

JULY 2023

DELIVERED MONTHLY TO 1,525 HOUSEHOLDS

your



PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



FILL THIS SPOT WITH YOUR AD

Promote your business and get noticed!

Contact us at 403-720-0762 or grow@greatnewsmedia.ca



GET A QUOTE NOW



Point McKay DENTAL CARE

New patients receive a free
Sonicare toothbrush with:
full exam, X rays and cleaning
Expires Feb 1, 2024

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

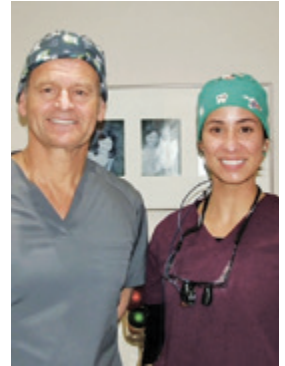
Dr. Paul Hul and Dr. Sheila Lipinski, along with their entire team, invite you into their relaxed, caring, and friendly practice.

We are offering extended hours and services.

Mon - Tue: 1 pm - 8 pm Thu: 7 am - 3 pm

Wed: 7 am - 3 pm Fri: 8 am - 4 pm

Open every other Saturday, please call to check.



Emergencies - Direct Billing - Extended Hours - Full Family Dentistry - New Patients Welcome



Celebrate West Hillhurst Community Association's 75th anniversary!

Join us at Grand Trunk Festival from Sept 14-16.

grandtrunkfestival.com



Calling artisan vendors and community
volunteers to join us for this extraordinary event!



REGISTER NOW

VENDORS

VOLUNTEERS





PARKDALE STAMPEDE BREAKFAST

Presented by:



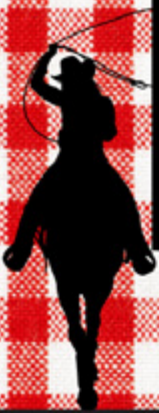
Morpheus Theatre

SATURDAY
JULY 15
9AM-11AM

**PARKDALE
COMMUNITY CENTER**
3512
5 AVE NW

Featuring:

CALGARY STAMPEDE WESTERN WELCOME
WITH THE BATTER BOYS
& THE MOJOLISA BAND



Cats, Canines, & Critters of Calgary



Big Earl, Capitol Hill



Blue and Jere, Mount Pleasant



Max, Temple



Tali, Temple

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

Heat Related Illness

from 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.

OFFICIAL



PLUMBING & HEATING

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

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca



Fresh Jock

No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT

403-726-9301

calgaryfreshjock.com

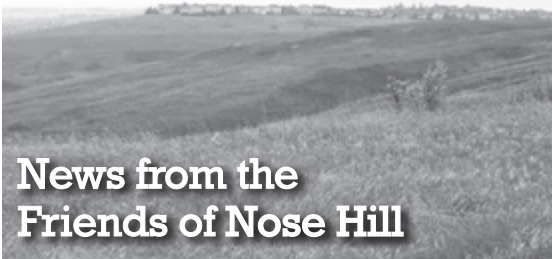


Your Patio Furniture Superstore!

YETI **Wicker Land Patio** **weber**

TRAEGER **BBQ LAND** RATANA **Modern Patio**

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca



News from the Friends of Nose Hill

by Anne Burke

Guided Plant and Herb Walk

A guided plant and herb walk on Nose Hill taught attendees about local landscape and ecology (living things and habitat). The group identified plants, whether edible or poisonous ones, as well as invasive plants (weeds) and native species.

There is much interest in traditional medicine and modern uses. Agrology deals with the natural, economic, and social sciences related to environmental protection. The walk leader, as a member of the Alberta Institute of Agrologists, has studied the application of science to agriculture. It is important to understand that Calgary's Parks & Pathways Bylaw prohibits foraging as part of these events.

City Nature Challenge 2023

Here are the results for the City Nature Challenge 2023! Across Canada, 43 cities were in this year's challenge. Calgary was first for observers, with 9,185 who reported 775 species. Calgary came in fourth for 347 observations. Globally, there were 482 cities, with 66,394 participants who reported 57, 227 species, including 2,570 rare, endangered, or threatened ones.

World Migratory Bird Day

Light pollution remains a threat to migrating birds. To raise awareness in Canada, World Migratory Bird Day was on the second Saturday in May and, in South America, will be on the second Saturday in October.



Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

CRIME STATISTICS



Parkdale Crime Activity was Down in May 2023

The Parkdale community experienced 1 crime in May 2023, in comparison to 3 crimes the previous month, and 7 crimes in May one year ago. Parkdale experiences an average of 3.4 crimes per month. On an annual basis, Parkdale experienced a total of 41 crimes as of May 2023, which is down 28% in comparison to 57 crimes as of May 2022. To review the full Parkdale Crime report visit pdal.mycalgary.com.

How To Report Crime In Parkdale: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

SCAN HERE TO VIEW ADDITIONAL PARKDALE CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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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.



Parkdale Real Estate Update

Last 12 Months Parkdale

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 23	\$732,500	\$750,000
April 23	\$885,000	\$883,000
March 23	\$774,900	\$755,000
February 23	\$761,890	\$722,500
January 23	\$862,450	\$780,000
December 22	\$0	\$0
November 22	\$520,000	\$490,000
October 22	\$659,000	\$623,500
September 22	\$811,950	\$782,500
August 22	\$794,700	\$770,000
July 22	\$949,900	\$925,000
June 22	\$702,450	\$702,500

Last 12 Months Parkdale

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 23	18	7
April 23	6	7
March 23	9	5
February 23	6	2
January 23	3	4
December 22	4	0
November 22	2	1
October 22	2	5
September 22	7	8
August 22	5	2
July 22	8	3
June 22	13	10

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

GAMES & PUZZLES

Guess That Song!



