

MAY 2024

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your



# PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



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- Feed the birds to....
- connect with nature
  - find relaxation
  - support our urban wildlife
  - have fun
  - take a break from technology

See us for all of your backyard bird supplies, and info on attracting birds.

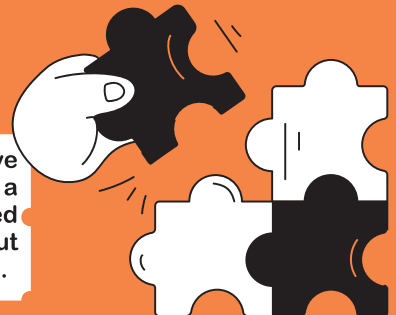
**Fairplay Wildbird Centre**

2604 Kensington Road NW 403-283-2117 Find us on FB & IG



## Solving the Puzzle of the Jigsaw

Did you know that the first jigsaw puzzle is believed to have been made in 1760 by a man named John Spilsbury using a marquetry saw! He was a cartographer and engraver based in London who was interested in teaching people about maps, which led to the creation of this fun educational tool.



# TACO

## TAKEOVER

YOUR FAV FOODTRUCKS SERVING UP TACOS



Parkdale  
Community Assoc.  
3512 5 Ave NW

SAT- SUN  
MAY 4-5  
11:00 -7:00

# OFFICIAL

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**Service Call Fee**



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[WickerLand.ca](http://WickerLand.ca)

# How to Create Personal Happiness

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



Creating personal happiness is a multifaceted journey that varies for each individual. The following are some tips to guide you to a more fulfilling and content life:

**1. Self-Awareness** – Understand yourself. What are your values, strengths, weaknesses, and what already makes you feel happy. Think about how you show up in the world. Read a book or listen to a podcast on emotional intelligence.

**2. Positive Mindset** – Cultivate a positive outlook on life. Focus on gratitude, optimism, and self-compassion. Smile more and give compliments. It's okay to acknowledge unhappy times and feelings, accept them and then move on.

**3. Healthy Relationships** – Seek to surround yourself with supportive, positive people who uplift you, encourage your growth, and contribute to your happiness. Become friends with yourself. Go out to dinner or a movie alone.

**4. Work-Life Balance** – Create healthy boundaries around working hours and away from work disconnection. Prioritize activities that bring you joy and fulfilment outside of your work and work responsibilities. Create weekly structure and habits.

**5. Self-Care** – Take care of your physical, emotional, and mental well-being. Focus on exercise, nutrition, sleep, and stress management. Slow down and breathe. Journal your thoughts and feelings. Spend less time on socials and your phone.

**6. Set Goals** – Establish realistic and meaningful goals. Ensure these align with your personal values, character, and aspirations. Remember to celebrate your progress and milestones along the way. Avoid comparing yourself to others. What you see outwardly may not be as it seems. Plan something new, like a trip, to look forward to.

**7. Be Mindful and Present** – Practice mindfulness to stay in the moment. Appreciate the small things happening daily. Declutter your space. A disorganized, cluttered space creates anxiety and can be distracting.

**8. Contribute** – Find a purpose. Seek the fulfilment of giving back to others. Volunteer, practice random acts of kindness, or support a cause you believe in. Having things to do keeps your mind engaged leaving less time for rumination.

**9. Learn and Grow** – Seek opportunities for personal and professional development. Learning new things and personal growth significantly contribute to happiness. Trying new things is also a great way to meet new people.

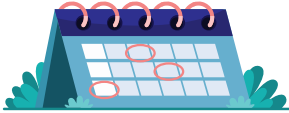
**10. Acceptance** – Embrace imperfections and accept yourself as you are, while also striving for growth and improvement. Accept the things you have the power to change and let go of the ones that are out of your control. It's okay to fail. Learn to let go and practice forgiveness. Forgiveness is for you, not the other. Holding onto resentments is like drinking poison and expecting the other to die.

Personal happiness is an ongoing journey. You don't have to do it all alone. Seek support from friends, family, coaches, mentors, or mental health professionals along the way.

