

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER







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PARKDALE COMMUNITY ASSOCIATION



3512 - 5 Avenue NW, Calgary AB T2N OV7 403-283-5767 office@parkdalecommunity.com

www.parkdalecommunity.com
The PCA Office is usually open

7:30 a.m. to 3:00 p.m. Monday to Friday.

Please call or email and leave a message if you need support from the PCA Office. The PCA Office is closed on all statutory holidays.

PCA Office. The PCA Office is closed on all statutory holidays.					
EXECUTIVE					
President	Amanda Affonso				
Vice-President	Jon Balkwill				
Treasurer	Beata Graham				
Secretary	Jason Tauber				
BOARD MEMBERS					
Director, Communications	EmmaLee Taylor				
Director, Community Garden	Jason Tauber				
Director, Events	Tammy German				
Director, Fund Development	Andy Thiessen				
Director, Membership	Wendy Wang				
Director, Planning and Development	Judy Hoad				
Director, Rink	John Butterwick				
Director, Soccer	Angus Smith				
Director, SSASD/SSASPG	Vince Walker				
Director	Ruby Miller				
Director	Steve Lemp				
CITY OF CALGARY REPRESENTATIVE Catherine Gulinao (EX-OFFICIO) Contact: office@parkdalecommunity.com					

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5 Excellent Reasons to Advertise in Community Newsletter Magazines

- **1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback: Community residents trust, and call businesses that advertise in their community magazines.
- **3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- **4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- **5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

Nearby Community Newsletter Magazines:



A NOTE FROM THE BOARD PRESIDENT

Hello Neighbours! Happy Spring!

Momentum continues to build around the rink replacement project and social area, which we are now calling the Parkdale Community Hub. As mentioned last month, we received a grant from the province for \$125,000. On April 6, the PCA successfully won a \$10,000 grant from The Calgary Foundation at the Pitch Night event. The audience voted for their favourite community projects and Parkdale was selected. A big thank you goes out to our partners at Sledge Hockey who attended the event and co-presented and shared the stage with us. We have a great community project that is creating a positive impact in Calgary. We are generating positive community noise with media, grants, and support.

On May 1st, we are hosting our Annual General meeting. At this meeting we will be talking about the childcare program and next steps, an update on the rink replacement project and Parkdale Community Hub and discussing ideas for the secret park on 36th Street NW. Join us for a discussion about your community and the direction we are going.

Our programs are in full swing including our popular youth soccer and the community garden. We are always looking for assistance with the soccer program. This is a great way to get involved in the community, meet your neighbours and develop lasting relationships. We appreciate all the volunteer parents that step forward to make the soccer program a success.

An aggressive path has been charted for the PCA and we are moving forward in a very positive way. I welcome your feedback on how we are doing as a Board of Directors and advancing a better community for Parkdale and its residents.

Amanda Affonso President Twitter @affonsoamanda







BRAIN SUDOKU

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FIND SOLUTION ON PAGE 10

South Shaganappi Area Strategic Planning Group (SSASPG)

by Vince Walker

Vecova

- Planning for new Centre for Research and Disability Services
- Cost estimate \$110 million. Currently early stages of fundraising.
- 2-acre provincial lease renewed, 5-acre city lease renewal pending.
- Vecova's existing facility will be operational through the redevelopment project.
- They are looking for feedback from the community.

Calgary Cancer Project

- Webcam links are available to view construction progress.
- · Project is on schedule and on budget.
- Foothills Medical Centre lot 1 parkade first 4 levels opened in April, top level weather dependent. Sidewalks and accessibility issues are being addressed.

FMC Power Plant

- Albert Utilities Commission (AUC) continues providing updates to surrounding community residents.
- Noise and emissions meet municipal and provincial guidelines and contractors will be asked to provide alternatives such as off-site parking, transit, and carpooling options to mitigate parking concerns.
- · Procurement is under way.
- · Turbine bids are closed.
- · Construction starts summer 2019.

Alberta Children's Hospital

• Parkade scheduled to open at the end of 2019.

CF Market Mall

- The Keg and Landmark Theatre are expected to open by end of August 2019.
- Landmark theater construction started in March with Traugott Building Contractors Inc.

City of Calgary

- The mobility network element of the Banff Trail Station Area Redevelopment Plan (ARP) will be incorporated into other interconnected projects planned for the area including a segment of the 16 Avenue corridor improvements and Crowchild Trail/24 Avenue approved in the 2019-2022 budget.
- The Max ridership is being reviewed.
- The South Shaganappi Trail Study Report is now available and laneway housing guidelines have been released.

U of C

 Alberta infrastructure has officially transferred the research park lands to the U of C and plans for an additional

- 1.5MM sqft of mixed use development can begin as part of a 20 year plan.
- The Olympic residences will be taken down in 2020 (Rundle and Kananaskis to remain).
- Matheson Hall (business school 10,000 sqft expansion) design is in progress.

