

APRIL 2024

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your



# PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



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We are offering extended hours and services.

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# PARKDALE COMMUNITY ANNUAL GENERAL MEETING

**SAVE THE DATE!**

Please join us for our Annual Community Meeting! We will be discussing a variety of topics and providing updates.

Thursday, April 25 2024

 7:00-8:00 pm

Parkdale Community Center  
Nifty Fifties entrance  
3512 5 Ave NW

*RSVP your attendance to  
[memberships@parkdaleyyc.com](mailto:memberships@parkdaleyyc.com)*

## Backyard birding IS a THING.

- 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



## Bicycle Helmet Safety

by Alberta Health Services EMS

Head injuries are the leading cause of serious injury and death to kids on wheels\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

### Getting Informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

### Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

### Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead



- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a “Y” below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

\* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

## Webster Dictionary

You come across a word you don't recognize, and you want to know what it means; what do you do? Well, you look it up in the dictionary of course! This was much easier to do starting April 14, 1828, because this was when seventy-year-old Noah Webster copyrighted the first Webster Dictionary.



### SCAN HERE TO VIEW ADDITIONAL PARKDALE CONTENT

<b>News, Events, &amp; More</b> 	<b>Crime Statistics</b> 	<b>Real Estate Statistics</b> 
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## GAMES & PUZZLES

### Guess the Invention!

1. This delicious, chocolatey treat was created by mistake by Ruth Graves Wakefield in 1930.
2. This Canadian-born technological invention gave the public a more immersive film experience in theatres.
3. James Naismith, a Canadian-born P.E. instructor invented this indoor team sport in 1891.
4. Hollywood actress Hedy Lamarr famously created a frequency-hopping technology, which would eventually lead to this modern wireless network technology.
5. Canadian artist Joe Shuster co-created this iconic comic book character in 1938.
6. In 1940, Norman Breakey of Toronto created this tool which would save time applying paint.



## GET NOTICED

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# How to Heal from Intimate Betrayal

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



Healing from intimate betrayal trauma is a complex and deeply personal journey. Here are twenty strategies that may be helpful in your healing process:

- 1. Seek Professional Help** - Support from a therapist trained in trauma and betrayal can provide guidance and a safe space for processing overwhelming emotions. There are many modalities for treating trauma. It is not a one size fits all.
- 2. Practice Self-Compassion** - Be gentle and understanding towards yourself, recognising that healing takes time, support, and effort.
- 3. Establish Healthy Boundaries** - Set clear boundaries to protect yourself from further harm and create a sense of safety. This is not just with your partner, but friends and family as well.
- 4. Engage in Self-Care Activities** - Prioritize activities that nurture your physical, emotional, and mental well-being, such as exercise, meditation, and spending time in nature.
- 5. Join a Support Group** - Connecting with others who have a shared lived experience can provide validation, understanding, and a sense of belonging.
- 6. Journaling** - Writing about your thoughts, feelings, and experiences can be a therapeutic way to process emotions and gain insight into your healing journey. It is also beneficial to do this as a 'mind dump' to keep rumination at bay.
- 7. Educate Yourself** - Learn about the impact of betrayal trauma and explore resources on healing and recovery.
- 8. Practice Mindfulness** - Cultivate present-moment awareness to manage overwhelming emotions and reduce anxiety. Ground yourself in what you are doing in the here and now.
- 9. Express Yourself Creatively** - Engage in activities such as art, music, or dance to express overwhelming emotions and foster self-expression.
- 10. Challenge Negative Beliefs** - Identify and challenge negative beliefs about yourself, relationships, and trust that may have developed as a result of the betrayal.

**11. Cultivate Forgiveness** - Explore forgiveness as a way to release resentment and find peace, recognizing that forgiveness is a process and may not happen immediately. This includes yourself as well as your partner.

**12. Engage in Healthy Relationships** - Surround yourself with supportive and understanding people who respect your boundaries and encourage your healing journey. Be discerning about whom you choose to share with.

**13. Set Realistic Expectations** - Be patient with yourself and recognize that healing is not linear, and there may be setbacks along the way. It takes time to process trauma and heal from PTSD.

**14. Practice gratitude** - Focus on aspects of your life that bring you joy and gratefulness, even amidst the pain of betrayal.

**15. Connect with your Spirituality** - Draw strength and comfort from your spiritual beliefs and practices, if applicable.

**16. Engage in Activities You Enjoy** - Participate in hobbies and activities that bring you pleasure and fulfilment, helping to restore a sense of joy and purpose.

**17. Practice Relaxation Techniques** - Incorporate relaxation techniques such as deep breathing, progressive muscle relaxation, or guided imagery to reduce stress and promote relaxation.

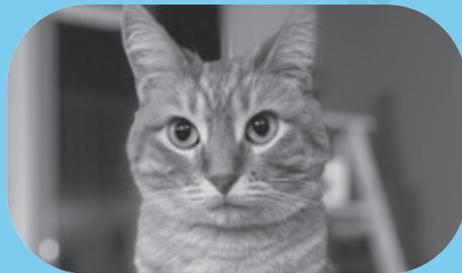
**18. Seek Closure** - Explore ways to find closure, whether through conversations, rituals, or symbolic gestures, to help facilitate the healing process.

**19. Focus on Personal Growth** - Use the experience of betrayal as an opportunity for self-reflection, growth, and transformation.

