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PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



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The Fairplay Christmas Tree Event

December 15 to 24

**With a purchase of \$10 or more, you are invited
to choose a free gift from our tree for your pet!**

Fairplay Pet Supply 2604 Kensington Rd NW



Cats, Canines, & Critters of Calgary



Chip, Woodbine



Echo, Signal Hill



George,
Huntington Hills



George,
McKenzie Towne



Lola, Calgary



Misty, Queensland



Pedro,
Sandstone Valley



Walden

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



Magic Carpet Ride

Family Literacy Program

A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.



Reading



At-Home Activities



Singing

FREE! Contact us to learn more:

famlit@canlearnsociety.ca

(403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride

MESSAGE FROM THE PCA BOARD

Dear Parkdale Residents,

As 2024 draws to a close, this is the perfect time to reflect on the amazing year we have had and pass along the exciting changes we have in store for next year.

This year we saw record-breaking participation in our U4 to U8 soccer programs. We would like to give a huge shout out to our parent volunteers. Our soccer program would not be successful without your hard work and dedication, thank you. We are excited to continue and expand our partnership with Chinook Soccer in 2025 and we hope that you will join us!

2024 saw the addition of two new hockey fundraisers that will be back in 2025. Pucks for Prostates will be back in January, while the NW Warriors will be on the ice in February. If you would like to get involved or help out, please email rink@parkdaleyyc.com. We are also pleased to announce that our partnership with Calgary Sledge Hockey Association will continue into 2025. You can come by the rink to view the athletes in action on Thursday evenings.

2025 promises to be a great year of change for the PCA. As many of you may already know, some of our long-time members and directors are stepping away or reducing their time. Now is a perfect opportunity to get involved in the community association and to help shape Parkdale into the community you wish see. To get involved, please reach out to office@parkdaleyyc.com.

The PCA is excited to announce our partnership with Blum Academy. Blum will be moving into Pierson Hall in 2025. Prior to their opening, Pierson will be undergoing some major renovations, so please be on the lookout for updates on the renovation work and opening dates.

As Pierson Hall will no longer be available, we want to make sure that you are aware of the spaces that are open to the community. Our community garden continues to be a focal point of the Parkdale Community Association. Please stop by to enjoy the hard work of our garden members, please email garden@parkdaleyyc.com if you are interested in joining. The Parkdale Rink and Hub is the ideal space to bring friends and family to enjoy the outdoors. If you are looking for an indoor space for your next event, please reach out to our friends at Nifty Fifties (info@pdfn.org) or Morpheus Theatre (info@morpheustheatre.ca).

We look forward to seeing you in 2025.


Happy Holidays!

Parkdale Community Association Board of Directors



The Simpsons

The Simpsons made their grand debut on Fox with the holiday episode "Simpsons Roasting on an Open Fire" on December 17, 1989. That means Homer, Marge, Bart, Lisa, and Maggie have been making us laugh for 35 years – and counting!



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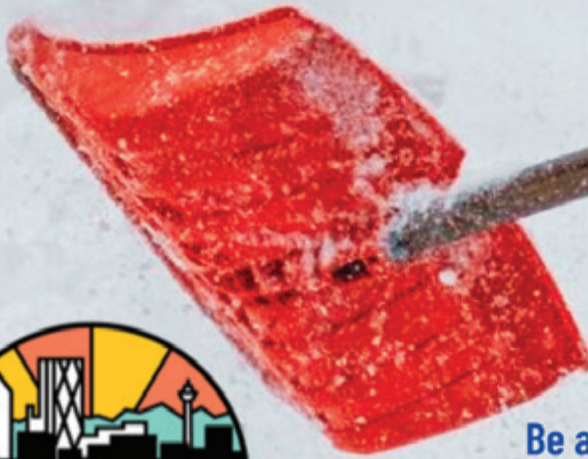
ANITA 403-771-8771
anita@anitamortgage.ca

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*Happy
Holidays*

Give a Helping Hand



Be a snow angel this winter and help Parkdale residents keep their walkway's clear

SCAN HERE TO VIEW ADDITIONAL PARKDALE CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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PARKDALE COMMUNITY VOLUNTEER OPPORTUNITIES

**Treasurer
Events Director
Board Member**

The PCA is always looking
for outgoing individuals
looking to contribute to
their community

• •
• •
• •
• •

*Interested? Please email
office@parkdaleyyc.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



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.parkdaleeyc.com or
TV schedule inside Locker Room

This area is monitored 24/7 by CCTV
In Case of an Emergency Call 911

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Swish ORAL CARE



It's officially official.

Swish University
District location opens
December 3! Now
accepting new patients.



swishoralcare.ca

[@swishoralcare](https://www.instagram.com/swishoralcare)

At Swish, great care comes easy.