Western Securities - Stadium Shopping Centre

- Phased construction forecast to begin in the fall of 2019.
- University District
- Building construction is ongoing with ~150 residents on site.
- Buildings include Brookfield IVY (residential), Gracorp (Rental and Grocery), Brenda Strafford - Cambridge Manor (Assisted Living), Truman - Maple (Seniors Living), AVI - August/ALT (hotel). Brookfield - Capella Construction TBD.
- Neighborhood Association (Community Association) to be formed in 2020.
- Block 23 and the central park are targeting a 2021 opening.

University Heights

•Restrictive covenants are being promoted by residents as a defense to secondary suites and illegal lodging houses (single residence with over 5 bedrooms) are also an issue.

Montgomery

- •The community is interested in changing the name of Bowness Road to Montgomery Parkway.
- Development companies are starting to attend their meetings with a goal of spot rezoning C1 areas to C2 or more.
- •The community believes the Developed Areas Guidebook is being downgraded by the City to provide more density flexibility to developers.
- •The community is teaming up with the University District to petition Enmax and the UC to have the power poles on 53rd street and also on 32 Avenue removed and replaced with underground utilities.

St. Andrews Heights

 St Andrews Heights have several residences experiencing waterline breaks requiring up to 2 weeks to repair as a result of the cold winter. Affected residences did not receive "Tap Notices" (notice to leave one tap running all day with a water meter credit applied). More notices are recommended in future. Frost levels are beyond 8 feet. Spring thaw will bring more of these issues.

Ward 7

Druh Farrell is opposed to the City Mega projects due to lack of funding.

PCA Calendar of Events and Meetings for 2019

For more information www.parkdalecommunity.com

May

- Monday through Friday afternoons Funseekers (12:00-1:00 pm) Boardroom
- Sunday and Monday mornings Children's Sportball Program (9:30-11:30 am) Main Hall
- Tuesday mornings Parents and Tots Program (9:30-11:00 am) Main Hall
- Wednesday mornings Stretch Program (9:30-10:30 am) Main Hall
- Thursday evenings Parent and Child Culinary Program (6:30-8:00 pm) Main Hall
- Friday evenings Ballroom Dance Classes (6:00-11:00 pm) Main Hall
- 4th Parkdale Garden orientation (8:00 am-12:00 pm) Boardroom
- 13th Events Committee Meeting (6:00-8:00pm)

 Boardroom
- 14th Planning & Development Committee Meeting (7:00-9:00 pm) Boardroom
- 28th Board of Directors Meeting (6:30-8:30 pm) Boardroom
- 29th Kids Garden Club Planting Bee (6:30-7:30 pm) Community Garden

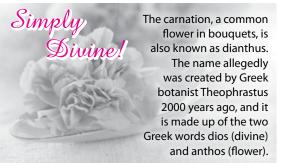
June

- Sunday and Monday mornings Children's Sport Program Main Hall
- Monday through Friday afternoons Funseekers (12:00-1:00 pm) Boardroom
- Tuesday mornings Parents and Tots Program (9:30-11:00am) Main Hall
- Wednesdays Stretch Program (9:30-10:30am)
 Main Hall
- 1st Calgary Sport and Social Club Volleyball Tournmanet (8:00 am-10:00 pm) Rink

- 3rd Events Committee Meeting (6:00 to 8:00 pm)
 Boardroom
- 4th Planning and Development Committee (7:00-9:00pm) Boardroom
- 6th Parent and Child Culinary Program (6:30-8:00 pm) Main Hall
- 11th Planning & Development Committee Meeting (7:00-9:00 pm) Boardroom
- 15th Family Day BBQ (10:00 am-2:00 pm) Main Hall and Community Association Field
- 25th Board of Directors Meeting (6:30-8:30 pm)
 Boardroom

July

- Wednesday evenings Kids Garden Club (6:00-7:30 pm) Community Garden
- 8th-12th Farm to Fork Week Long Day Camp (9:00 am-4:00 pm) Main Hall
- 13th Parkdale Community Association and Parkdale Nifty Fifties Seniors Association Stampede Breakfast
- 21st Canning and Preserving: Jams and Jellies (9:00 am-12:00 pm) Main Hall
- 22nd-26th Kids on the Go! Week Long Day Camp (9:00 am-4:00 pm) Main Hall







E ✓ **IDENCE**

SPORT AND SPINE

- PHYSIOTHERAPY
 MASSAGE THERAPY
 PHYSIATRY
- PELVIC HEALTH PHYSIOTHERAPY ACUPUNCTURE & IMS
- VESTIBULAR REHABILITATION CONCUSSION PROGRAM
- PROLOTHERAPY & PRP
 CUSTOM BRACING & ORTHOTICS

(403.210.9969



Amy Giang – Immigrant of Distinction Recipient!



On Valentine's Day 1985, a little girl, Amy Giang, arrived with her parents and two brothers in Calgary, their clothing their only worldly possessions. 10 years earlier, her uncle literally won the lottery when, as a refugee in a Malaysian refugee camp, his name was drawn, and he

emigrated to Calgary. For ten years, he worked tirelessly to save enough money to sponsor Amy, her parents and brothers. This was not Amy's only example of determination, perseverance, and fortitude.

