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PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



Neil Slimm
Culinary Consultant

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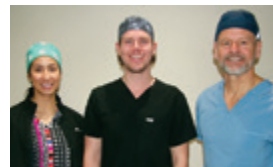
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office@parkdaleyyc.com
www.parkdaleyyc.com

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EXECUTIVE

President	Vacant
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Secretary	Sheila Hyatt secretary@parkdaleyyc.com
Treasurer	Jan Osterman treasurer@parkdaleyyc.ca
Past President	Jeremy Methot

BOARD OF DIRECTORS

Rink Director	Alistair Murison rink@parkdaleyyc.com
Events Director	Paula Espinoza events@parkdaleyyc.ca
Garden Director	Sheila Hyatt (Director) Courtney Lester (Chair) garden@parkdaleyyc.ca
Memberships Director	Kevin Thompson
Director-At-Large	Stephanie Best
Director-At-Large	David Nelson Elske
Director-At-Large	Richard Marquardt
Director-At-Large	Philippe Dufour

PCA STAFF

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

Instagram: @parkdaleyyc

Facebook: @parkdalecommunityassociation

WE NEED A COMMUNITY LEADER!

Parkdale Community Association
is searching for a new

BOARD PRESIDENT

It could be you!



We're Looking for a New Community Association President

The Parkdale Community Association is seeking a Board President—a rewarding volunteer role helping guide and support our community.

As President, you'll work with the board to set priorities, chair meetings, support committees, and help ensure the Association runs smoothly. This role is about leadership and coordination, not doing everything on your own—you'll have a strong team alongside you.

We're looking for someone who cares about the community, enjoys working with others, and wants to make a positive impact. No prior board experience is required.

If you're interested or would like to learn more, we'd love to hear from you!

Communications Director

Do you enjoy social media, storytelling, or keeping people informed about what's happening in the community? The Parkdale Community Association (PCA) is looking for a volunteer Communications Director to help share news, events, and opportunities with our neighbours.

In this role, you'll help manage the PCA's communications channels — from social media posts to newsletters — making sure the community knows what's happening and how to get involved.

If you like being creative, staying connected, and helping build a strong community voice, this is a great way to contribute.

Volunteering with the PCA is a fun way to meet neighbours, support local initiatives, and help bring our community together.

Reach out to vice.president@parkdaleeyc.com to learn more.

Events Help



Hi Neighbours,

I'm your Events Director — I'm also a busy mom of two and a nurse at the Children's Hospital. Like many of you, I'm juggling a lot, and I'm finding it challenging to do it all on my own. I care deeply about our community and would love to see it continue to thrive with fun, inclusive events for everyone.

To make that happen, I'm looking for event leads to help organize and run individual events like the Stampede Breakfast, Used Gear Sale, and Holiday Party. You won't be on your own—I'm here to support you every step of the way.

Have a new event idea you'd love to bring to Parkdale or Point McKay? I'd be so happy to help you make it happen.

If leading an event feels like too much, there are still plenty of ways to get involved. You can join the events committee or volunteer a few hours here and there—every bit helps. No experience is needed, just a willingness to pitch in and be part of what makes our community such a great place to live.

If you're interested (or even just curious), please reach out—I'd love to connect!

Sincerely,

Paula Espinoza

events@parkdaleeyc.com

WWW.MYCALGARY.COM/MAGAZINES | PARKDALE 5

Mariana Trench

Did you know the Mariana Trench reaches a depth of over 35,000 ft? That's the height of 63 CN Towers!

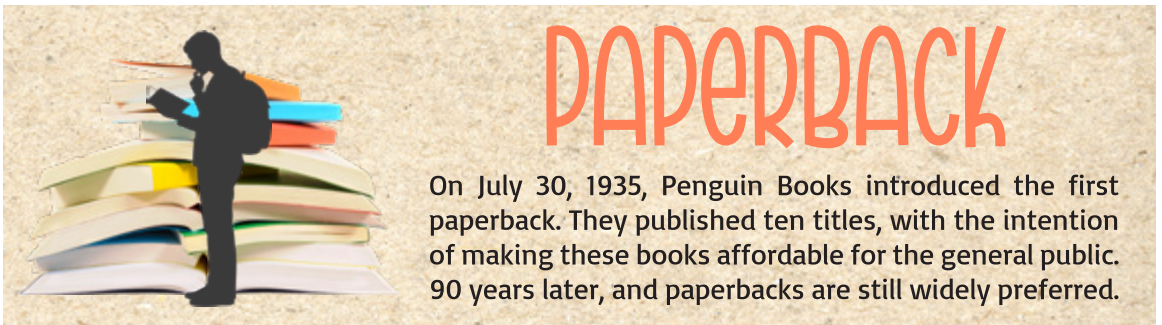




THE PARKDALE COMMUNITY ASSOCIATION IS LOOKING FOR VOLUNTEERS!

