

DECEMBER 2025

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your



# PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



## *Season's Greetings*

Extending my gratitude this holiday season for your continued business and referrals

# MICHAEL FREITER

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Dr. Edu Udoekwere (Family Physician), MBBS, FWACP, MNPMCN, DROG (UK), MRCGP (UK), CCFP

Dr. Adefolabo Sami (Female Family Physician), MBBS, MRCGP (UK), CCFP

Dr. Olubunmi Alabi (Pediatrician), MBBS, MWACP, DCH, FCPAED

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### General Dentistry

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Invisalign

Botox

Oral Surgery

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Dentistry

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Wisdom Teeth  
Extraction

## Experience the Difference

Dr. Paul Hul and Dr. Sheila Lipinski are thrilled to welcome Dr. Jess McKie to our relaxed, caring, and friendly dental office!

With a passion for patient-centered care and a gentle approach, Dr. McKie is excited to meet our wonderful patients and continue providing the high-quality dental care you trust.

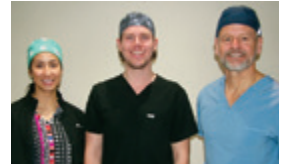
Book your appointment today and help us give Dr. McKie a warm welcome!

Monday - Tuesday: 1 pm - 8 pm

Wednesday: 7 am - 8 pm

Thursday: 7 am - 3 pm

Friday: 8 am - 4 pm



Emergencies - Direct Billing - Extended Hours - Full Family Dentistry - New Patients Welcome



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**SCAN HERE TO VIEW ADDITIONAL  
PARKDALE CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



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# Parkdale Community Association (PCA)



3512 5 Ave NW, Calgary AB T2N 0V7  
403-283-5767

office@parkdaleyyc.com  
www.parkdaleyyc.com

## DIRECTORY

### EXECUTIVE

President	Jeremy Methot president@parkdaleyyc.com
Vice-President	Stephanie Hagmann vice.president@parkdaleyyc.com
Secretary	Sheila Hyatt secretary@parkdaleyyc.com

### BOARD OF DIRECTORS

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Director-At-Large	Stephanie Best
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### PCA STAFF

Manager, Programs and Partnerships	Vacant programs@parkdaleyyc.com
Facility and Operations	Mike Talarico facility@parkdaleyyc.com

Instagram: @parkdaleyyc

Facebook: @parkdalecommunityassociation



## It's Christmastime in Calgary

by Garth Paul Ukrainetz

It's Christmastime in Calgary  
In foothills west a silent night  
The constellations fill the sky  
Forever sharing starry light

The whitetail deer in Nose Hill Park  
Prancing over city's glow  
Sweet homes of dancing candlelight  
Gentle as the falling snow

And high on top of every tree  
The stars and angels overlook  
For bleak and icy winter hearts  
The melting grace of warm chinook

It's Christmastime in Calgary  
Though heights of mountains cold in snow  
Our gifts stay warm beneath the trees  
Wrapped with love by River Bow

## WORD OF THE MONTH

### FINAGLE: VERB (FUH-NAY-GL)

To get something by indirect, involved, or devious means.

*She tried to finagle her way into the VIP party.*





# THE PARKDALE COMMUNITY ASSOCIATION IS LOOKING FOR VOLUNTEERS!

The Parkdale Community Association has open positions on our Board of Directors and with various sub-committees that support our community

*email your interest or questions to  
[office@parkdaleyyc.com](mailto:office@parkdaleyyc.com)*

