

FEBRUARY 2023

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PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

SOCCER REGISTRATION AND WINTERFEST

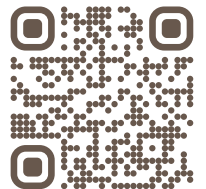
FEBRUARY 25

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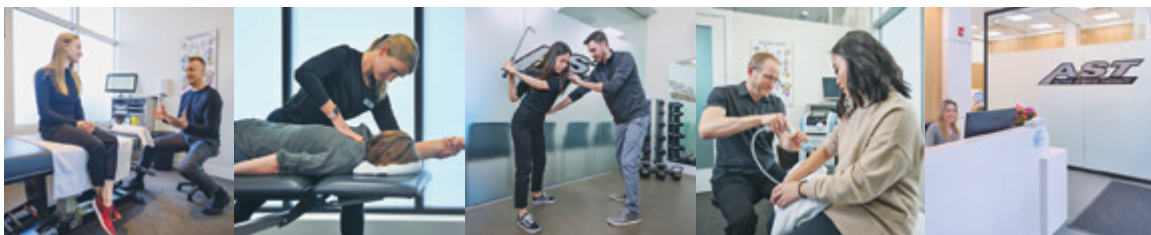
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Girls After School Programs

GIRL POWER (GRADES 5-6) - **STARTS JAN 18TH**
WEDNESDAYS (IN PERSON 4:00 - 6:00 PM)

GIRL FORCE (GRADES 7-9)
TUESDAYS (ONLINE 6 - 7:30 PM)

STARTS JAN 17TH
THURSDAYS (IN PERSON 4:30 - 6:30 PM)
STARTS FEB 2ND

CONTACT
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leadership community activism



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UPCOMING EVENTS AND NEWS

Winterfest

**Saturday, February 25 | Noon to 2:00 pm
at Parkland Hall**

Activities will include crafts and games, prizes and treats, face painters, horse and wagon rides, cotton candy, Butterfield acres petting zoo. Make it a date!

Parkland Soccer Registration

February 25 | Noon to 2:00 pm at Parkland Hall

We are looking forward to our next soccer season! Our season will start on May 1 and go until June 28. We play Monday and Wednesday nights. U4 to U8 play from 6:00 to 7:00 pm and 8+ play from 7:00 to 8:00 pm. This year we are hoping to include U12 and U14 if we have the interest for it. We are a volunteer-based program and are always in need of coaches and team managers! We are very excited to run our program and look forward to seeing our fields full of kids playing soccer. For more information, email parklandca.soccer@telus.net or go to www.parklandyyca.ca.

February Knitting Lessons

Saturday afternoons from 2:00 to 4:00 pm | February 4, 11, 18, and 25

The cost is \$50 and community membership is required.

If you don't have a membership, one can be readily purchased from the office. The cost is \$25.

To register, email the hall at parklandca@telus.net.

We need four registrants to make this class a 'go'.

If you have any questions regarding suitable projects, or any questions at all, feel free to email the hall at parklandca@telus.net or phone 403-278-5330.

Do You Know the Difference Between Calgary Parkland Community Association and Park96?

Parkland is fortunate to have two associations with independent boards and mandates that work for the benefit of all Parkland residents. To most community members, they see the Parkland Community Hall at the intersection of Parkland Blvd and Park Valley Drive, and the fenced in area on the other side, and believe they are the same entity. In fact, they operate independently, and the following describes how they came to be for the benefit of Parkland residents:

Park96 is a parcel of land that was set aside and sold to the residents of Parkland by developer "Keith Homes" in 1975 to create a private gated recreational area for the residents of Parkland. Park96 is governed by a non-profit

volunteer board and owned by the property owners of Parkland. A mandatory annual levy of \$200 is charged to each household in Parkland to maintain and operate the park and its events. The fees collected are used to staff, maintain, and improve the facilities inside the park, and include a water park, tennis and basketball courts, playgrounds, skating rinks, cook houses, disc golf, and a community building. Some of the annual events that occur at Park96 are Summerfest, Movie in the Park, Summer Sunday Music Fests, and skating events. The hall and cookhouse facilities within Park96 are available for rental, however rentals are limited to Parkland residents only. The website for Park96 is www.park96.com.

The Calgary Parkland Community Association (CPCA) like many community associations in Calgary, represents the residents of Parkland at the neighbourhood and municipal level. The CPCA operates and maintains the community Hall on land leased from the City of Calgary. The CPCA also has a volunteer board which is responsible for directing operations of the facilities and programs offered by the community association. The CPCA is funded by facility rentals, an annual optional \$25 community membership, the AGLC Casino, and grants through various civic and provincial agencies. However, unlike Park96, the CPCA can rent the hall facilities to any individual or group from anywhere in the city and is not restricted to Parkland residents. Some of the programs and events that the CPCA administers, and supports are the Community Garden, Canada Day Breakfast, Winterfest, Soccer Programs, Halloween party, Parkland Cares, Monthly Parkland Newsletter, and various beautification projects such as the mural mosaic at the hall and Boulevard planters. The website for the Calgary Parkland Community Association is www.calgaryparkland.ca.