Swish is a locally-owned dental clinic, opening this winter in the University District. Since opening our Bridgeland location in the summer of 2022, we've earned over 500 5-star reviews for our people-first, hospitality-inspired approach to dentistry. Our mission? To make every dental appointment feel less like a chore, and more like your favourite self-care routine.

Say goodbye to dental anxiety and switch to Swish. Join us at our brand-new University District location, opening December 3!

Good Vibes +
Shame-Free
Treatment

Fast and
Convenient
Direct Billing

Experience
the Extras at
No Extra Cost

Swishers say...

- “ I love this dentist. I feel comfortable, the staff are amazing. It's clean and new. Couldn't have a better experience every time I go. Thanks Swish.” - *PW*
- “ Amazing experience, 10 out of 10! The team is super friendly and very knowledgeable, you are in great hands here. Most importantly I felt comfortable the whole time and left the dentist office feeling good about my teeth and oral health.” - *LC*
- “ My partner made me switch to this dentist and I'm so glad I did. They make you feel so welcome. I have had more than one appointment and every time it's been such a great experience. I mean who likes going to the dentist?” - *YT*
- “ The best dental office in the city. Dr. Shlah and his team always provide my family with the highest level of care. The office has a comfortable environment and any dental stress we had before the appointment is gone when we walk in the door. We always look forward to our next visit.”

The wait is (almost) over.

Swish University District will officially open on Tuesday, December 3!

Located in the award-winning University District, Swish U/D brings our signature 'self-care + oral care' experience to Calgary's Northwest.

A suite of amenities like warm blankets and noise-cancelling headphones; patient gifts from Village Ice Cream and Monogram Coffee; and a space so stunning, you might just forget you're at the dentist. All delivered with judgment-free, patient-driven care.

Say goodbye to dental anxiety and say hello to Swish.

Visit swishoralcare.ca to reserve your spot.

We can't wait to see you in U/D.

Take care,

Team Swish

The 411 on Swish U/D

Where is Swish U/D?

We're located at 3928 University Ave NW on the main floor of the Argyle building.

What services do you offer at Swish U/D?

All the classics (The Essentials, Fresh 5), plus Cosmetic Dentistry, Dental Emergencies, Invisalign, Botox, and more. Head to our Services page for the full list.

Who will be my dentist at Swish U/D?

Dr. Zahi Shlah will be doing double duty at Swish Bridgeland and U/D. Expect to see a few more friendly, familiar faces from Bridgeland too.

Do you direct bill?

Absolutely. Make sure to add your insurance info to your New Patient Forms for a super smooth, seamless check-out.

Where can I park?

Complimentary 3-hour parking is available in the University District underground lot. Make sure to register your license plate at our admin desk when you check-in.

I have more questions. Who do I contact?

Give us a call at 825-540-7183 or email UD@swishoralcare.ca.

Say ahhh...

Swish specializes in all things dental for all ages, from essentials to emergencies.



The Essentials

A comprehensive dental exam, cleaning, 3D wellness scan, x-rays, complimentary oral cancer screening, and free whitening.



Cosmetic Dentistry

Form meets function. Botox, whitening, veneers, and more.



Fresh 5

Fresh 5 is a flat rate option with five must-have treatments.

*Price updated January 1, 2023, as per the Alberta Dental Association Fee Guide.



Dental Work

Cavities, wisdom teeth, root canals, crowns, implants, and more. Thorough, yet gentle on tough stuff.



Emergencies

Broken or chipped tooth? Extreme toothaches? Say no more – we're on it.



Invisalign

Complimentary scans and detailed consults from the leader in straighter smiles.

Brush up on all things

Swish

Opening December 3! Now accepting new patients. Scan to book your Swish Experience.

Swish Oral Care
3928 University Ave NW
Calgary, AB T3B 6N7
825-540-7183

Find us online:



[swishoralcare.ca](https://www.swishoralcare.ca)

ud@swishoralcare.ca



@swishoralcare



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



PARKDALE COMMUNITY ASSOCIATION PRESENTS

MICRO-GRANTS PROJECT

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





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

Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;

- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



News from the Friends of Nose Hill

by Anne Burke

Phase 3 of the Connect: Calgary's Parks Plan is underway, and the draft plan was shared with the public and partners before Council's expected approval in early 2025. You can send questions or comments directly to the project team by emailing parksplan@calgary.ca. Please note that these will not be included in the final Phase 3 What We Heard Report. A Park is a space set aside for enjoyment, recreation, education, cultural or aesthetic use, or for the protection of wildlife or natural habitats. An urban forest includes trees and shrubs intentionally planted, naturally occurring, or accidentally seeded within city limits. This means all trees in parks, river valleys, streets, roadways, natural areas, and commercial and private lands.