## GAMES & PUZZLES

### Guess The Day in May!

1. On May 3, musicians who play the largest, lowest-pitched, brass musical instrument are recognized.
2. This day celebrated on May 4 is a play on words from an iconic line in an epic space movie created by George Lucas.
3. This day is observed on the second Sunday of May and honours the maternal figures in our lives.
4. On Florence Nightingale's birthday, May 12, hardworking healthcare workers are honoured.
5. World \_\_\_\_\_ Day, observed on May 20 this year, acknowledges the role of our favourite yellow pollinators.
6. On May 24, a date dedicated to this magnificent, jewelled crown, everyone can feel like royalty.



SCAN THE QR CODE FOR THE ANSWERS!

## BRAIN GAMES

## SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



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## JOKE OF THE MONTH

WHAT DO YOU CALL A LAZY KANGAROO?  
A POUCH POTATO!



SCAN HERE TO VIEW ADDITIONAL PARKDALE CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics





## **Do you know a young person who is thinking about suicide?**

### **Suicide support group for youth and their caregivers**

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide being offered by Centre for Suicide Prevention and community partners. A separate caregiver group will run at the same time and location.

This program is funded by the Government of Alberta and FCSS Calgary.

**Learn more: [www.suicideinfo.ca/workshops](http://www.suicideinfo.ca/workshops)**



centre for  
suicide prevention

# Shrimp And Rice Noodle Stir Fry

by Jennifer Puri

Seafood has a variety of nutrients that contribute to our well-being and is also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin, and bones.

Generally, fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm, and their shells should always be translucent, greyish green, light pink, or a pinkish tan in colour.

Seafood is delicious, healthy, cost-effective, and easy to prepare as shown in the recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Servings:** 3 to 4

**Ingredients:**

- 225 g rice noodles
- 16 jumbo size shrimp
- ½ red pepper thinly sliced
- 16 snow peas
- 12 baby carrots, sliced
- 8 broccoli florets
- 4 green onions thinly sliced



- 4 tbsp vegetable oil
- 4 to 5 tbsp dark soy sauce
- 4 tbsp green curry paste
- 1 tbsp red chilli flakes