Growing up in Calgary, Amy's parents worked day and night to provide for their three children—dreaming they would go to university and get an education. Amy fulfilled not only her dream, but her family's dream, when she graduated from the University of Calgary in 2000 with a degree in computer science; the first in her family to complete university. It was while working as a lead software engineer developing drone technology for the Canadian and US military that Amy realized her passion lay in entrepreneurial pursuits.

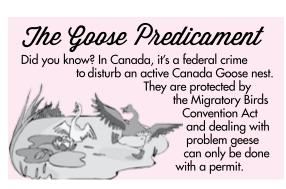
After working on a few different projects, Amy realized that if she wanted to become the entrepreneur she dreamed about, she needed to focus on this goal 100 percent. Realizing this, Amy quit her job and enrolled in the University of Calgary's MBA program. While back in school, Amy had the opportunity to become a partner in a mechanic shop. Many would decide to finish business school before trying their hand as a business owner, but Amy leapt at the chance to fulfill her goal.

During the next five years, Amy gained an understanding of the automotive industry, and realized there was a need for a locally-owned and operated quick-service lubricant shop in Calgary. Eight-months pregnant, Amy felt the time was right to open the first Lube Town shop in 2008, just as Calgary and the rest of the world began to feel the devastating effects of the Great Recession. More than 10 years later, Amy has expanded her business to three locations, including Parkdale.

Amy attributes her success to not just hard work, but to her village—everyone from her family and friends, to the mentors and employees she's had over the years, to community members. We can't thank Amy enough for her contributions to Parkdale and the residents who have benefited from her generosity. Over the years, Amy has supported numerous Parkdale community activities, including the Parkdale Community Association's community soccer program and Parkdale PetFest.

Each year, Immigrant Calgary Services recognizes immigrants and refugees who have contributed to the community. This year, Amy's business and innovation efforts were recognized. Congratulations Amy on achieving your Immigrant of Distinction Award!





GAMES SUDOKU

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2	6	5	9	1	7	8	3	4



BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

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.

YARD CARE & LANDS CAPING: Weekly mowing \$36, power-rake \$130, aeration \$70, window cleaning or gutter cleaning \$99, pressure washing starting at \$99, rope light installation. Conditions apply. BBB member. 4.1 Google star rating. Call 403-265-4769. Yard Busters Lands caping.com.

LANDSCAPE CONSTRUCTION: Stone patios, rock walls, synthetic lawns, raised beds, decks and fences, lighting. Sod installation, rocks. mulches, shrubs, xeriscaping. Member of BBB. Licensed. Insured. Seniors' discount. Call 403-265-4769. YardBustersLandscaping.com.

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Do you have knee osteoarthritis?

WE NEED YOU FOR A STUDY

We want to know if a fibre supplement can ease pain and improve function.

Participant criteria:

- · Knee osteoarthritis not due to an injury
- · Between 30 and 75 years old
- BMI greater than 30kg/m² (researcher will check)

Benefits:

Free program to lose weight — body scans to measure fat, muscle and bone density.

Contact: Dr. Rafael Fortuna at rfortuna@ucalgarv.ca or call 403-220-5450

Ethics ID#REB17-2363.

A new approach to community pharmacy

We are a full service pharmacy built on a foundation of personal care and compassion for our customers.

We take pride in offering healthy, fresh and vibrant products in our comfortable and inviting storefront.

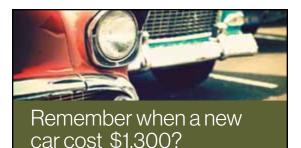
We are active and dedicated members of the community.

Come by and see us for:

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Medication Reviews
Travel Vaccines
Flu Shots
Health & Beauty Supplements
Personal Care
Skin Care



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Eden Brook Memorial Gardens & Funeral Home by Arbor Memorial

24223 Township Road 242, Calgary, AB edenbrookcemetery.ca

Arbor Memorial Inc.



When:

Saturday, June 15th **11:00** AM to **2:00** PM

Where:

Made by Momma Resource Centre 66 21 Street NW Come celebrate Neighbour Day with

Made by Momma and The Happy Birthday Project!

Join us for some free family fun. There will be music, face painting, a petting zoo, bouncy castles and more! The delicious Avatara Pizza food truck will once again be attending! Bring a donation of unopened diapers or formula to receive a discount coupon for your lunch.

For more information, please visit MadebyMomma.org





Help us restock the community pantry at Made by Momma!

Your non-perishable food donations will be packed into hampers and used to prepare meals for families facing adversity & crisis.

The demand for our services is at an all-time high! Through this food drive, we hope that we can rely on our community to help us meet the needs of those struggling!

 Collect non-perishable food items for each day of Stampede! 10 Days ~ 10 Items

2. Drop your donations off at the Made by Momma Resource Centre: 66 21 Street NW

WISH LIST

Pasta Sauce Coconut Milk **Tomato Products**

Beans & Legumes Cream Soups Dry Pasta Vegetable, Chicken & Beef Broth

Tuna, Salmon & Chicken Canned Fruit & Vegetables

For more information, visit MadebyMomma.org



The challenge is simple; collect 10 CANS for those that can't.