

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER





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PARKLAND HALL WEEKLY CALENDAR

MAIN ROOM:				
MONDAYS	9:00 am to noon	Parkland Preschool	403-225-0083	
	11:30 am 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	
	12:00 pm onwards	Available for booking	403-278-5330	
	5:30 to 7:45 pm	Sparks and Embers	403-283-8348	
	8:00 to 9:00 pm	Available for booking	403-278-5330	
WEDNESDAYS	9:00 am to noon	Parkland Preschool	403-225-0083	
	11:30 am to 12:30 pm	My Tai Chi	403-271-9658	
	1:00 to 5:00 pm	Available for booking	403-278-5330	
	6:15 to 8:00 pm	Harvest International Baptist Church	403-616-7597	
THURSDAYS	9:00 am to noon	Parkland Preschool	403-225-0083	
	1:00 to 2:00 pm	Intro to Tai Chi	403-271-9658	
	2:00 to 5:00 pm	Available for booking	403-278-5330	
	5:15 to 6:15 pm	Vanshaw Dance Academy	vanshawacademy@gmail.com	
FRIDAYS	9:00 am to noon	Parkland Preschool	403-225-0083	
	11:30 am 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	Baha'i Community of Calgary	403-278-7307	
SATURDAYS	10:00 am to 12:00 pm	Shakthi Shethralaya Indian Classical Dance	403-667-7689	
	12:00 pm 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	Al Anon	403-266-5850	
TUESDAYS	5:30 to 7:45 pm	Sparks and Embers	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	11:00 am to 1:00 pm	Art journaling/scrap booking	403-803-5336	
	6:00 to 8:00 pm	Art journaling/scrap booking (One Thursday a month)	403-803-5336	
			403-278-5330	
	7:00 to 9:00 pm	Parkland Board meeting (Last Thursday of each month)	403-278-5330	
	7:00 to 9:00 pm 7:00 to 9:30 pm	Parkland Board meeting (Last Thursday of each month) Bow View Ringette (One Thursday a month)	403-278-5330 www.bowviewringette.com	
FRIDAYS	·			
FRIDAYS	7:00 to 9:30 pm	Bow View Ringette (One Thursday a month)	www.bowviewringette.com	

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.

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

A big warm thank you to all our Parkland and Bonavista neighbours. With the combination of money received from 2023 fundraising initiatives through Bonavista and Parkland Cares and generous community donations, we assembled over 200 Warm Feet Warm Hearts packs. Each pack has an approximate value of \$20. They included warm socks, toiletries, hand warmers, minimittens, and candy. The packs were topped off with handmade Christmas cards and notes made by local teachers/students and a U12 Ringette team. Reading their beautiful, heartfelt messages was touching. The packages are being distributed to our unhoused community through Calgary Drop In Centre. Folks of all ages came together in two shifts to have fun and grow friendships through helping fellow Calgarians.

Thank you to everyone, including our MLA Myles McDougall for donating and participating, Lake Bonavista Community Association for the space, Park96. and Calgary Parkland Community Association for the continuous support all year long.

We also adopted three local families through Fish Creek United Church. Our volunteer team members bought, wrapped, and dropped off Packages of Joy to these families and made their season a little bit brighter.

Additionally, we were once again 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.

Parkland Cares is very grateful for the continued support of our amazing community. Thank you and come join us this year!

parklandcaresyyc@gmail.com Parkland Cares Calgary 403-863-9927



Debra Power

Pianist, singer and songwriter Debra Power is known for her powerhouse vocals and boogie woogie keyboard skills, having built a long list of performance/ recording credits across Canada and in the U.S.

Tuesday, January 9th @ 7:00pm



Robbie Burns

Don your kilt, dust off your tartans and join us alongside the Burns Club of Calgary as they pipe in and address the Haggis, recite poetry and sing of some fine Scottish folklore!

Tuesday, January 30th @ 7:00pm



Please call to reserve your space today!

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MENTAL HEALTH MOMENT

How to Deal with Those Long Sleepless Nights

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

- 1. Cognitive Behavioural Therapy
- 2. Relaxation techniques
- 3. Specific exercise routines
- 4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
- 5. Help create consistent sleep routines
- 6. Help you learn to limit naps
- 7. Teach you how to create a healthy sleep environment
- 8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

UPCOMING EVENTS AND NEWS

Knitting in January at the Hall

Knitting Lessons on Saturday mornings from 10:00 am to noon.

Dates: January 6, 13, 20, and 27

The cost is \$50 and community membership is required. You don't need to live in Parkland to purchase a membership!

Drop-in is now available. It is \$15 per drop-in.

If you do not have a membership, one can be readily purchased from the office for \$25.