**20. Celebrate Milestones** - Acknowledge and celebrate your progress and achievements along your healing journey, no matter how small they may seem.

It's important to remember that healing from intimate betrayal trauma is a gradual and individualized process. What works for one person may not work for another. It's okay to seek professional help and support as needed, and to honour your unique journey towards healing and recovery.

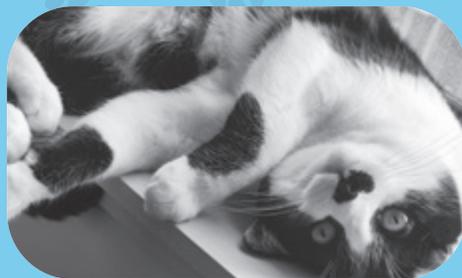
## Cats, Canines, & Critters of Calgary



*Crouton, Signal Hill*



*Echo, Nolan Hill*



*Robino, Mission*



*Ronaldo, Mission*

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



## News from the Friends of Nose Hill

by Anne Burke

The new City Nature YYC website will be online with information on the 2024 challenge ([www.citynatureyyc.ca](http://www.citynatureyyc.ca)). The dates for the event are April 26 to 29. Follow @CityNatureYYC on Instagram. On May 6, local, national, and global results will be announced.

The Nose Hill checklist contains references to reptiles, fungi and lichen, amphibians, insects, shellfish, birds, and mammals. Sightings are in NW Calgary. This website features the chorus frog, the tiger salamander, the terrestrial garter snake, and more. There are 42 birds, among them hawks, blackbirds, sparrows, chickadees, starlings, wrens, geese, eagles, mallards, teals, kestrels, gulls, partridges, grebes, grouse, and vultures. Some other types are the northern flicker, downy woodpecker, and hairy woodpecker. The great horned, long-eared, and short-eared owls all appear in the list.

The May Plant Count is part of the annual May Species Count. The survey runs from May 25 to 31. The focus is on documenting the flowering status of native plant species across Alberta. This project promotes stewardship and appreciation of Alberta's natural areas. As a citizen scientist, you will collect data to be used for conservation. Here are the basics. Enter the location of your plant. Upload a photo. Enter the date of the observation. Add a report about the flowering stage. Choose the appropriate stage from those listed. There are many ID guides and checklists (in print or flipbooks online). Observations can be made manually on a data sheet and then submitted by email or snail mail. You would need to sign up for the mailing list and then receive data sheets and instructions ([www.naturealberta.ca/-may-plant-count](http://www.naturealberta.ca/-may-plant-count)). If you are submitting observations online you will join the May Plant Count project for the flowering codes to be displayed in the iNaturalist phone app ([www.inaturalist.ca/projects/alberta-may-plant-count](http://www.inaturalist.ca/projects/alberta-may-plant-count)).

## YOUR CITY OF CALGARY

### Weekly Green Cart Returns End of April

by The City of Calgary Waste and Recycling Services

Weekly green cart pickup returns the last week of April. Check your schedule at [calgary.ca/collection](http://calgary.ca/collection) and sign up for reminders, including email, phone, or download the Calgary Garbage Day app.

While you're preparing your yard or garden for spring, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll tops of bags closed and set at least two feet to the side of your green cart for collection.

### Compost Giveaway

Compost will be available for pickup from April 15 to June 1, 2024, by appointment only. Planning is underway and the appointment booking tool will be available on [calgary.ca/compost](http://calgary.ca/compost) by April 9.



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**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.

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

**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](http://www.communitymediation.ca), 403-269-2707.

**BLUE WAGON LAWN CARE:** A local student-owned business now offering spring cleanup services! Aeration, power raking, fertilizer, leaf cleanup. 700+ homes served. Limited spots are available so book now to keep your lawn lush this summer. Contact Anette at 403-984-6824, sales@bluewagon.ca, or visit [www.bluewagon.ca](http://www.bluewagon.ca) to get a free instant quote!

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**PUBLIC SKATING**  
**DAILY HOURS OF**  
**OPERATION**  
**9:00AM – 10:00PM**  
**(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

**Planning & Development**  
**Garden**  
**Events**  
**Memberships**

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. Outdoor ice quality is unpredictable, all participants enter at their own risk
2. Helmets are mandatory for kids under 18 years old
3. Helmets & protective equipment strongly recommended for all users
4. The ice is for all ages & abilities. Please be considerate of all users
5. Aggressive skating or shinny that interferes with others is prohibited
6. Abusive language or behaviour will not be tolerated
7. No alcohol, smoking, or chewing tobacco
8. Shooting and hockey played inside the rink surface only
9. No shoes on the ice surface
10. No pets on the ice surface
11. The PCA is not responsible for loss or injury to rink users, or damaged property
12. This rink is maintained by volunteers, please clean up after yourself

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



**Looking to hold an event?  
Running a program?**

**Hall & Hub  
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Hall includes:  
200 capacity  
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The Hub includes:  
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Washrooms  
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Licensed Patio

For rental inquiries contact Amanda at  
programs@parkdaleyyc.com or 403.612.1081

# 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



**Parkdale  
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Bringing together Calgary's  
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**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



## RECYCLING & FUNDRAISING

Have bottles  
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Help Support the  
Parkdale Community  
Association

Donate with  
Skip The Depot

Download the app  
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PCA to support!

Thank you for supporting  
us with your donation!

[app.skipthedepot.com/parkdalecommunity](http://app.skipthedepot.com/parkdalecommunity)



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

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