1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE
QR CODE
FOR THE
ANSWERS!



BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION





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

Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554



109 - 10836 24th Street SE

Mat & Linen Services



MATS

Commercial mat rentals and purchases



HOSPITALITY SERVICES

Linens for tables, chairs, and napkins. Laundry and pressing services



WORKWEAR

Workwear and cleaning of uniforms and coveralls



CLEANING

One-stop service for cleaning supplies and paper products

calgarymatandlinen.com



Beanie

\$30



Hoodie

\$50



Ball Cap

\$35

OUR PARKDALE SWAG

Available at Every Parkdale Community Event!

To view our full line of Swag, Please visit www.parkdaleyyc.com

CELEBRATE OUR NEW LOGO WITH US!



ANITA MORTGAGE

AVENUE Financial
Your Debt Solutions

SAVE A BUNCH OF CASH

Expert advice
Excellent rates
Many options
Better mortgages



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anita@anitamortgage.ca

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

Volunteer To Make A Difference

Canada Day is an opportunity to celebrate our country and all those who make it better. This July, I encourage you to give back to our community and reflect on those who regularly donate their time for its improvement.

If someone in your life has made significant, sustained, and unpaid contributions to their community in Canada or abroad, they may be eligible for recognition through the Sovereign's Medal for Volunteers. This prestigious award, presented annually by the Governor General of Canada, recognizes the outstanding volunteer achievements of Canadians embodying the caring country we aspire towards. It is the highest honour for volunteer service that an individual can receive within the Canadian Honours System, replacing the Governor General's Caring Canadian Award in 2016.

Recipients must have demonstrated exceptional dedication, leadership, and commitment to volunteerism, generally for a period of 10 or more years. They must have also made a significant impact on the lives of others and contributed to the betterment of their communities.

The award is open to Canadians of all ages, backgrounds, and regions. Nominees are evaluated based on the scope, impact, and duration of their volunteer work.

In 2022, 23 individuals from across Canada were honoured including youth, seniors, and individuals with disabilities. Their volunteer work included supporting vulnerable populations, protecting the environment, and promoting cultural diversity and inclusivity. Their achievements serve as an inspiration to all Canadians and demonstrate the power of volunteerism to create positive change in our communities.

Please keep in mind that you must be directly aware of the volunteer contributions made by the individual you wish to nominate, and you must know them well enough to be able to provide their contact information and details of their volunteer work. If this sounds like someone you know, I encourage you to learn more at www.gg.ca/en/honours/canadian-honours/sovereigns-medal-volunteers.

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media
at 403-720-0762 or sales@greatnewsmedia.ca

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; 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 | Licensed by Avenue Financial.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

HOME DECOR CONSIGNMENT STORE: Looking for consigners! If you are moving or downsizing and want to make some extra cash, become a consignor with a locally owned business, over 15 years of experience, we specialize in reselling home décor/kitchenware. Call 403-398-7544, text 403-966-0467, or email zoesstoreyyc@gmail.com. Zoe's Store: Located at 1403 14th Street SW. <http://zoesstore.com/>.



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



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



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




Looking to hold an event? Running a program?

**Hall & Hub
Rental Opportunities**

Hall includes:
200 capacity
Commercial Kitchen
Bar Area
Tables & Chairs

The Hub includes:
Accessible Rink
Change room
Washrooms
Firepit
Licensed Patio




**Parkdale Community Centre
Nifty Fifties**

Seniors Programs

- Art Classes
- Exercise Classes
- Special Events
- Library on site
- IT assistance
- Information Sessions
- Drop in Activities:
 - Euchre
 - Bridge
 - Board Games
 - Outdoor Games

 **Good Food
Box Depot**

 **Foot Clinic**

 **Facility
Rentals**

Contact Us
www.pdnf.org
403-283-0620
info@pdnf.org



Cute but not cuddly



Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

Do you have teaching experience and a passion for wildlife? Apply today!
Scan to learn more or visit:
www.calgarywildlife.org




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

"This is not about being superhuman – this is about realizing that being human is super!" –Sadhguru

Inner Engineering

Technologies for Wellbeing

An experiential step-by-step process with the power
to transform your life with the essence of Yoga.

Explore your full potential

- **Relieve chronic diseases**
- **Increase productivity**
- **Eliminate stress**
- **Enhance relationships**

Inner Engineering total
4-day program

Conducted by a trained instructor

This program is designed by Sadhguru, yogi, visionary
and foremost authority on yoga. Sadhguru's work has
touched the lives of millions worldwide through his
transformational programs.



Venue Address

Parkdale Community Centre
3512 – 5 Avenue NW, Calgary, Alberta, CA

587-997-7805

InnerEngineering.com/Calgary

Date and Time

August 24th, 6:30 PM – 9:45 PM
August 25th, 6:30 PM – 9:45 PM
August 26th, 8:30 AM – 7:00 PM
August 27th, 7:30 AM – 7:00 PM



No prerequisite required. Isha Foundation is a nonprofit, 501(c)(3) organization.

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