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your PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



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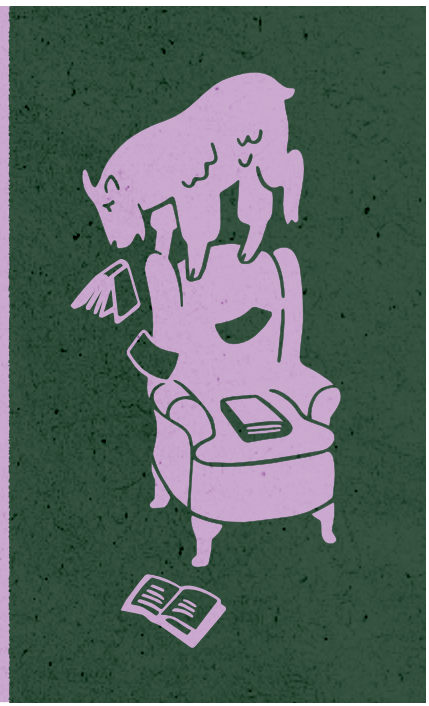

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Deng's DUMPLING

DEALS & BOGO 50% OFF EVERY DAY FOR THE REST OF 2026!

MONDAY:	12 Vegan Dumplings
TUESDAY:	12 Beef Dumplings
WEDNESDAY:	$5 Wonton Soup
THURSDAY:	12 Pork Dumplings
FRIDAY:	8 Siumai
SATURDAY & SUNDAY:	Family Dinner

Except for the $5 Wonton Soup special on Wednesdays, when you purchase the featured item of the day, you'll receive 50% off a second item!

OUR LOCATIONS
4708 16 Ave NW
1107 17 Ave SW
1000 Centre St N
6208 Rundlehorn Dr NE

The discounted second item must be a cooked food item of equal or lesser value than the first item purchased.

Parkdale Community Association (PCA)

3512 5 Ave NW, Calgary AB T2N 0V7
403-283-5767
office@parkdaleyyc.com
www.parkdaleyyc.com

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Manager, Programs and Partnerships	Danijela Mikulic programs@parkdaleyyc.com
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We Wanted to Say a Special Thank You to All Our Amazing Sponsors Who Donated Door Prizes For Our Holiday Party Last Year

- Riverside Golf Centre
- The Riverside Club
- Avatara Pizza
- Angles Café
- The Riverside Spa
- Kevin T.
- Riverside Tower 2
- Point McKay I
- Point McKay 3
- Lazy Loaf and Kettle

Thank You!





Looking Out for Parkdale

Parkdale is a wonderful place to live, in large part because neighbours look out for one another and take pride in the spaces we share.

Recently, however, we've had a couple of incidents on PCA property.

The rink lights were vandalized, with wires torn out and left exposed. Beyond the damage itself this created a serious safety hazard, with live electrical wires accessible to children, pets and local wildlife.

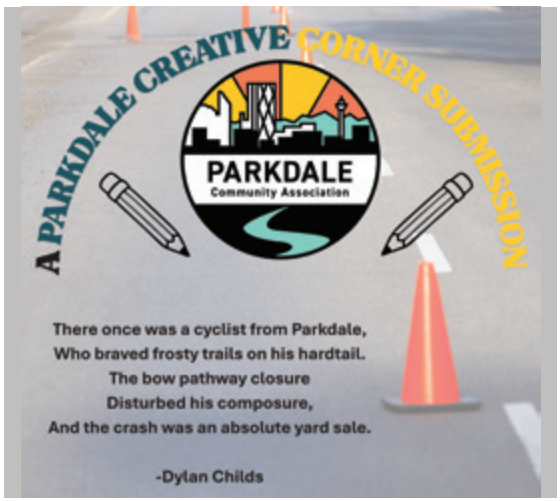
We've also had unwanted items dumped on the property, including an old stroller and discarded wiring.

