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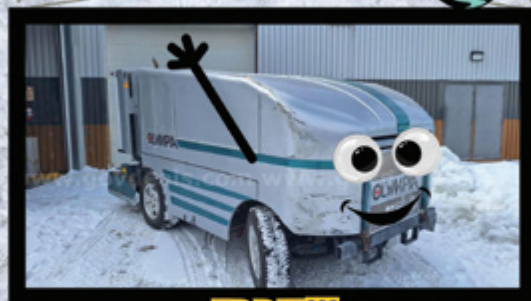
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Secretary	Sheila Hyatt secretary@parkdaleyyc.com
Treasurer	Jen Osterman treasurer@parkdaleyyc.ca
Past President	Jeremy Methot

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	Garima Shah
Director-At-Large	Philippe Dufour

PCA STAFF

Manager, Programs and Partnerships	Danijela Mikulic 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@parkdaleyc.com to learn more.

Behind the Scenes at PCA

Programming: Planning for fall and winter events is underway. If there's anything you'd love to see happening in the community, please email events@parkdaleyc.com.

Volunteers: We are always looking for more volunteers to help us run events. The more dedicated volunteers we have, the more events we can run. If you can't volunteer, please consider a donation to help us find more programs.

Grants: We're pursuing funding to help bring more programming and improvements to the community.

Community Partnerships: We're meeting with neighbourhood organizations to explore shared programming and spaces and community initiatives.



by Anne Burke

The Glenbow Archives entry for Robert Aramant refers to the researcher and author who spent time in Calgary, during the early 1980s. He is primarily recognized in local archives for his field research and documentation on Nose Hill. For in library use only, Calgary Public Library has a copy of his report: "The Tipi Rings Nose Hill: Calgary April 1982 to May 1983."

Robert Bo Aramant (1932-2022) in the Natural Areas Group of the Calgary Field Naturalists' Society surveyed stone circles along the southern margin of Nose Hill uplands. Studies were done during the months when ground conditions were suitable. His research detailed bearing and distance information between tipi rings and on the diameter and number of stones with each ring. He recorded 60 new rings as well as mapping previously identified sites. Vehicle tracks, rubbing stones, and an unknown group of poplars were indicated.

Other maps show roads, critical bearings to Nose Hill Tower and horse barn. Following his study, the site was revisited. New rings related to recorded sites were compared. Some rings matched the original Lifeways of Canada definition by Alberta's first and longest-operating heritage and historical resources consulting company. Robert wrote it is very important to point out that this report only surveyed a small part of the proposed Nose Hill Park area. Even the southeast part of Nose Hill, where the report presents newly found tipi rings, has been very incompletely surveyed.

Consequently, there are many more tipi rings on natural prairie grassland areas and probably also many other kinds of archaeological sites and artifacts as well that are undiscovered on Nose Hill. It is very desirable that the natural prairie grassland still left on Nose Hill be preserved and protected. Read more at: www.newcomerkentuckiana.com/obituaries/robert-aramant.

Meet Danijela: From Volunteer to General Manager



How long have you been involved with the PCA?

I've been involved with the PCA for almost three years, including about a year and a half as a Board Member, before stepping into the General Manager role.

What first made you volunteer?

I've always been drawn towards building relationships and getting to know the people around me. I wanted to help create a community where neighbours know one another, support each other, and have opportunities to gather and connect. I volunteered because I wanted to help the PCA run programs, host events, and create a place for neighbours to gather in a socially vibrant environment.

What do you love most about Parkdale and Point McKay?

The river. I love water. I love being near it, beside it or in it. If you see someone paddleboarding up and down the Bow in the dead of winter, it's probably me! I also love the people who make up the PCA and the incredible amount of time and care they put into building something special for the community.

What are you most excited about in your new GM role?

The PCA is growing, but a lot of important administrative and logistical work has traditionally fallen to a small group of volunteers who are already balancing busy lives. I'm excited to take on more of that day-to-day work so our volunteers can spend more time on the

projects, events and ideas they're passionate about. I'm excited about where the PCA is headed and helping make those ideas happen.

What might people not realize happens behind the scenes at PCA?

The sheer number of volunteer hours it takes to make everything happen. Our Board Members, event volunteers, local businesses and community supporters all contribute time, energy, and resources. An event that looks simple from the outside can take a lot of planning behind the scenes. But at the end of the day, everyone is working toward the same thing: creating opportunities for people to have fun, connect, share a few laughs and feel part of the community.

Favourite Parkdale event or tradition?

Pet Fest! It's one of the great events the PCA used to host, and one I'd love to bring back. I'm sure many newer residents in Parkdale and Point McKay have never experienced it, so stay tuned. It deserves its own Parkdale Post feature!

What would you say to someone thinking about volunteering?

It is worth it! The PCA is full of amazing, dedicated people, and there's room to help a little or a lot. Even one hour here or there makes a difference. Seeing a project come together and watching people enjoy something you helped create is incredibly rewarding. You get a real sense of community, something I think we could all use a little more of.