Parkland is not unique for having multiple associations working for the benefit of the community. Neighbouring communities like Lake Bonavista similarly have the Lake Bonavista Community association and a separate Lake Bonavista Homeowners Association. We encourage all Parkland residents to take advantage of events and programs offered by Park96 and CPCA and to support these associations by purchasing a CPCA membership and volunteering your time to help enrich your community. Both Park96 and CPCA welcome your questions and suggestions about the facilities and programs that are offered.



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PARKLAND HALL WEEKLY CALENDAR

MAIN ROOM :

MONDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	Noon to 12:30 pm	My Tai Chi	403-271-9658
	8:00 to 9:30 pm	Karate (private booking)	
TUESDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	1:15 to 3:00 pm	Bliss Yoga	rosemary@blissyogacalgary.ca
	5:30 to 7:45 pm	Sparks and Brownies	403-283-8348
WEDNESDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	Noon to 12:30 pm	My Tai Chi	403-271-9658
	1:00 to 5:00 pm	Available for booking	403-278-5330
	5:15 to 6:15 pm	Vanshaw Dance Academy	vanshawacademy@gmail.com
	6:15 to 7:30 pm	Harvest International Baptist Church	403-616-7597
THURSDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	1:00 to 5:30 pm	Available for booking	403-278-5330
	6:00 to 7:30 pm	ZenChinDoDo	403-860-1253
FRIDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	Noon to 12:30 pm	My Tai Chi	403-271-9658
	1:00 to 7:00 pm	Available for booking	403-278-5330
	7:00 to 9:30 pm	Bahá'í Community of Calgary (Two Fridays a month)	403-278-7307
SATURDAYS	10:00 to 11:00 am	Shakthi Shethralava Indian Classical Dance	403-667-7689
	11:00 am onwards	Available for booking	403-278-5330
SUNDAYS	8:30 am to 3:00 pm	Harvest International Baptist Church	403-616-7597

MEETING ROOM:

MONDAYS	9:00 am to 6:00 pm	Available for booking	403-278-5330
	7:00 to 8:00 pm	AI Anon	403-266-5850
TUESDAYS	5:30 am to 7:45 pm	Sparks and Brownies	403-283-8348
	8:00 to 9:00 pm	Available for booking	403-278-5330
WEDNESDAYS	9:00 am to 6:00 pm	Available for booking	403-278-5330
	7:30 to 8:30 pm	Harvest International Baptist Church	403-616-7597
THURSDAYS	9:00 am to 6:00 pm	Available for booking	403-278-5330
	7:00 to 9:00 pm	Parkland Board meeting (Last Thursday of each month)	403-278-5330
	7:00 to 9:30 pm	Bow View Ringette (Second Thursday of each month)	
FRIDAYS	11:00 am to 1:00 pm	Art journaling/scrap booking (Third Friday of each month)	403-803-5336
	1:00 to 3:00 pm	Parkland Book Club (Third Friday of each month)	403-278-5462
	6:00 to 8:00 pm	Art journaling/scrap booking (One Friday a month)	403-803-5336
	7:00 to 9:30 pm	Bahá'í Community of Calgary (Two Fridays a month)	403-278-7307
SATURDAYS	2:00 to 4:00 pm	Knitting Classes	403-278-5330

Please contact Erika at parklandca@telus.net or 403-278-5330 for Hall rental information or to view.

Remember: Parkland Community Association members receive a discounted rental rate.



Parkland Cares

Parkland Cares is a community-based organization of families and neighbours committed to helping others.

All the best of 2023 to you!

Our December initiatives brought joy to many local families this year.

With the combination of money received from 2022 fundraising initiatives through Bonavista and Parkland Cares and generous community donations, we were able to assemble 235 care packs for donation to the Calgary Drop-in Centre. Each care pack contained a handmade greeting card (made by a local Jr. High student), essential toiletries, chocolate, and a warm pair of socks. Ambrose University also made a generous donation of over 50 pre-assembled care packs.

We want to thank the LBCA for supplying a location for donation drop-offs, advertising for us, and providing a large space for all the volunteers to gather and assemble the packages.

We adopted two local families through Fish Creek United Church. 10 volunteer team members bought, wrapped, and delivered Packages of Joy to these families and made their season a little bit brighter.

