

MARCH 2023

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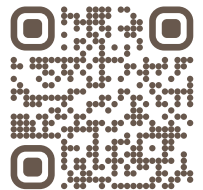
PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

NEXT KNITTING SEASON
DETAILS INSIDE



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Two Sides

by Jennifer Puri

They say there are two sides to everything, and this is particularly true of side dishes.

A side dish refers to a smaller portion and can add vitamins, minerals, nutrients, and flavours that you may not get from the main dish.

Garden or fruit salads, sautéed or roasted veggies, mashed potatoes or couscous, corn on the cob or garlic bread; all of these are side dishes that excite our taste buds and can in some cases serve to soak up sauces and gravies.

French beans and rainbow carrots are available to be enjoyed year-round. They pair well with grilled, baked, or roasted chicken, meat, or fish entrees.



Glazed Rainbow Carrots

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

- 1 lb organic rainbow carrots
- 2 tbsps olive oil
- 2 tsps sugar
- 2 tbsps fresh thyme
- ¼ tsp salt
- 1 cup water

Directions:

- Peel and wash carrots and place in a large pan.
- Add water, olive oil, sugar, thyme, and salt and then cover and cook over medium heat until carrots are tender, about 10 to 12 minutes.
- Allow carrots to continue cooking another five minutes or until they are glazed and lightly browned.
- Serve immediately.



French Beans with Red Pepper and Onion

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb French beans with ends trimmed
- 1 red bell pepper, thinly sliced
- 1 white onion, thinly sliced
- 2 tbsps olive oil
- 1 tbsp butter
- 2 garlic cloves, finely chopped
- 1 tbsp lemon zest (optional)
- Salt and black pepper to taste

Directions:

- Cook French beans in salted water until tender. Then drain and set aside.
- Melt butter and olive oil in a pan and then add the red pepper, onion slices, and garlic, and sauté until tender.
- Add the beans, salt, and pepper and stir for a couple of minutes until heated through.
- Sprinkle with lemon zest and serve.

Bon Appétit!



UPCOMING EVENTS AND NEWS

Parkland Soccer Starts on May 1 at the 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.parklandyyc.ca.

March Knitting Lessons

Knitting Lessons on Saturday afternoons in March. All classes are from 11:00 to 1:00 pm.

Dates March 4, 11, 18, and 25

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

Drop in is now available – if you want to come for partial attendance, the charge is then \$14 per drop-in.

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.



SCAN HERE TO VIEW ADDITIONAL PARKLAND CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Parkland Cares

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

"The greatness of a community is most accurately measured by the compassionate actions of its members." – Coretta Scott King

During the Calgary Parkland Community Associations Winterfest, on Saturday, February 25, from 12:00 to 2:00 pm, Parkland Cares will be collecting items for AARCS: Alberta Animal Rescue Crew Society. We hope to deliver a big pile of clean, good-condition towels, clumping cat litter, and HE laundry detergent!

From March 1 to 31, we will be working with Basically Babies, a Calgary charity that helps families with newborns in extreme need. This organization provides these families with a beautiful first-year layette, and we want to help. For the whole month, we will be asking for your donations of clean, good quality, gently used or new baby clothing (Sized 0 to 24-months) and small baby supplies or items. Boxes will be placed (and collected weekly) at Park 96 and the Lake Bonavista Community Centre.

Of course, this spring we are hoping to be able to once again collect and assemble our amazing Birthday Bags for the Food Bank.

In June, for Pride month, we will be filling toiletry bags with useful/helpful items for The Skipping Stone Foundation.