Most people in our community are incredibly respectful of shared spaces, and we're grateful for that. We'd simply like to ask everyone to keep an eye out, report anything unusual, and help us protect the spaces we all use and enjoy.

And yes, we're increasing our security camera coverage. Keeping Parkdale residents safe is our number one priority.

If you see damage, dumping or suspicious activity on PCA property, please let us know as soon as possible.

Thanks for helping us keep Parkdale safe, welcoming and well cared for.



Buy a Membership and Support the Parkdale Community Associstion

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.

SCAN HERE TO VIEW ADDITIONAL PARKDALE CONTENT

News, Events, & More	Crime Statistics	Real Estate Statistics

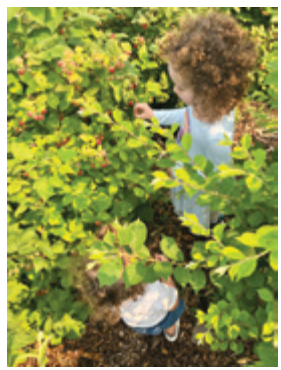
Meet Samantha: Point McKay Resident, PCA Volunteer and Local Artist



Tell us a little about yourself and how long you've called Parkdale/Point McKay home.

I am from Massachusetts and moved to Calgary in 2021. We initially rented in West Hillhurst and would pass Point McKay while walking our dog. We loved the location and bought the first townhouse we saw. Now we have two daughters and it's been a great place to call home.





What do you love most about living in our community?

I love taking short walks to the river or the Douglas Fir Trail and feeling like I have left the city. It's great for sketching or taking reference photos for my art.

I also love the tight-knit community fostered by community events, the garden, and community soccer.



How did you get started in your artistic journey?

I always liked art, so my mom signed me up for lots of classes as a kid. I went to university for architecture, but when I met my husband Vivek, he was doing super cool ethnographic work, and that inspired me to pursue my passion. I wanted to fully realize my potential as an artist, so I took a break from architecture and pursued my Master of Fine Arts, and since then, I have continued to paint and seek out opportunities to show my work every chance I get.

Where do you find inspiration for your creative work?

I am most inspired by the possibilities of paint itself. I love seeing artists who experiment with unconventional techniques and find new ways to manipulate paint. Artists like Robert Kushner, Stephen Benenson, and Danny McCaw. Seeing their work in person makes me eager to get back to my studio and experiment. I use my subject matter as a compositional framework within which I explore various ways of manipulating paint.

Subject-wise, I am most inspired by family life. Even before having my own family, I liked painting from old family photographs. I find the complicated dynamics of families intriguing and humorous. These days, I like capturing my kids camping or causing mayhem at the grocery store.

Most of my recent work, however, has been paintings of Canadian geese. I started this series in the spring when they were everywhere! I was reading a lot of environmental books at the time, and I have to respect their absolute refusal to yield to humans on the bike path. I find their colouring and geometry divine and their behaviour endlessly entertaining.

What inspired you to get involved in volunteering?
These days, with young kids, my time feels so precious, so I volunteer for things that help me to be more involved in my kid's community and my art community. Things like doing arts and crafts at their school or in the garden. I am also one of the program coordinators at Calgary Community Painters Society (CCPS), which is run out of Nifty Fifties. I joined the programming committee so that I could have a say in what we do at our weekly meetings, what local artists we invite to learn from, and to better get to know the club members.

What's been your most memorable or rewarding community experience?
The best experience has been the garden. Even though we are atrocious gardeners, I have so enjoyed getting to know our neighbours through the community garden days. It's a wholesome way to spend a Saturday morning with the family, and the end-of-season potluck is always fun. I will never forget the summer my neighbour Skye and I hauled river water in a little red wagon to the garden every day because of the mainline pipe burst.

How can our neighbours learn more about your work?
I regularly update my website: Samshields.art. If anyone would like to see work in person, I show in the bi-annual Palette Art Show put on by CCPS, and I will have a solo show at the Leighton Art Centre in February and March of 2028.