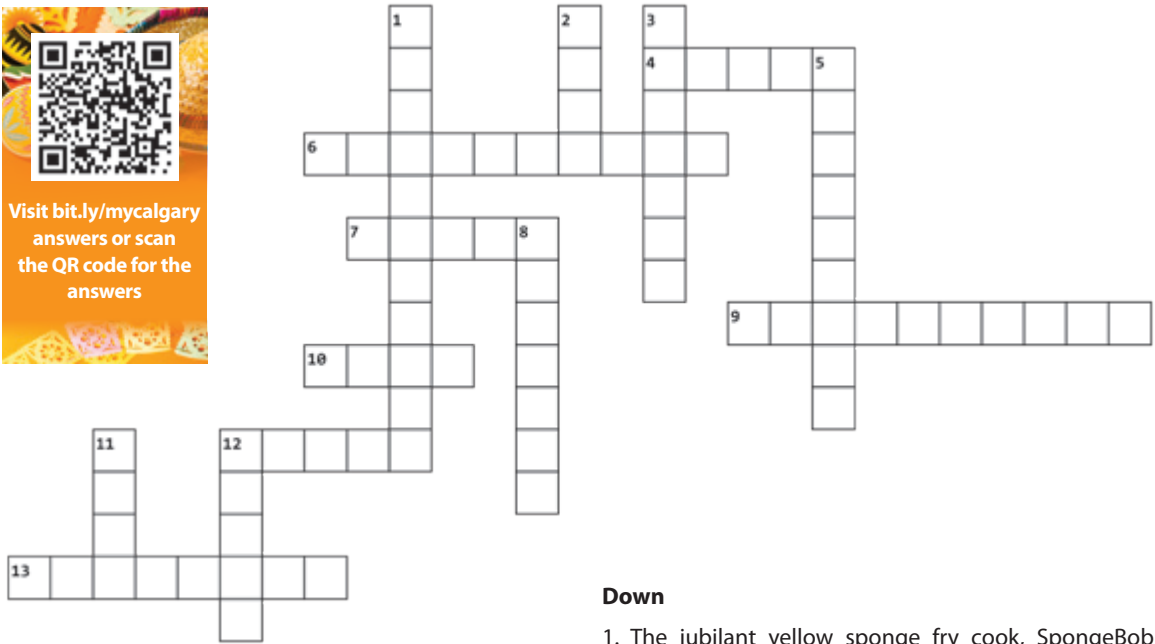
**Directions:**

1. Prepare rice noodles in accordance with package instructions, drain and set aside.
2. Heat 3 tbsp of oil in a wok or skillet, add green onions and sauté until they turn a light brown.
3. Add the sliced carrots, red pepper, broccoli, and snow peas. Stir fry for about five minutes or until tender, then add the green curry paste and soy sauce and sauté for another two to three minutes. Remove from heat while you cook the shrimp.
4. In a frying pan or wok, heat the remaining oil, add the shrimp, and sauté for three to four minutes or until the shrimp turn pink and are no longer translucent.
5. Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving.
6. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon Appétit!



# May Crossword



## Across

4. On May 25, 1963, the legendary comedian Mike \_\_\_\_\_ was born in Scarborough, Toronto. He is well-known for characters such as Austin Powers, Shrek, and Wayne Campbell.
6. This movie, which tells the story of Sir William Wallace leading a rebellion against the English to free Scotland from King Edward I's rule premiered on May 18, 1995.
7. In May 1873, Levi Strauss and Jacob Davis created this fashion forward denim pants.
9. This annual international song competition starts on May 7 this year and has seen winners in the past such as Celine Dion and ABBA.
10. Born in Fort Macleod, Alberta, \_\_\_\_\_ Mitchell was inducted into the Rock and Roll Hall of Fame in 1997.
12. In May 1997, Garry Kasparov started a game of \_\_\_\_\_ with IBM supercomputer Deep Blue.
13. In May of 1992, M.C Hammer's horse, Dance Floor, came third in the \_\_\_\_\_ Derby.

## Down

1. The jubilant yellow sponge fry cook, SpongeBob \_\_\_\_\_ first graced our screens in May 1999, on Nickelodeon.
2. On May 25, 1997, one of George Lucas' greatest creations *Star Wars: Episode IV – A New \_\_\_\_\_* was released.
3. The official birthstone of May most famously symbolizes rebirth and growth; however, others suggest that the birthstone actually symbolizes love and success.
5. On May 19, 2020, Suzanne Collins released *The Ballad of \_\_\_\_\_ and Snakes*, a prequel to her *Hunger Games* trilogy.
8. The famous phrase "*April \_\_\_\_\_ bring May Flowers*" first appeared in a poem written by English Poet Thomas Tusser in the 1500s.
11. The first film of the Marvel Cinematic Universe, \_\_\_\_\_ *Man*, starring Robert Downey Jr. is released on May 2, 2008.
12. \_\_\_\_\_ de Mayo is celebrated on May 5 every year and honours the Mexican army's victory over the French in 1862.



# Champions of Care: How Nurses Can Support Your Health Goals

by Calgary Primary Care Networks

In May we celebrate National Nursing Week in Canada and shine a spotlight on the crucial role nurses play in primary care.

Looking for ways to live healthier? You may be surprised to learn about the free services available through the primary care network (PCN) nursing team to support your health and well-being. PCN nurses can support you through appointments — both in-person and virtual — at no cost. They can answer your health questions and help you:

- Set achievable health goals and learn strategies for a healthier lifestyle.
- Improve your emotional and mental well-being.
- Increase your physical activity.
- Test for memory concerns.
- Access support for diabetes, high blood pressure, high



cholesterol, and other conditions.

PCN nurses work collaboratively with your family doctor and can connect you with resources to support your health. Visit [albertapcns.ca](http://albertapcns.ca) to learn more.