We were also able to deliver grocery gift cards to Wilma Hansen Jr. High and Deer Run Elementary schools. They made sure that the cards went to families that are experiencing food insecurity this season.

As always, the end of the year is a wonderful opportunity to express gratitude. Parkland Cares is very grateful for the continued support of our amazing community. An extra big high-five to the Lake Bonavista Community Association, Calgary Parkland Community Association, and Park96. We look forward to continuing to work together for our 2023 initiatives. Thank you.

Parkland Cares Calgary

parklandcaresyyc@gmail.com

403-863-9927

RESIDENT PERSPECTIVES

Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

***Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.



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LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!



MLA Calgary - Fish Creek

Richard Gottfried

☎ 403-278-4444

✉ calgary.fishcreek@assembly.ab.ca

📧 @RichardGottfried

📱 RichardGottfriedAB



February is most often associated with Valentine's Day and love; but it is also a great reminder of what we value – family, friends and our health. It is with these values in mind that we celebrate Family Day on Monday, February 20th. A reminder that all Alberta Museums will be open free of charge on Family Day. This includes the Royal Alberta Museum in Edmonton, and closer to home Lougheed House, Head Smashed in Buffalo Jump and the Royal Tyrrell Museum. February is also HEART month – in which the Canadian Heart and Stoke Foundation highlight the importance of taking care of our "tickers". Prior to COVID, heart disease was the leading cause of death in Canada and remains worthy of continued education and vigilance.

As our government continues to work to improve health delivery, each of us can play a role in improving our "heart/health" capacity. One critical component in the Government's Healthcare Action Plan is improved EMS response times. We are all aware that EMS services can mean life or death when a patient faces a critical health event. Our amazing Paramedics are highly skilled health professionals trained to respond in times of acute crisis. Instead of using ambulances for patients who do not require medical support during transport, AHS will now be arranging alternate transportation. This would utilize options like community shuttles and wheelchair accessible taxis for patients needing non-emergency transport. Improving EMS response times has multiple ripple effects and will help in supporting emergency department efficiency, reducing acute care recovery time, impacting surgical queues and improving overall patient flow. This new program is one of several currently underway focused on better serving Albertans. But Government cannot do it alone, so each of us should do our part in improving "heart health" for ourselves and our loved ones in 2023. Studies have consistently shown that 5 lifestyle changes help improve our hearts. 1. Balanced Diet – pass on the extra salt and ask for the veggies. 2. Reduced alcohol intake – too much can damage your heart's ability to fight off the extra cholesterol. 3. Exercise – our heart is a muscle and it needs to be worked to be efficient. 4. Managing stress – each of us should ask ourselves what we do to help manage daily stressors. 5. Quit smoking – if you have not stopped, now is a great time. Albertans have huge and compassionate hearts – we already generously share of ourselves, our time and our money - so let's work in partnership with government and civil society to build our HEART capacity to new levels. Keep your comments and communication coming as the New Session of the Legislature will start just after Family Day – and please watch for community signage and social media for our next MLA Café!

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

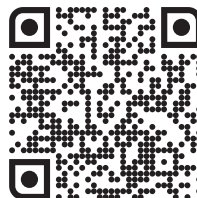
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Chinese New Year Buffet!

Join us in celebration of Chinese New Year with a wonderful lunch buffet and watch an amazing performance by the Calgary Chinese Cultural Centre's Dragon Dancers

Thursday, February 2, at 12:00 pm



Italian Dinner

Want to feel like you're sitting in a beautiful Italian ristorante, listening to the sounds of life going by and gorgeous Italian music playing in the background? Well, we have it all here without the airplane ride!

Tuesday, February 28, at 5:00 pm



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Polar Bear Capital of the World

In Churchill, Manitoba, locals leave their cars and houses unlocked. Dubbed the 'polar bear capital of the world,' unlocked doors in this town are meant to give pedestrians safe refuge from polar bears in the streets. Churchill even has a Polar Bear Holding Facility, AKA 'polar bear jail,' for troublesome bears who spend too much time in the town!



The Community of Parkland

Parkland Stats January 1, 2022 - December 31, 2022

Style	# of Sales	Avg Sale Price 2022
Two Storey / Two Storey Split	20	\$850,550
Bungalow/Bi-Level	24	\$669,500
Four Level Split	10	\$645,000
Condominiums	7	\$339,900

"Housing market conditions have changed significantly throughout the year, as sales activity slowed following steep rate gains throughout the later part of the year," said CREB® Chief Economist Ann-Marie Lurie. "However, Calgary continues to report activity that is better than levels seen before the pandemic and higher than long-term trends for the city. At the same time, we have faced persistently low inventory levels, which have prevented a more significant adjustment in home prices this year."

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