Whether you want to join a committee or volunteer once, we would love to have you! We are looking for volunteers to join the community garden, rink, planning and development, and events committees. There are also opportunities to get involved with soccer, help out at a specific event, or if you have other skills or talents that you would like to share with your community, please reach out!

garden@parkdaleyyc.com
rink@parkdaleyyc.com
events@parkdaleyyc.com
soccer@parkdaleyyc.com



On July 30, 1935, Penguin Books introduced the first paperback. They published ten titles, with the intention of making these books affordable for the general public. 90 years later, and paperbacks are still widely preferred.

Host a Parkdale Block Party!



One of the best things about living in Parkdale is our strong sense of community—and sometimes all it takes is a simple gathering to turn familiar faces into friendly neighbours. A block party is a fun and

easy way to bring people together and strengthen the connections on your street.

Block parties don't need to be complicated. Set up a few tables in a driveway or on the sidewalk, invite neighbours to bring snacks, let the kids play, and enjoy good conversation. Whether it's a casual afternoon meet-and-greet, a summer BBQ, or a potluck, the goal is simply to connect.

The Parkdale Community Association (PCA) can help make hosting easy. We can provide planning tips and help guide you through the permit process if your event requires one, such as a temporary road closure.

If you host a block party, we'd love to see it! Share photos and tag the PCA so we can celebrate neighbourhood connections happening across Parkdale.

Interested in hosting one on your street? Reach out to the PCA and we'll help you get started. Let's get to know our neighbours—one block party at a time.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Parkdale Community Association – Used Sporting Gear Sale

The Parkdale Community Association is excited to introduce a new community event coming this fall: the Used Sporting Gear Sale! This event is all about helping our community stay active while promoting reuse, affordability, and access to sport for everyone.

On September 26 and 27, 2026, community members will have the opportunity to shop for good-quality used sporting equipment for all seasons—from hockey and skating gear to soccer, biking, skiing, and more. Whether your family is trying a new sport or your kids are quickly outgrowing their equipment, this event will make it easier to find affordable gear while keeping perfectly good equipment out of the landfill.

How It Works

In the weeks leading up to the event, we'll be collecting gently used sporting equipment from community members. If you have gear at home that is still in good condition but no longer being used, consider donating it to the sale. Your donation will help other families access affordable equipment and support local community events.

Proceeds from the sale will support KidSport, an organization that helps remove financial barriers so that all kids can participate in sports, and PCA events. Any equipment that remains unsold after the event will be donated directly to KidSport, helping even more children access the gear they need to play.

Get Involved

This event will only be possible with community support. Here are a few ways you can participate:

- Mark your calendar for September 26 to 27, 2026.
- Donate gently used sporting gear (collection begins in September).
- Volunteer to help with sorting gear, setup, sales, or cleanup.
- Spread the word to friends, neighbours, and local sports families.

By donating gear, volunteering, or shopping at the sale, you'll be helping build a stronger, more active community while ensuring that every child has the chance to play.

Stay tuned for more details about donation drop-off dates, volunteer opportunities, and event times. We look forward to seeing the community come together for this exciting new event!

HEY PARKDALE!

LET'S CONNECT



x.com/ParkdaleYYC



instagram.com/parkdalecommunityyc/



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parkdaleyyc.com

FOLLOW US ON OUR SOCIALS FOR ALL THE LATEST PCA NEWS

Join the Parkdale Community Association – Your Voice Matters

Becoming a member of the Parkdale Community Association (PCA) is one of the easiest and most meaningful ways to support our community and have a say in its future.

Whether you sign up as a single, family, or senior member, PCA membership gives you the right to vote at the Annual General Meeting (AGM) and Special General Meetings. This means you can directly share your opinions on how the PCA is run and help shape the programs, events, and initiatives offered in Parkdale.

Your membership also strengthens the PCA's voice on issues that matter locally, including community safety, traffic concerns, and planning and development. A strong membership shows decision-makers that Parkdale residents are engaged, informed, and united.

In addition, members can take part in popular community programs such as the Community Garden and Parkdale soccer programs and may opt in to receive weekly PCA email newsletters featuring upcoming events, volunteer opportunities, and important updates, including information about the AGM.

Support your community. Stay informed. Make your voice heard.

Join the PCA today and help shape Parkdale's future.

Community Mural

The Parkdale Community Association is exploring an exciting new idea — a community mural — and we want to hear from you!

A mural can be a vibrant way to celebrate the identity of a neighbourhood. It can reflect the history of the community, highlight the natural beauty of the Bow River and surrounding green spaces, showcase our public spaces like the garden and rink, or highlight the creativity and diversity of the people who call Parkdale home. Most importantly, a mural would be something created with input from the community, for the community.

