity, and culture. With over 100 festivals and events happening downtown this summer, the heart of our city will be bursting with fun and entertainment for everyone.

Whether you are a resident or a visitor, this is your invitation to immerse yourself in the vibrant spirit of our Downtown Summer Festival Season. Downtown is home to some of our proudest landmarks and our biggest celebrations, like Canada Day, Stampede, Carifest, and the Calgary Folk Music Festival. The best of our city is reflected in these festivals and events, as people come together to have fun, celebrate, and enjoy life's moments.

With a wide variety of entertainment, the Downtown Summer Festival Season has something for everyone and this year, we want to make sure you're just a click away from staying connected. That's why we've created the Downtown Summer Festival Itinerary; a guide to keep you informed about the festivals and events happening downtown from now until the end of September.

Mark your calendars, gather your friends and family, and get ready for an unforgettable Downtown Summer Festival Season. Ready, set, explore! To learn more about the exciting festivals and events happening downtown, visit [calgary.ca/exploredowntown](http://calgary.ca/exploredowntown).

## Get the Lowdown on Slow Downs: How We Keep Calgarians Moving

by The City of Calgary



We know construction season can be frustrating; The City of Calgary's Mobility teams work in close collaboration with project managers and city event organizers to avoid multiple delays and plan for traffic flow congestion. The City's Traffic Management Centre monitors roadways 24/7 by using traffic cameras, live traffic data, and digital road signs.

It's not a pain when you have a plan, and we have Waze to help. The City's partnership with Waze means you can get real-time traffic flow and construction updates right in the app. This free download is our preferred navigation tool because it syncs with The City's advanced traffic system. With the right tools you can get to where you need to go.

Learn more at [calgary.ca/PlanYourTrip](http://calgary.ca/PlanYourTrip).

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**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?

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Parkdale Community  
Association



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[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
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Hoodie L	\$50
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Beanie	\$30

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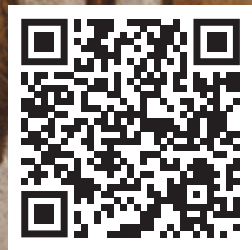


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