



SOCIETY SOCIAL



DID YOU KNOW?



YOUR SPACE



Come celebrate Canada Day with
swimming and a picnic!

SATURDAY, JULY 2nd, 2022 14:00

LAGERWIESE PARK, ALTE DONAU

A beautiful park right on the water with lots of sun
(hopefully) and fun! Bring your own food and drink.

The park is easily accessible via a short walk from the
Bus 93A stop Benatzkygasse. Alternatively, there is a
public parking lot at the pedestrian entrance to the
Lagerwiese Park. [Google Maps Location](#)

Many thanks to Canadians in Austria Lee Richard for
organising this casual family get-together.



SOCIETY SOCIAL

A REGULAR AND INFORMAL
DROP-IN STYLE GATHERING IN A
DIFFERENT LOCATION EACH
MONTH.

THE 1ST BEVERAGE IS ALWAYS
'ON THE HOUSE'!

SOCIETY SOCIAL

Casa Delizia

Alimentari Italiani

Kleeblattgasse 11, 1010 Wien

(side street off Tuchlauben)

Thursday July 21st, 2022

After work drinks starting at 17:30

**DID YOU
KNOW?**AUSTRIA - CANADA
FUN FACTS

For Wordle fans, there's Canuckle!

The same format as Wordle is used but the answers are Canada themed in some way. Once the word is guessed you are treated to a blurb or fun fact on how it relates to Canada.

<https://canucklegame.github.io/canuckle/>

The game is apparently due to end on Canada Day but you can access all previous Canuckle words via:

<https://canucklegame.github.io/canuckle/archive/archive.html>



THANKSGIVING GALA DINNER

Monday, October 10th, 2022

details to follow



MEMBERS' CORNER

PLEASE SEND CONTENT TO KAREN CONOLEY:
VICEPRESIDENT@AUSTRIA-CANADA.COM

Austrian-Canadian Society Member **Hilary Zehentner-Hodge** tells us about the newest community involvement movement to arrive in Vienna: [parkrun](#)

What is parkrun?

parkrun is a global community of walkers, joggers, runners and volunteers of all ages and abilities. Originated in the UK in 2004 by one man seeking to improve his mental health, it has since spread across the globe to more than 23 countries. parkrun Canada launched in 2016 and continues to ignite passion for walking/running in 44 parkrun locations across Canada and since 2021 in Austria (Salzburg, Linz, Vienna).

How does it work?

The concept is simple: a free, weekly, timed 5km event. Every Saturday morning at 09:00 at parks all over the world, communities gather to improve their physical and mental health by walking, jogging or running 5 kilometres or by volunteering to make these events possible.

I don't run! And this sounds rather serious...

parkrun is not a competitive running event. It is an inclusive event that includes walkers, runners, wheelchair users, sight impaired – everyone. Children, prams and dogs are welcome. At every parkrun there is always a 'tail walker', so that no one participating is ever last. There is also always the opportunity to have coffee with fellow participants after every event.

How do I participate?

Simply register [here](#) for free and you will receive a unique barcode. This barcode is your 'passport' to all parkruns across the globe. With your online profile you can track your parkrun progress. parkrun also recognises personal achievements and rewards 'milestone' t-shirts when a certain number of parkruns or times volunteered have been achieved.

Where does it take place?

[parkrun Vienna](#) takes place every Saturday morning at 09:00 in Donaupark (Arbeiterstrandbadstrasse 122, 1220). It is only cancelled in cases of severe weather conditions.

The power of parkrun

parkrun is much more than a 5km event. It is a friendly community gathering where anyone can participate or help out. The atmosphere is always positive and welcoming. Everyone participates for their own enjoyment, regardless of their pace. It is about togetherness and the simple opportunity to be active, to feel good and be part of a wider community.

Biography

Hilary Zehentner-Hodge lives in Vienna with her Austrian husband and their 21 month old son. She was part of the initial launch team for parkrun Vienna. Hilary, Canadian/British, got to know parkrun from her time in London. It was there where she was introduced to this vibrant, uplifting international community. Hilary explains "parkrun is extremely powerful. If the pandemic taught us anything, it was that there is no substitute for coming together. parkrun is like a supportive friend who is always there. Every week, no matter how busy or challenging your life, you can always count on your friends – old and new – to be waiting for you at parkrun. Every week someone is celebrating a milestone or attending for the first time. It is an event that gives so much back. Just come once, and you will be hooked for life."