The Nutcracker

In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.







Parkdale Café

An invitation to slow down, have a cup of tea or coffee, and get to know your neighbours!



The Lobby of Parkdale United Church
2919 8th Ave NW in Calgary

FAMILY HOLIDAY PARTY

SAVE THE DATE
SUNDAY, DECEMBER 13TH, 2:00 - 4:00 PM

We invite you to our Holiday Party!

Cookie Decorating. Face Painting. Photo Booth. Door Prizes.
and
SANTA!!!!

Registration will start late November.
Limited Capacity.

THE LONGEST NIGHT

A Winter Solstice Gathering

Sunday, December 20, 2026
7:00–9:00 PM
Parkdale Community Association

Warm tea • gentle movement • breathwork • guided visualization • reflection

Complimentary • Limited to 16

Please RSVP

A Place to Come Together

Hundreds of people walk through the doors of Parkdale United Church every week.

And most of them aren't coming to church.

They come to sing, bring their children to Girl Guides, borrow toys from the Calgary Toy Library, attend a recovery group, join Fit and Friendship, or settle in for an evening of Wednesday Night Jazz.

For a long time, I thought about these as separate groups that happened to use the same building.

Lately, I've been thinking about it differently.

This big building sits right in the middle of Parkdale. What if it could be a place where neighbours simply come together?

That question is part of why we're excited to be building a stronger partnership with the Parkdale Community Association. We share a neighbourhood and a shared interest in making Parkdale a place where people know one another, feel connected, and have places to belong.

It is surprisingly easy to live in a neighbourhood without really knowing our neighbours.

We wave while walking the dog. We pass on the sidewalk. We recognize faces at the playground or corner store. We can live a few houses apart for years and never learn each other's names.

And yet, I think many of us are hungry for connection.

So we've started with something very simple.

Coffee.

We recently created a little café in our front lobby, with coffee, tea, tables and chairs, and space to sit for a while.

And we really do mean it when we say we want our neighbours to use it.

You don't need to be part of Parkdale United Church to enjoy the café. We simply want our space to be open to our neighbours and to be a place where people in our neighbourhood feel welcome to come in, sit down, and stay a while.

Have a coffee or tea. Meet a friend. Bring a book. Get some work done. Or maybe strike up a conversation with someone you haven't met yet.

This is your neighbourhood, and we hope this can be one of the places where neighbours find one another.

And people are beginning to linger.

Someone sits down instead of rushing out the door. People who have passed each other for months finally introduce themselves.

Maybe that's how neighbourhoods are built.

One name at a time. One conversation at a time. One new partnership at a time.

We see it already: through jazz and recovery groups, Girl Guides and the Calgary Toy Library, Fit and Friendship and all the different ways people gather, connect and belong in our building.

Different ages. Different interests. Different reasons for walking through the door.

But all of them remind us of something pretty simple:

People need places to gather.

Perhaps strong neighbourhoods happen when we stop thinking only about our buildings, our organizations and our programs, and start asking what we can create together.

That's what we hope our growing relationship with the Parkdale Community Association can be: neighbours working with neighbours, sharing what we have and discovering what might be possible together.

So if you've walked past our building a hundred times but never had a reason to come inside, now you do.

Come have a coffee.

Bring a neighbour.

Stay for a while.

We'd love to learn your name.


Hey Parkdale & Point Mckay!
LET'S CONNECT
PARKDALE
parkdaleyyc.com
Don't miss a shot at attending our events!
Follow us on our socials!

WE ARE LOOKING FOR YOU!

PARKDALE
Community Association

Social Media Director

Do you have a special knack for social media and love to create content? We would love for you to join our team. Do you know someone who is in a communications or marketing degree and would like some experience? Send them our way! We are looking for someone to create engaging content and help us reach our fellow community members by sharing news, upcoming events, and ways to connect and volunteer.