## Cats, Canines, & Critters of Calgary



Addie, Renfrew



Billy, Woodbine



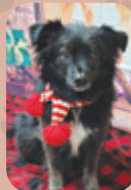
Charlie,  
Diamond Cove



Eowyn, Edgemont



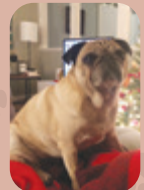
Meeko, Cranston



Pepper, Evergreen



Sammie, Walden



Talbot, Queensland

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





## News from the Friends of Nose Hill

by Anne Burke

Sites of prehistoric interest relate to the precontact history of Native use and settlement. These valuable archaeological resources represent 10,000+ years of occupation by Native inhabitants of the Calgary region. In all, 45 archaeological sites on Nose Hill have been recorded. Stone feature sites include cairns (a human-made pile of stones as a landmark, marker, or memorial), alignments (arrangements in a straight line or correct relative positions), and stone circles. Archaeological studies of Nose Hill began in the early 1970s. Students from the University of Calgary carried out surveys of the entire Calgary region; five prehistoric sites were recorded in what is now the park. These include three tipi ring sites, a lithic (stone) scatter, and a prehistoric campsite.

When the City planned a municipal park for Nose Hill, a Historical Resources Inventory was required in 1978 within the proposed boundaries. The results were a cairn, ten campsites (two with tipi rings), a glacial erratic, four isolated finds, a kill site, 18 lithic scatters, a rock mound site of overgrown gravel, and six tipi ring sites. The Alberta Government in Edmonton held microfiche copies of permit and research reports, in which existing resources were described. In 1982 and 1983, a spring survey of stone circles along the southern margin of the uplands of Nose Hill recorded 60 new rings. This was followed by a series of field trips in the summer and fall of 1993. Conditions were poor, with high grass. The focus was on undisturbed sites but limited to revisiting all the original sites. Aerial photo mosaics of Nose Hill were prepared. Overlays combining trails and archaeological resources were used to relocate sites in the field. Best estimates of site locations were recorded using a GPS receiver.

## TAKE ON WELLNESS

### Nutrition Check-up for Older Adults Now Available

by Alberta Health Services, Nutrition Services



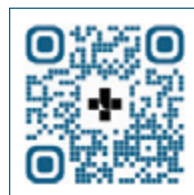
Alberta Health Services (AHS) is excited to announce the launch of the Nutrition Check-up for Older Adults, a quick and easy online screening tool designed to support the health and independence of older Albertans.

As we age, changes in appetite, weight, swallowing, and meal habits can quietly impact our nutrition—often going unnoticed until they lead to more serious concerns like frailty or falls. This new tool helps identify those risks early.

In just a few minutes, older adults can complete a simple questionnaire and receive a personalized report with practical tips, helpful resources, and guidance on where things are going well—and where there may be room for improvement.

Take the Nutrition Check-up today and encourage the older adults in your life—parents, grandparents, friends, or caregivers—to do the same!

Scan the QR code or visit [ahs.ca/OlderAdultNutrition](https://ahs.ca/OlderAdultNutrition).



Are you a health professional? Learn about nutrition screening at [ahs.ca/NutritionScreening](https://ahs.ca/NutritionScreening).