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

Boulevard Planters

This holiday season, our decorations for our new Boulevard planters needed an update. Our Christmas gnomes and trees have been replaced by tower lanterns and Christmas foliage. A big thanks goes out to our community volunteers who made this happen, Nancy Bergeron, Keith Peppinck, Don MacGregor, and Rhonda Schroeder. Another thanks goes out to the Parkland Community Association, and all of the community members who purchased community memberships this year. Annual memberships help fund our community association and beautification projects like the planters and seasonal decorations. www.calgaryparkland.ca/ membership.

Parkland Hall Has a Meeting Room That Can Hold Meetings, Training Sessions, and Tutoring Sessions!

Parkland hall's meeting room has audio visual equipment included as part of the rental cost. Our meeting room holds up to 20 people and there are tables that can be folded and moved aside if need be. We have daytime spots available and some evenings, as well as Saturday afternoons.

Give the hall a call at 403-278-5330 if interested, or email parklandca@telus.net.

Winterfest

February 24

Make it a date! February 24, details to follow in February's newsletter.



MLA Calgary - Fish Creek Myles McDougall 7 - 1215 Lake Sylvan Drive SE

403-278-4444

Calgary.FishCreek@assembly.ab.ca

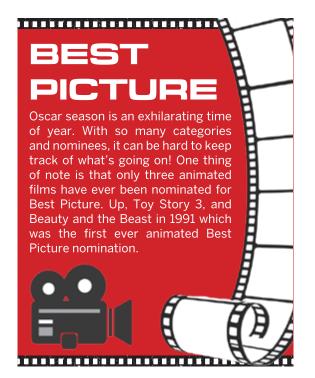
Friends. Happy New Year!

2024 is starting off with some exciting news for clean energy. The recently announced Dow's \$9 billion Path2Zero project in Fort Saskatchewan marks Alberta's largest private sector investment in 15 years. This initiative, a global first, establishes a net zero Scope 1 and 2 greenhouse gas emissions integrated ethylene cracker and derivatives site. The project enhances Alberta's ethylene and polyethylene capacity, boosting export potential and reinforcing the province's leadership in emissions reduction and clean technology. It will also create around 6,000 jobs during peak construction, and around 400 to 500 permanent jobs meaning more families can count on good jobs.

Alberta has surpassed its methane emissions reduction target ahead of schedule, achieving a 45% reduction from 2014 to 2022 through collaborative industry efforts, early action programs, regulatory requirements, and improved leak detection. The government's commitment to success is evident through initiatives like the Alberta Petrochemicals Incentive Program and the Technology Innovation and Emissions Reduction Regulation.

Finally, I have heard a lot of concerns regarding how the government is capturing feedback for the potential of an Alberta Pension Plan (APP). A workbook with sections covering various APP-related topics is available for public input until February 28, 2024. Details can be found on the Engagement Alberta Pension Plan website at www.albertapensionplan.ca/engagement.

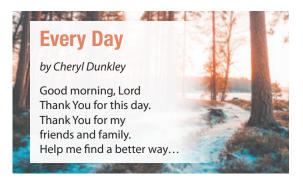
If you have any questions or input, please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca.





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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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PARKLAND HOUSE AND CAT SITTING/SECURITY HOME CHECK: 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 403-852-1668 or email erikadiaz@shaw.

ca. References supplied.

SMITH PROPERTY RENOVATIONS: Experienced general contractor with high attention to detail. From kitchens to bathrooms, and everything in between. Check out my website and homestars page for pictures and reviews. Free estimates, licensed and insured. Website: Sp-renos.ca, phone: 587-333-5568, email: craig@sp-renos.ca.

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International Day of Education January 24 is International Day of Education! The United Nations General Assembly solidified this annual observance to celebrate the role education plays in the development and peace within countries. Let's hear it for all our educators on this day, and every day!





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The Community of Parkland

Real Estate Update

Since 3rd Quarter Report, 2023

Parkland Stats										
Bungalows		2 Storey/2 Storey Split		4 Level Splits		Apartment/Condos				
Lowest Price	\$750,000	Lowest Price	\$735,000	Lowest Price	\$610,000	Lowest Price	\$335,000			
Highest Price	\$969,000	Highest Price	\$865,000	Highest Price	/	Highest Price	\$374,900			
Number of Sales	3	Number of Sales	3	Number of Sales	/	Number of Sales	2			

Dec. 1/23 - Housing Stats

Increased Listings, Strong Sales & Price Growth

- Nov. 2023 new listings nearly 40% higher than Nov. 2022
- Like other large cities, new listings have been increasing
- Interprovincial migration has elevated demand
- November benchmark price \$572,700



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