Volunteer Director

The PCA is looking for a Volunteer Director. We have an amazing and dedicated team of volunteers to organize events and programs, but to grow even more, we need volunteers to help us run events. If community engagement and outreach is your specialty, we would love to have you join our team! With your help, and the help of the volunteers you recruit, we host even more events and programs, and share a few laughs along the way.

Community Association President

The Parkdale Community Association is seeking a Board President. This role is about leadership and coordination, not doing everything on your own, you will have a strong team along side 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!

YOGA
FOR BALANCE

A yoga program that meets you where you are, "Fit and Friendship" is designed to help you keep moving well in everyday life! Using a chair and standing poses, we move through gentle yoga, balance work, stretching, and strengthening.

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- **No Need to be Flexible**

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WELCOME TO
PARKDALE
Community Association
PARKDALE
WE WANT TO HEAR FROM YOU! TAKE THE SURVEY
What events would you like to see at the Parkdale Community Association? Let us know!

Protecting Mature Trees During Redevelopment in Parkdale

By Michael Descheneaux, ISA Certified Arborist,

Parkdale's big, old trees are a huge part of what makes the neighbourhood feel like home. They shade our streets and cool our yards. As more lots are redeveloped and infills go up, those trees face a risk that's easy to miss, because most of the damage happens underground.

Why Roots are the Weak Spot

Most people picture tree roots going straight down. In reality, most of a tree's feeding roots sit in the top layer of soil and spread well past the edge of the canopy. That's exactly the zone where construction happens.

Three Things do Most of the Harm:

Excavation: Digging for foundations, basements, utility lines, or driveways can cut through large roots. A tree can lose a big share of its root system in an afternoon and still look fine for a season or two before the decline shows.

Compaction: Heavy equipment, stacked materials, and foot traffic press the soil down. Compacted soil holds less air and water, and roots struggle to grow in it. In Calgary's clay soils, compaction can be especially hard to undo.

Grade Changes: Even a modest layer of fill over the root zone can smother roots, and scraping soil away removes the roots living in it. Grade changes can also shift how water drains around the tree.

Because the decline is slow, a tree damaged during a build often isn't blamed on the build at all. By the time the canopy thins, the cause is years in the past. The best time to protect a tree is before the first machine arrives.

Fence the root zone. Put up sturdy fencing as far out from the trunk as the site allows, ideally to the edge of the canopy or beyond, and keep equipment, materials and dumped soil out for the whole project. Flagging tape on its own tends to get ignored.

Talk to the builder early. Whether you're building or your neighbour is, ask before plans are final where access, storage and digging will be. Small changes, like tunnelling under roots instead of trenching through them, can make a real difference.

Spread mulch where traffic can't be avoided. If a path has to cross the root zone, a thick layer of wood chip mulch, sometimes topped with plywood or ground mats, helps spread the load.

Water through dry spells. Deep, slow watering over the root zone during dry periods, before, during and after construction, helps stressed trees hold on.

Get roots cut cleanly if they must be cut. A clean cut made by hand or with proper tools heals far better than roots torn and crushed by an excavator bucket.

When City Rules Apply

Trees on public land, including boulevard trees between the sidewalk and the street, belong to the City of Calgary. The City's Tree Protection Bylaw covers these trees, and work near them may need City approval and protection measures. Damage to a public tree can carry consequences for the property owner or builder.

The rules change from time to time, so check the current requirements on calgary.ca, or call 3-1-1, before work begins near any boulevard or park tree.

A mature tree takes decades to grow and only one careless week to damage. A little planning before the build starts gives Parkdale's trees their best chance of being here for the next generation.



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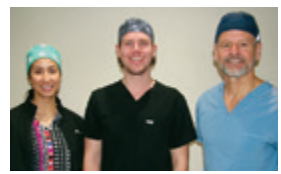

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