



Established 1905



# Parkvale Post Dispatch

## YOUR COMMUNITY NEWSLETTER

Parkvale Community Association  
P.O. Box 27112, City Centre Post Office  
Red Deer, AB T4N 6X8



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### Our Mission Statement

To promote a sense of community by enhancing and preserving the quality of living and the historic character of our unique neighbourhood.

## Parkvale St. Patti's Potluck Party

Sunday, March 12 at 3 pm at the Pioneer's Lodge



*Everybody is Irish at the Parkvale St. Patti's Party!*

**Party starts at 3 pm  
Potluck at 5 pm**



Bring your special **potluck dish**,  
a few coins for the **50/50 draw**,  
**\$5 for your 2018 membership.**

*Donations to the food bank will be accepted.*

**Prizes for best green outfit!**



### Important Parkvale Dates

**2018 PCA Meetings:** April 11, June 13, September 12, October 24 (AGM) and November 14.

**2018 PCA Events:** St. Pat's Party on Sunday, March 18, Green Deer Clean Up date is dependent on weather in April and May, Plant Exchange on Saturday, May 26, Picnic in the Playground on August 26 and Christmas Party on Sunday, December 2. *All are welcome!*

*PCA meetings are held every two months, on the second Wednesday of the month, at 7 pm. PCA members are welcome to attend. If you wish to speak at a meeting, please inform your President a week prior to the meeting by email at [pca@parkvale.ab.ca](mailto:pca@parkvale.ab.ca) or leaving a message at 403.346.3643.*

Drop us an email, [pca@parkvale.ab.ca](mailto:pca@parkvale.ab.ca), with your suggestions!

## Snow Shoveling Safety Tips from the Chiropractor

- Give yourself plenty of time - don't rush.
- Use a couple layers of clothes to keep your muscles warm and flexible.
- Do warm up stretches of arms, shoulders, legs and back.
- When you shovel, push the snow into the snowbank, don't throw it.
- Avoid sudden twisting and turning movements.
- Bend your knees to lift - let your legs and arms do the work - not your back.
- Take regular rest breaks to no strain your muscles.



## Need Help Clearing your Sidewalks

Akilo is a refugee from Syria now living in Parkvale. He is looking for Canadian work experience. Please contact Akilo's sponsor Shelly at 403-505-3598 to make arrangements. (reasonable price).



## Telus Box Wrap

With the support of the City of Red Deer, Telus approved the Parkvale Community Association's proposal to wrap the utility box located on grounds of the Pioneer's Lodge.

When the weather warms up, we will work with a local printing company to install historical photos of the old fairgrounds that were once located in Parkvale near this box.

*Many thanks to the City of Red Deer Permit and Licensing Department and to Red Deer Archives for assisting us on this project.*

## Parkvale Trivia

1. What was our neighbourhood originally named in 1905? 
  2. Who was responsible for building the Pioneer's Lodge? What year was it erected?
  3. What year was the Parkvale Community Association founded?
  4. How many households in Parkvale receive this newsletter?
  5. How many rabbits live in Parkvale?
- (Answers on last page)

## Many Thanks to our Newsletter Sponsors

### VERSATILE SERVICES

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*You're at home here.*

### A Walking Track in our Backyard

The new Servus Arena officially opened in January. It is a modern, NHL-sized rink that will host national and international hockey events. It features room temperature seating for 1360, a two-lane walking track, meeting space, a concession and an interior connection to the Pidherney Curling Centre.



*The walking track has gathered a lot of attention. Especially nice for those of us who want to avoid the ice conditions on our streets.*

Drop-in walking hours are Monday, Tuesday, Thursday, Friday from 9 am to 3 pm and Wednesday from 1 pm to 3 pm.

Rates are same as the using the Rec Centre and you will need a Recreation Centre Pass Card (punch card or monthly card) to use the walking track. If no staff is visible at the check-in station, proceed to the track. A staff member will find you!

There is **FREE** skating on the first Thursday of every month from 6:30 to 8 p.m. throughout the winter season.

*For more information on the walking track, call the Recreation Centre at 403.309.8428.*

### ... and Rec Centre Awaits YOU too

The Recreation Centre is your feel-good Parkvale destination for serious swimming or simply to relax.

Wash away your winter blues in the swimming pool, in steam bath or whirlpool and in the sauna.



Check out the fitness opportunities happening throughout the day. Lots of drop-in swimming with **FREE** classes.

The Exercise Room is a great space to exercise on the treadmills, increase muscular strength with weights or relax on a mat and stretch.

A single visit is \$5.25 for adult and \$4.75 for seniors or go for the monthly pass (\$31.25 and \$28.75). You can get punch cards too - they have no expiry.

*For more info, call 403-309-8428 or see website [www.reddeer.ca](http://www.reddeer.ca).*

### Many Thanks to our Newsletter Sponsors



*Memorial Society  
of Red Deer and District*

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## Big Brothers Big Sisters

START SOMETHING BIG!

Big Brothers Big Sisters located at **Youth HQ** in Parkvale is a program that matches a child/youth with an adult or teen mentor, a "Big", to establish a positive relationship in their life.

Positive relationships are an essential part of healthy growth and development in young lives. Big Brothers Big Sisters has 70 children on a waiting list looking for a caring mentor.

**Can YOU be a mentor?**

**BECOME A BIG BROTHER OR BIG SISTER  
START SOMETHING BIG!**

For more information, call 403-342-6500

## Parkvale Trivia Answers

1. Originally known as Parkvale Estates, our neighbourhood was developed in 1905 by the firm Michener Carscallen. It had grand plans for our neighbourhood including a pond for residents to enjoy boating and picnics. The pond proved to be a no-seum incubator and the project was quickly abandoned.
2. The Central Alberta Pioneers and Old Timers Association erected the Pioneer's Lodge in 1958 in at Fairgrounds entrance.  
  
At the slough were Rec Centre, Museum & Golden Circle are today.
3. In the late 1970's, when developers threatened to change the architectural landscape of our neighbourhood, a group of residents, led by Red Deer's past Mayor Ed Barrett, was instrumental in changing the land use by-law to protect Parkvale's historical character. The Parkvale Community Association was founded in 1980. It is Red Deer's oldest neighbourhood association.
4. Volunteers deliver 400 newsletters to households in Parkvale five times a year. Sponsors cover for the cost of producing the newsletter.
5. **A LOT of very fast bunny rabbits live in Parkvale!**

## Humour Corner

A man is stumbling through the woods, totally drunk, when he comes upon a preacher baptizing people in the river.

He proceeds into the water, subsequently bumping into the preacher. The preacher turns around and is almost overcome by the smell of alcohol, whereupon, he asks the drunk, "Are you ready to find Jesus?"

The drunk shouts, "Yes, I am!"

So the preacher grabs him and dunks him in the water. He pulls him back and asks, "Brother, have you found Jesus?"

The drunk replies, "No, I haven't found Jesus."

The preacher, shocked at the answer, dunks him again but for a little longer. He again pulls him out of the water and asks, "Have you found Jesus, brother?"

The drunk answers, "No, I haven't found Jesus!"

By this time, the preacher is at his wit's end and dunks the drunk again – but this time holds him down for about 30 seconds, and when he begins kicking his arms and legs about, he pulls him up.

The preacher again asks the drunk, "For the love of God, have you found Jesus?!"

The drunk staggers upright, wipes his eyes, coughs up a bit of water, catches his breath, and says to the preacher, "Are you sure this is where he fell in?"

## Thank You to our Newsletter Sponsors

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