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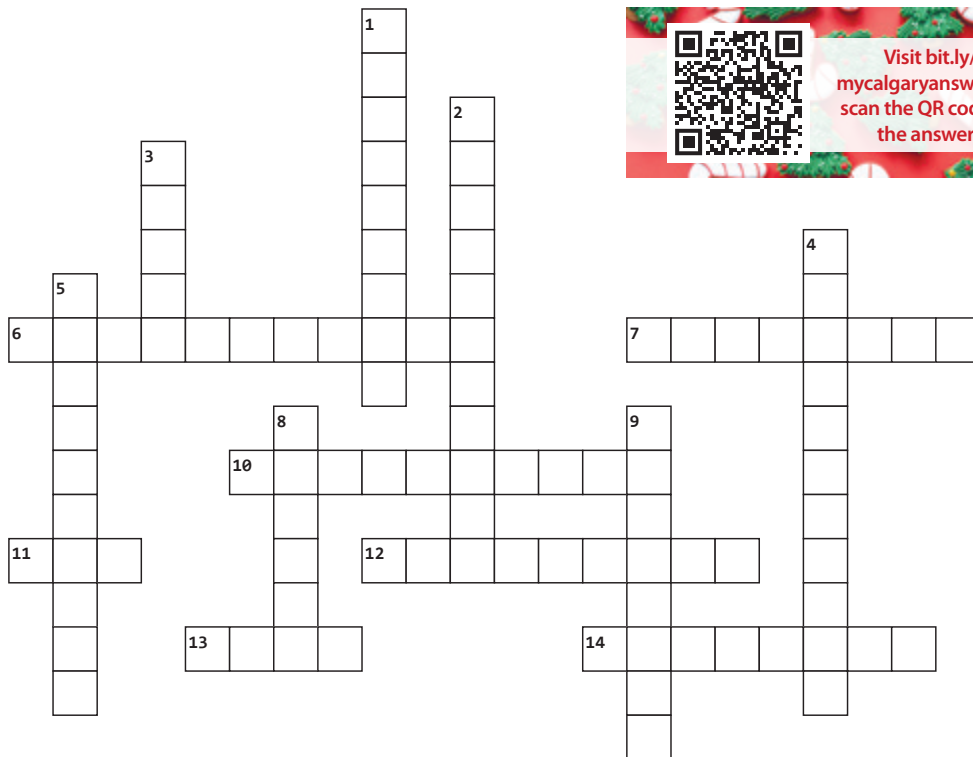
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# December Crossword



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers

## Across

6. The Statute of \_\_\_\_\_ passed on December 11, 1931, granting Canada full legislative independence from the British Empire.
7. Known for his role in *Stranger Things*, Canadian actor Finn \_\_\_\_\_ celebrates his birthday on December 23.
10. The \_\_\_\_\_ is also known as the Christmas flower.
11. "Gangnam Style" by \_\_\_\_\_ became the first YouTube video to reach one billion views on December 21, 2012.
12. In December 1612, astronomer Simon Marius made the first known telescopic observation of this galaxy.
13. *Star \_\_\_\_\_: The Motion Picture* premiered on December 7, 1979.
14. December 14 marks the start of this Jewish holiday.

## Down

1. The bust of this Egyptian queen was found on December 6, 1912.
2. Annually on December 12, \_\_\_\_\_ House Day is celebrated.
3. The first human-to-human \_\_\_\_\_ transplant was performed on December 3, 1967, by Dr. Christiaan Barnard in Cape Town, South Africa.
4. \_\_\_\_\_'s ballet, *The Nutcracker*, premiered in Saint Petersburg on December 18, 1892.
5. Jane Austen's last novel, \_\_\_\_\_, was published on December 20, 1817.
8. Two years after being stolen, the "Mona Lisa" was returned to this museum on December 12, 1913.
9. Ferguson Jenkins born on December 13, 1942, in Chatham-Kent, was the first Canadian inducted into the \_\_\_\_\_ Hall of Fame.

# Poison Prevention During the Holidays

by Tracey Warren, Child Safe Canada National Director of Injury Prevention and Education



The holiday season is a magical time, but it can also be a risky one for little explorers. Child Safe Canada wants to remind families that poisoning incidents increase during the holidays. The good news is that most of these accidents are preventable with a few simple safety steps. Let's make this holiday season joyful and safe.

Ensure this holiday season is the most enjoyable and safest ever. Safety proofing your home, or areas within your host's home, takes only a few minutes and provides priceless comfort and safety.

**Stay Vigilant During the Busy Holiday Season.** We know the holidays are busy with meals to prepare, guests to entertain, and gifts to wrap. But small distractions can lead to big mishaps. Slow down, take a breath, and focus on potential hazards, especially when little ones are around.

- **Batteries** - A swallowed battery can cause severe airway burns. Keep all items with batteries, including button-type batteries, out of reach, and ensure battery doors are secured well.
- **Bags** - Guests' handbags and suitcases may contain medications, cosmetics, nail products, perfumes, and other poisonous products. Ask guests to store these items out of reach for children.
- **Decorations** - Holiday decorations may look fun, but many are choking or strangulation hazards for children. Keep fragile ornaments, small pieces, and strings or ribbons out of reach, and supervise little ones around holiday decor.