Parkland Cares Calgary

parklandcaresyyc@gmail.com

403-863-9927

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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PARKLAND HALL WEEKLY CALENDAR

MAIN ROOM :			
MONDAYS	9:00 am to 12:00 pm	Parkland Preschool	403-225-0083
	12:00 to 12:30 pm	My Tai Chi (Note: Class Starts at 11:30)	403-271-9658
	8:00 to 9:30 pm	Karate (Private Booking)	
TUESDAYS	9:00 am to 12:00 pm	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
	8:00 to 9:00 pm	Available for Booking	403-278-5330
WEDNESDAYS	9:00 am to 12:00 pm	Parkland Preschool	403-225-0083
	12:00 to 12:30 pm	My Tai Chi (Note: Class Starts at 11:30)	403-271-9658
	1:00 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 12:00 pm	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
	7:30 to 8:00 pm	Women's Karate	403-860-1253
FRIDAYS	9:00 am to 12:00 pm	Parkland Preschool	403-225-0083
	12:00 to 12:30 pm	My Tai Chi (Note: Class Starts at 11:30)	403-271-9658
	1:00 to 7:00 pm	Available for Booking	403-278-5330
	7:00 to 9:30 pm	Baha'i Community of Calgary (Two Fridays a Month)	403-278-7307
SATURDAYS	10:00 to 11:00 am	Shakthi Shethralaya 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 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
	6:30 to 8:00 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	403-278-5330 (Last Thursday of each month)
	7:00 to 9:30 pm	Bow View Ringette	(Second Thursday of each month)
FRIDAYS	11:00 am to 1:00 pm	Art Journaling/Scrapbooking	403-803-5336 (Third Friday of each month)
	1:00 to 3:00 pm	Parkland Book Club	403-278-5462 (Third Friday of each month)
	6:00 to 8:00 pm	Art journaling/scrap booking	403-803-5336 (One Friday a month)
	7:00 – 9:30 pm	Baha'i Community of Calgary	403-278-7307 (Two Fridays a month)
SATURDAYS	11:00 to 1:00 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.



CASINO VOLUNTEERS

The Calgary Parkland Community Association is looking for volunteers for our Casino on June 4 & 5th, 2023 at the Deerfoot Inn and Casino.

This casino is a primary fund raising effort for the CPCA community association and helps us continue many of our programs and events.

If you can volunteer for a 8 or 4 hour shift please email parklandca@telus.net
or call 403-278-5330
No experience necessary



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Joke of the Month

What's the difference
between a hippo and a Zippo?

One is really heavy, and
the other is a little lighter.

The Full Worm Moon



The third full moon of 2023 occurs in March! It is aptly named the 'Full Worm Moon' as March signals the start of spring, thawed grounds, and the return of earthworms!



BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Parkland. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

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PARKLAND MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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CAMPBELL ROOFING - FREE ESTIMATES: Local business serving the community with quality and professional service. Licensed, insured, WCB, BBB, 10-year labour warranty. Emergency service, financing, insurance claims welcome. "Keeping a roof over your head is our business". Call Grant 403-975-1371. Thank you, customers, for the last 30 years.

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.

continued on next page

BUSINESS CLASSIFIEDS

continued

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PARKLAND HOUSE AND CAT SITTING: Going out of town? Need someone to check your house so you have peace of mind in case of an insurance claim? We will check your house while you're gone for water leaks, take care of your plants and we will cuddle and feed your cats! Long time Parkland residents; call 403 278-0462 or email erikadiaz@shaw.ca. References supplied.

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The Community of Parkland

Parkland Stats		January 1, 2022 – December 31, 2022		January 1, 2021 – December 31, 2021	
Style	# of Sales	Avg Sale Price 2022	# of Sales	Avg Sale Price 2021	
Two Storey/Two Storey Split	20	\$850,550	23	\$863,237	
Bungalow/Bi-Level	24	\$669,500	37	\$526,860	
Four/Five Level Split	10	\$645,000	7	\$686,343	
Condominiums	7	\$339,900	3	\$303,333	

January 1, 2023 – February 14, 2023: 5 Sales

- 2 Two Storey, 1 Bungalow, 2 Apartment/Condominium

February 14, 2023 – Only 5 available homes listed for sale

Economist Anne-Marie Lurie states:

- "Supply levels lowest seen in over a decade"
- "Higher commodity prices, job growth, record high migrations, relative affordability helps to offset impact of higher interest rates – demand is strong"

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