At this stage, the project is in the very early planning phases. Before moving forward, we want to understand whether there is interest in the idea and gather suggestions for what neighbours would like to see represented in a mural.

Share Your Ideas

We'd love to hear your thoughts on questions such as:

- What themes or images represent Parkdale to you?
- Should the mural highlight nature, community life, local history, or something else?
- Are there colours, symbols, or ideas you feel would make a meaningful addition to our neighbourhood?
- Would you be interested in helping with planning or participating in the project?

Community murals can become a lasting landmark and point of pride, bringing neighbours together through creativity and collaboration. Whether you're an artist, someone with a great idea, or simply someone who loves public art, your voice can help shape the vision.

Get Involved

If you have ideas to share or would like to express interest in the project, we'd love to hear from you. Please reach out to: publicart@parkdaleyyc.com.

Your feedback will help guide whether this project moves forward and what it could become. Together, we can create something that reflects the spirit and creativity of Parkdale!



TOUR DE FRANCE

The Tour de France is one of the most famous cycling races of the past century. Did you know the route measures over 3,000 km and has riders on the road for 23 days!



Parkdale Community Garden: Growing Together

The Parkdale Community Garden is more than just a place to grow plants — it's a place where neighbours connect, families spend time outdoors, and our community grows stronger together. Throughout the season, volunteers help care for the garden's perennial beds, food forest, rain garden, and shared spaces, creating a welcoming environment for everyone to enjoy.

Whether you're an experienced gardener or just curious to lend a hand, our community workdays are a fun and flexible way to get involved. You can join for one day or several — every bit of help makes a difference. These programs thrive thanks to volunteers who give their time to help maintain and beautify the space.

Community Garden Workdays

We invite neighbours of all ages to join us on the following days:

Saturday, July 25 – Garden Beautification

Mulching and care for the herb circle, rain garden, food forest, and perennial beds.

Saturday, August 22 – Garden Care Day

General care of the perennial beds and food forest.

Saturday, September 19 – Final Community Workday

Help winterize the garden and prepare it for the colder months ahead.

A Space for Everyone

These workdays are designed to be welcoming and family friendly. Kids are encouraged to come along — they can play in the sandbox, explore the garden, paint rocks, or read books from the Little Library while parents volunteer.

We're also looking for volunteers to help set up the painting station, making this a great opportunity for individuals or families who want to contribute in a simple but meaningful way.

Get Involved

Spending time in the garden is a wonderful way to get outside, meet your neighbours, and support a shared community space. Whether you can help for an hour or stay the whole day, your participation helps keep these programs running.

If you're interested in volunteering, please reach out to garden@parkdaleyyc.com for the garden and events@parkdaleyyc.com for painting or other events.

We hope to see you in the garden this season!

Farm Stand Coming to Parkdale



We're excited to welcome the Farm Stand Program to our community this season! This City of Calgary initiative helps connect neighbours with fresh, locally and regionally grown food while supporting local farmers and strengthening our local economy. It's all part of a broader effort to improve access to healthy food and build a more resilient food system across Calgary.

Joining us this year is Broxburn Vegetables, known for their high-quality, locally grown produce. Broxburn grows a wide variety of fruits and vegetables in both field and greenhouse settings, using environmentally responsible practices. In their greenhouses, they use natural predators instead of chemical pesticides—supporting healthy, sustainable growing methods while delivering great-tasting produce.

You can find the farm stand at the Parkdale Community Centre every Saturday from June 6 to September 6, from 3:00 to 6:00 pm.

Stop by to pick up fresh produce, support local farmers, and enjoy a simple way to eat well and shop close to home!

Fireworks

Out enjoying fireworks on Canada Day? Did you know that fireworks originated in China over 2,000 years ago? Ancient firecrackers came to be when bamboo stalks exploded after being thrown into firepits.





Stampede Breakfast is Back!

We're excited to welcome back our annual Stampede Breakfast on July 12 from 9:00 to 11:00 am!

This year's event will be a little smaller and more local—but just as fun. It's a great chance to connect with neighbours, enjoy some pancakes, and celebrate community spirit together. PCA members receive VIP front of the line access, a pass will be emailed to active members the week before. Breakfast will be available for the first 500 attendees, so be sure to come early!

We're also proud to be supporting the Calgary Food Bank, so please consider bringing a donation if you're able.

To make this event a success, we're looking for volunteers to help out. If you can lend a hand, please reach out to events@parkdaleyc.com—we'd love your support.