**Be Aware of Sneaky Poisons.** Here is a simple rule: If you would not serve it on a dinner plate, treat it as a poison. Even tiny amounts of make-up, cigarettes, or certain plants can land a toddler in the emergency room.

- **Fluids** - Move antifreeze, windshield washer fluids, bleach, detergents, and other cleaning products out of sight and reach.
- **Plants** - Check the safety of holiday plants and flowers online or via your local poison control site before decorating.
- **Alcohol** - Keep alcoholic drinks out of reach of children.

**Travelling? Talk Safety with Your Host.** Visiting relatives or friends can be tricky if their home is not child proofed. Take charge of your child's safety while travelling. Be diligent in safety-proofing the space you're staying in, secure anything that could be hazardous, and keep a close, watchful eye on your child. Have a friendly conversation about your child's safety.

- Do a safety check/proof together with your host and ask them to identify any areas that should be off-limits to your child.
- Ask that all medications, cleaning supplies, and other hazardous items be stored in locked cupboards.
- Set clear rules and boundaries for your child in the host's home (if age appropriate), and make sure everyone, hosts included, understands them to keep expectations consistent and the child safe.

A few minutes of preparation can prevent accidents and keep your family safe and healthy. Make this holiday season the safest and most enjoyable ever.



# Pedestrian Safety in the Winter

by Courtney Harron, Red Cross First Aid Instructor

Winter is an exciting season full of snow, sledding, and fun! But with snow and ice also comes slippery sidewalks, darker days, and reduced driver and pedestrian visibility. That means we all need to be extra careful when we're walking or crossing the street. A few smart choices can help you stay safe all winter long!

## Take Your Time, Be Bright, and Be Seen!

**Take Your Time.** Everything moves a little slower in winter, walking, driving, even getting out the door! Ice and snow make slipping easier, so move slowly and carefully. Give yourself extra time when walking to school or playing outside and never run across the street. Slow and steady keeps you safe!

**Look, Listen, and Wait.** Crossing the street in winter can be tricky. Snowbanks might block a driver's view, and cars can take longer to stop when the roads are slippery.

Here's what to remember every time you cross:

- Stop and stay at the edge of the sidewalk. Look left, right, and left again, checking the side where cars will be closest to you last (left).
- Wait until every car comes to a complete stop before stepping onto the road.
- Make eye contact with the driver. If you can see them, they can see you.
- Even if the light says "walk," look left, right, and left once more before crossing.

**Be Bright and Be Seen.** Winter days are short, and it gets dark early. Sometimes it's hard for drivers to see people. Make it easy for them to spot you, the brighter you are, the safer you are!

Wear reflective clothing or add reflective stickers or patches to your jackets or backpacks.

Wear fluorescent or bright colours like red, yellow, or orange.

If it's really dark, carry a flashlight or wear a headlamp.

**Watch for Slippery Spots.** When it's icy, it's not just cars that can slide; people can too! Watch for shiny or wet-looking patches on the sidewalk and walk carefully. Keep your hands out of your pockets to help you balance and break your fall in case you slip. Try the "Penguin Walk":



keep your feet slightly apart, toes pointing out, and take small, careful steps, just like a penguin waddling on ice.

## Safe Drivers and Smart Walkers Work Together.

Drivers try their best to go slowly in the winter, but they need your help too. When you follow safety rules, drivers can see you and stop in time. Working together keeps everyone safe!

Winter can be one of the best seasons of the year, so let's all stay safe. Take your time, be seen, and always wait for cars to stop before crossing. A few extra seconds can make a big difference. Bundle up, watch your step, and enjoy the snowy season safely!