A Natural Area is a City-owned park or open space where the primary role is protection of a (relatively) undisturbed parcel or with a natural/native plant community. Natural areas are categorized to provide guidance for management and permitted uses according to habitat sensitivity and conservation needs. Habitat is the environment where the life cycle of a species is found and characteristics of the place (climate or suitable food and shelter). A Habitat Management Plan means a ten-year operational plan on how we manage natural areas that help maintain or improve the health and function of a park. Calgary's natural ecosystems are categorized by their habitat type (e.g., grassland, forest, wetland). There are also categories for classifying parks with natural environments: Special Protection or Major; Supporting (may be buffers), and other naturalized parks. Naturalization means improving management or repairing some function. For Environmentally Significant Areas, some key natural components recognized by the City of Calgary are Water Quality and Quantity; Rare, Intact, or Biologically Diverse content; and Habitat for Native Species of Interest. Read more at engage.calgary.ca/parksplan.

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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.



Word of the Month

Absquatulate:
Verb (ab-skwoch-uh-leyt)
To run away or leave abruptly.

The sneaky cat managed to absquatulate any time the door was open.



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

Christmas Help

This month, many families will gather around the table to celebrate Christmas with loved ones. Unfortunately, the meal will not be as grand as it once was for a growing number of families.

Food Banks Canada has reported that food bank use in Canada is setting all-time records with shocking regularity. They report that up to 25% of Canadians are living in a state of poverty, while 35% feel worse-off financially. Canadians are struggling to keep their heads above water, relying on food banks to survive.

Food bank use in Canada has doubled since 2019 with over two million visits in March 2024 alone. This is 6% higher than last year and this year will likely set a new record.

Food Banks Canada blames inflation, housing costs, and insufficient social supports for creating the food insecurity problem.

At the same time, a 23% hike in the carbon tax is not helping. If you tax the farmer who grows the food, and the trucker who ships the food, you end up taxing the Canadian who buys the food.

One-third of those using food banks are children. One-in-five is employed and 70% live in market rent housing. These are people struggling to keep up. Food insecurity has a huge impact on one's mental health and overall health outcomes. This in turn puts additional stress on other social services and the healthcare system.

This Christmas season, if you are able, please donate to a food bank or food pantry so that we can all celebrate Christmas like we used to.

While the need for donations continues throughout the year, your Christmas donation sends a special message of support to those who need it the most during the holiday season.



A Holiday Greeting from Your Councillor **HELLO, FRIENDS AND NEIGHBOURS IN WARD 7!**

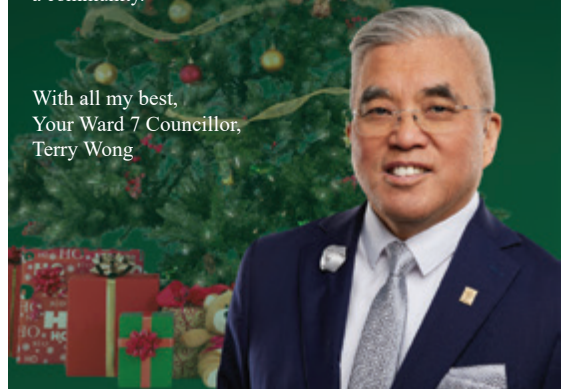
As the twinkling lights go up and Calgary's streets are sprinkled with snow, I want to share a heartfelt holiday message with each of you in Ward 7. This season, I'm grateful for the connections we've built and the shared vision we're realizing together. You are the heart of our community, and it's been a privilege to represent and collaborate with you.

The holiday season is about so much more than a celebration; it's a time to treasure moments of warmth and joy with those we hold dear. Whether you're celebrating Christmas or simply embracing the beauty of winter, I sincerely hope these days bring you laughter, love, and a chance to rest. This is also a special time to remember those in our community who are vulnerable and in need. Small acts of kindness can truly make a difference and embody the spirit that makes our community strong.

As we approach the end of 2024 and move into 2025, marking the conclusion of this Council term, I'm inspired by all we've achieved together. I'm optimistic about what lies ahead and look forward to continuing to serve you. The coming year holds so much promise, and I'm excited to see how we can build on our progress, making Ward 7 an even more vibrant, safe, and welcoming place for all.

From my family and office to yours, Merry Christmas, Happy Holidays, and a joyful New Year. Here's to health, happiness, and shared moments of connection in the days to come and beyond. Thank you for being part of this journey with me. I can't wait to see what we accomplish together as a community.

With all my best,
 Your Ward 7 Councillor,
 Terry Wong



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Dr. A. O. OLAWUNI MD, MPA (HS), MBA, MRCPI, MRCPS (Glasg), MICGP, DMOP, FRSPH, Dip (PEDS), CCFP

Dr. C. O. NDUBUBA MD, DRCOG (UK), MRCGP (UK), LMCC, CCFP

DR. THULANI GUMEDE BSc (SA), MBChB (SA), (Special Interest: Geriatrics and Mental Health)

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



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