If you're not sure where to start, get a membership, come to an event, follow the PCA on social media, join a committee, start a committee, help with a volunteer shift or bring us an idea of your own. Maybe it's a weekly pickup hockey game, a board game night or something completely different. Community grows when people decide to take part.





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!

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



A Bloom You Can Brew

Did you know? Chrysanthemums are November's birth flower—but some varieties are more than decorative! Certain chrysanthemum flowers and leaves are edible, and chrysanthemum tea, made by steeping the dried flowers, is a traditional beverage enjoyed across parts of East Asia.

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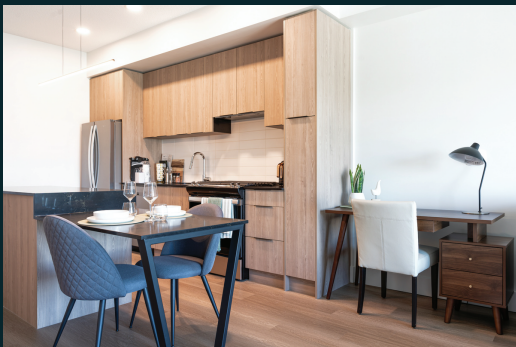
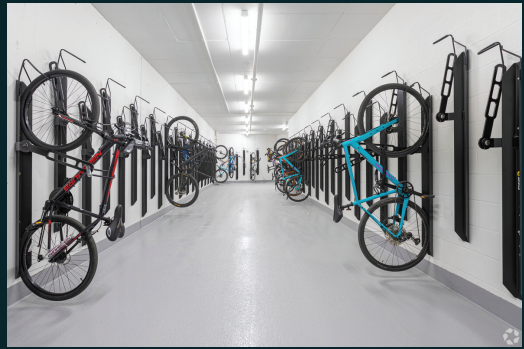


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Join the Parkdale Community Association – Your Voice Matters

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.

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News, Events, & More



Crime Statistics



Real Estate Statistics



Routines and Transitions: Everyday Moments That Shape Confident Children

by: Calon Ho

Some of the most important learning moments in early childhood happen between activities rather than during them. Getting ready in the morning, tidying up after play, washing hands before a meal, or preparing for bedtime may seem like ordinary routines, but they are powerful opportunities for children to develop independence, confidence, self-regulation, and a sense of belonging.

Leading early learning programs around the world intentionally design routines and transitions as part of the curriculum, not simply as moments to move children from one activity to the next. Predictable daily rhythms help children understand what comes next, reducing anxiety while giving them opportunities to make choices, solve problems, and participate meaningfully in everyday life. Rather than rushing through transitions, educators view them as valuable learning experiences where children can practice responsibility, cooperation, and independence.

Families can bring these same principles into the home through simple, consistent routines. A predictable morning sequence — getting dressed, brushing teeth, packing a backpack, and putting on shoes — allows children to anticipate each step while gradually taking on more responsibility. Offering two clothing choices, placing belongings within reach, or using simple picture cues can encourage independence while reducing power struggles.

Transitions between activities can also become calmer when children are given time to prepare. Instead of stopping play abruptly, families might use a familiar

phrase, a favourite song, or a five-minute reminder before moving to the next activity. Inviting children to help put away toys, set the table, or prepare a snack transforms transitions from interruptions into shared responsibilities. These small acts help children develop cooperation, ownership, and confidence.

Evening routines provide another valuable opportunity for connection and learning. A consistent bedtime rhythm — bathing, brushing teeth, putting on pyjamas, reading together, and winding down — helps children feel emotionally secure while supporting healthy sleep habits. Reading together before bed not only strengthens language development and early literacy but also creates meaningful moments of connection that children often remember long after the story ends.

These routines do not need to remain within the home. Everyday outings can become opportunities to practise the same skills. Walking to the neighbourhood library, helping return books, visiting the local farmers' market, participating in a community garden, or tidying up after a picnic in the park all encourage children to care for shared spaces and contribute to their community. When children are trusted with real responsibilities beyond the home, they begin to see themselves as capable citizens who can make a positive difference wherever they go.

The beauty of routines is not found in perfection, but in repetition, predictability, and participation. Every backpack zipped, every toy returned to its shelf, every meal prepared together, and every bedtime story shared helps children build the habits, confidence, and resilience they will carry with them for years to come.

Editor's note: This article was adapted from a piece originally published in In Blüm Magazine. It was written by Calon Ho, a Level 3 Early Childhood Educator.

A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.



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CALL FOR SUBMISSIONS

Our
Neighbourhood
Our Stories
Our Community

Parkdale Creative Corner

Theme: Winter in Parkdale

We're inviting kids and adults to submit original work for an upcoming edition of the Parkdale Post.

Share original work inspired by community, neighbourhood life, everyday moments, or the beauty of winter in Parkdale.

WE'D LOVE TO FEATURE:

- short poems
- drawings or paintings
- photography
- very short stories (200–300 words)
- short reflections on life in Parkdale

Please include your name (and age, for kids).
Parent/guardian permission is required for children's submissions.
Selected entries may be edited for length and clarity.



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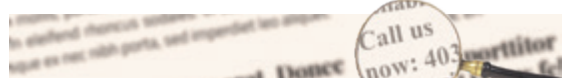
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