### The Grip

*Silent Contemplation by Rima Madi*



I went outside to visit Mother Nature again, so I headed to the storm pond—a familiar place where I often exercise while doing laps around it. The storm pond greeted me today with a chill and a frozen layer that looked like a silver mirror, reflecting the beautiful seagulls that had inhabited it during the warmer months. I gave thanks, as usual, reflecting on the blessings and the hiccups that, without them, I might not have been outside in the first place.

In today's spiritual journey with Mother Nature, I looked up and saw a different dimension in the landscape—the sky in all her majesty, creating a shield above my head and protecting everything beneath it. Looking at the sky made me even more appreciative of the vastness of the infinite and the spiritual world that exists beyond our material life. The boundless and infinite dimension of the sky humbled me, reminding me how fragile and vulnerable we humans are compared to the immense field of energy that surrounds us.

This also reminded me of a quote from Michael Hart (2007):

“The goal of Indigenous knowledge is to understand and attempt to contain the energies that infuse everything in order to create a lifestyle that is harmonious with the local ecosystem” (p. 84).

While contemplating the sky, I also remembered Hart's discussion about the opening at the top of the tipi,

which symbolizes the connection to the sky and our spiritual reach to the creator (Hart, 2007, p. 86).

The change in nature was very real. I felt it through the chill of the wind in our below-five-degree weather, heard it in the silence around the pond and the absence of people, and saw it in a seagull struggling to keep his grip on the thin frozen layer of ice that now covered the surface of the storm pond. The seagull was adapting to the change in his environment—what was once water just months ago had hardened into ice. Today, the seagull taught me to never lose my grip in times of change.

I felt the change with all my senses as I wrapped myself in layers of clothing to keep warm. Change is part of living, and to live is to change. To change, I must stay mindful of my long-term goals—whether they will help me transform my situation while staying true to my worldview, beliefs, and way of being.

I hope you, too, can embrace change in the beautiful way I embraced it today. I said goodbye to the beautiful spirit of the tiny white and silver seagull—grateful for his silent teaching and for showing me how to never lose my grip.

#### References

Hart, M. (2007). Indigenous knowledge and research: The mikiwáhp as a symbol for reclaiming our knowledge and ways of knowing. *First Peoples Child & Family Review*, 3(1), 83–90. <https://doi.org/10.7202/1069528ar>.

### Protect Your Household Water Lines and Meter from Freezing

by The City of Calgary



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit [calgary.ca/frozenpipes](http://calgary.ca/frozenpipes) to learn more, including actions you can take if you suspect you have frozen pipes.

### Create More Memories and Less Waste This Holiday Season

by The City of Calgary - Waste and Recycling Services



The holidays bring joy—and extra waste. We generate about 25% more this time of year from wrapping paper, packaging, and leftover food. Small changes can make a big impact:

- Give experiences instead of things. Time together creates lasting memories.
- Make or repurpose gifts. Handmade or passed-down items tell a story.
- Wrap creatively. Reuse bags, bows, or wrap with fabric.
- Shop with purpose. Plan ahead and choose thoughtful gifts.
- Reduce food waste. Stick to a grocery list, use leftovers, or send extras home with guests.

#### Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options:

- Green Cart Pickup: Remove decorations, cut into small pieces, and place in your green cart.
- Drop-Off (until January 31): Take your undecorated, unbagged tree to a designated site.

Find locations at [calgary.ca/christmastree](http://calgary.ca/christmastree).

#### Holiday Collection Changes

Please note blue, black, and green cart pickup date changes in your community!

- Thursday, December 25 moves to Monday, December 22.
- Thursday, January 1 moves to Monday, December 29.

Regular Thursday collection resumes January 8. Check your schedule at [calgary.ca/cartschedule](http://calgary.ca/cartschedule).

Thank you for helping keep Calgary clean and green. Happy holidays!





**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



## RECYCLING & FUNDRAISING

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Association

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PCA to support!

Thank you for supporting  
us with your donation!

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



## 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.parkdaleyycc.com](http://www.parkdaleyycc.com) or  
TV schedule inside Locker Room

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SCAN ME

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