## NEW TOWNHOMES COMING TO U/D

Come home to University District, an award-winning urban community in Northwest Calgary. GUILD townhomes by Crystal Creek Homes combines elegance and comfort with spacious layouts and sophisticated design elements. GUILD launches May 4, 2024. Visit the Discovery Centre to learn more. *Life works here.*

University District Discovery Centre  
4410 University Avenue NW  
403.288.0280

[myuniversitydistrict.ca](http://myuniversitydistrict.ca)

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— CALGARY —



# Window and Balcony Safety

from Alberta Health Services



With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

### Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.

- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

### Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

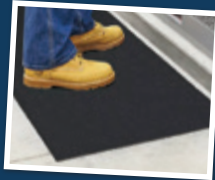
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 ☎ 403-220-0888  
 ✉ len.webber@parl.gc.ca

## How Much Is Too Much?

As we conclude another tax season, many Canadians are asking where all their tax money is going. Canadians work hard to pay their taxes and they rightfully expect it to be spent wisely.

The reality is the current government has been spending money at a much higher rate than it collects taxes to pay for it and so our debt keeps increasing. Our national debt has more than doubled since 2015 and now sits at a whopping \$2.2 trillion (\$2,200,000,000,000).

The problem with a debt so large is that it requires us to pay more in 'debt servicing' charges. In 2023/24, we paid \$46.5 billion which is 36% higher than the year before.

In fact, we will spend more to carry this massive debt each year than we do on healthcare. We spend \$16 billion more on carrying this debt than we do on childcare benefits. Imagine what we could afford if we were not spending that money each year just to carry debt.

Most concerning is the fact that interest payments are up 36%, but revenues are up by just 3%. Canada cannot afford to keep paying out more than it collects – something has to give.

Recent Nanos polling shows 63% of Canadians want the government to lower its expenses. Interestingly, 38% of respondents want the money that would be saved to go toward repaying government debt, while 25% want tax cuts. Only 9% want higher spending and most of this group want higher taxes to pay for it. Only 2% want increased spending through more borrowing.

Canada cannot afford more debt. Nothing will put our precious social programs more at risk than to have them based on a weak fiscal foundation. If Canadians want to ensure our social programs and benefits programs are there when we need them, we need to get our spending under control.



*by Anne Burke*

A breeding bird monitoring survey in Nose Hill Park recorded a total of 70 species. Of 44 species tested, 22 were nesting and 22 were only visitors. Another 26 were random observations (not part of the survey). Birds flying over and not using the habitat were excluded from analysis. To assess how populations have changed over time, when a previous study was compared, a few species occurred in one year but not in both. However, the overall decline was in nesting grassland birds. The recent test recorded all birds observed during the breeding season (early June to early July) for ten minutes between sunrise and 10:00 am. A total of 23 circular plots surveyed on eight occasions were recorded with GPS technology and mapped. The habitats described and photographed were mostly tall or low shrub and woodland. The result was the disappearance of four (and decline of three) nesting grassland bird species. Here are some of the causes: human disturbance, loss of native grassland by non-native plants, lack of grazing, climate change, bird species outside Calgary, and off-leash dogs on the escarpment (slopes), especially during the breeding season. For effective conservation and management strategies, City Parks must continue to monitor breeding birds. World Migratory Bird Day was created in 1993 and celebrates a migratory bird's spectacular migration; it is dedicated to raising awareness about the need to conserve migratory birds and their habitat. Aligning with the cyclic nature of bird migration in different hemispheres, it is officially celebrated on the second Saturday of May in Canada and the U.S, so on Saturday, 11 May in 2024. The official theme will focus on the topic of insects and their importance for migratory birds. For more information and resources, visit [www.birdday.ca](http://www.birdday.ca).

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	<b>the Gutter Doctor</b>	<b>403-714-0711</b> <b><a href="http://gutterdoctor.ca">gutterdoctor.ca</a></b>
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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

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Interested? Please email [office@parkdaleyyc.com](mailto:office@parkdaleyyc.com)



# PCA RINK RULES

Use At Your Own Risk

1. **No** Skateboarding
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3. **No** Hanging on Basketball Rims
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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

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PARKDALE COMMUNITY ASSOCIATION PRESENTS

**MICRO-GRANTS  
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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](mailto:volunteer@parkdaleyyc.com)

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Association**

Bringing together Calgary's  
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