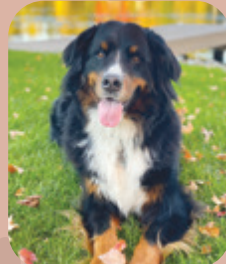
A big thank you to our neighbours at EFW and Woods Homes for helping bring this event to life. If you're a local business interested in supporting or volunteering, we'd be happy to hear from you as well.

We can't wait to see everyone there!

Cats, Canines, & Critters of Calgary



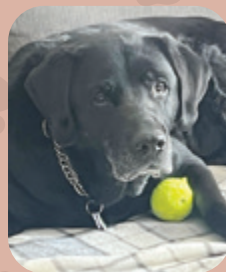
Casper, Huntington Hills



Chase, Wolf Willow



Echo, Acadia



Geo, Signal Hill



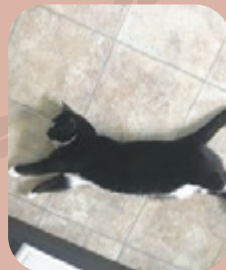
Holly, Millrise



Kabuki, Bridgeland



Mochie, Acadia



Oreo, Acadia

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Heat-Related Illness

by Alberta Health Services



ALTA Paramedic Health would like to remind everyone to stay safe in the heat and sun this season. While children, older adults, and individuals with underlying health conditions may be more susceptible to the effects of heat and sun, everyone should take basic preventive measures to avoid heat-related illness during periods of hot, humid weather. Text HEAT to 88111 to receive tips on heat safety.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Symptoms may include headache, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The person is often cool and damp to the touch, and the skin may appear pale or dusky grey.

Heat Stroke

- Heat stroke is a medical emergency and, without prompt treatment, can be fatal.
- It occurs when the body is unable to regulate its temperature (e.g., through sweating), causing body

temperature to rise to dangerous levels.

- Due to severe dehydration and failure of the cooling system, the skin may appear hot, dry, and flushed.

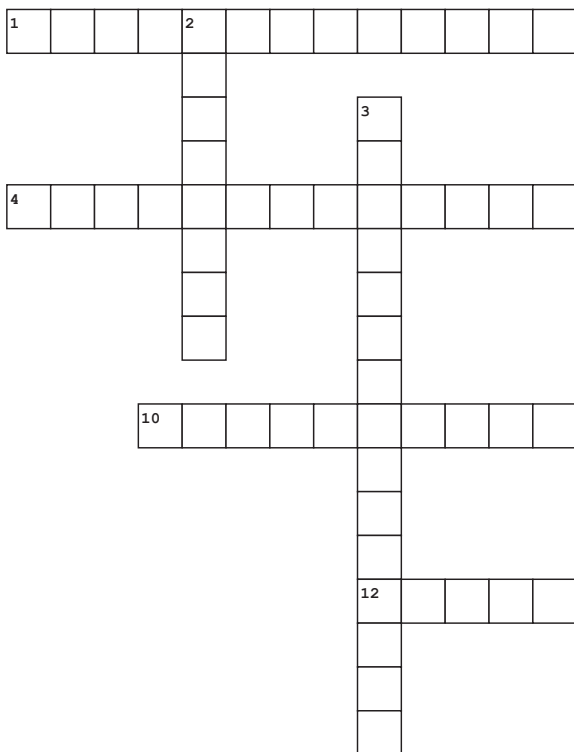
First Aid

- First aid for all heat-related illness begins with removing or sheltering the person from the hot environment.
- Remove excess or tight-fitting clothing and allow the person to rest in a cool environment.
- If the person is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

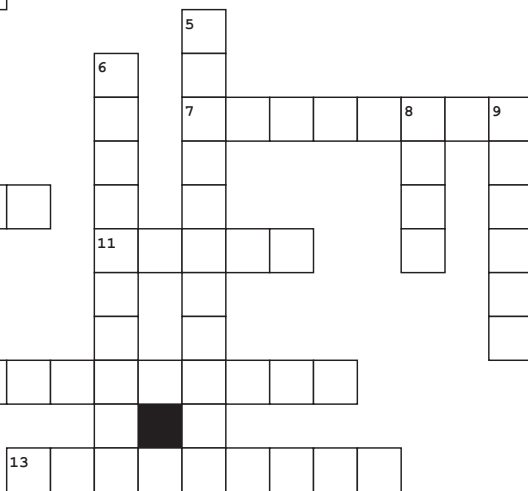
Prevention

- Stay well hydrated by drinking water regularly.
- Be aware that excessive alcohol and caffeine consumption may contribute to dehydration.
- Wear a broad-brimmed hat to protect your face and neck from the sun.
- Apply (and reapply) water-resistant sunscreen with a minimum SPF of 30+, especially for children.
- The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

July Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.





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					4			
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5	9			3	7			
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