

JANUARY 2024

DELIVERED MONTHLY TO 1,175 HOUSEHOLDS



PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER



WINTERFEST

FEBRUARY 24

**WINE TASTING
NIGHT**

MARCH 2



#1 REALTOR IN PARKLAND 2023*

Parkland resident for over 30 years – I KNOW OUR COMMUNITY!



GAVIN CONWAY

403.651.5141

GAVINCONWAY.CA
*Individual REALTOR®



SUPPORT YOUR COMMUNITY

LAST NAME: _____

FIRST NAME: _____

ADDRESS: _____

POSTAL CODE: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

DROP OFF AT THE COMMUNITY HALL OR MAIL TO:

PARKLAND COMMUNITY ASSOCIATION

505 PARKVALLEY ROAD SE, CALGARY, T2J 6M4

DO NOT ENCLOSE CASH

PAYMENT IS BY CHEQUE

OR

E-TRANSFER TO PARKLANDCA@TELUS.NET



ENCLOSED IS A CHEQUE FOR \$25



PAYMENT WILL BE MADE BY E-TRANSFER



**Hate Your
Renewal
Rate?
Call Me!**

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

OFFICIAL

PLUMBING & HEATING



\$50

Service Call Fee

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

CALGARY MAT & LINEN SERVICES

403.279.5554

calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies

VISIT OUR WEBSITE



CONTACT US



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	Bahá'í 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
	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 (One Thursday a month)	www.bowviewringette.com
FRIDAYS	1:00 to 3:00 pm	Parkland Book Club (Third Friday of each month)	403-278-5462
	7:00 to 9:30 pm	Bahá'í Community of Calgary	403-278-7307
SATURDAYS	10:00 am to 12:00 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.

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, mini-mittens, 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!

Seats are limited. If you have any questions or would like to book a tour, please call Jan or Shannon at

403-258-1849

11800 Lake Fraser Drive SE, Calgary
www.verveseniorliving.com



PLUMBER



PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490

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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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

✂ @MylesYYC | @MLAFishCreek

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.

BEST PICTURE

Oscar season is an exhilarating time of year. With so many categories and nominees, it can be hard to keep track of what's going on! One thing of note is that only three animated films have ever been nominated for Best Picture. Up, Toy Story 3, and Beauty and the Beast in 1991 which was the first ever animated Best Picture nomination.



**For business classified ad rates contact
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."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

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.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.



**When You Step Out,
WE Step In**

**Vacation and Vacant
Home Watch Service for
Insurance Requirements**

Lynda Binder | Launa Germiquet | Pam Taylor

☎ 1-844-3-ATTEND ✉ info@greatattenders.com

Every Day

by Cheryl Dunkley

Good morning, Lord
Thank You for this day.
Thank You for my
friends and family.
Help me find a better way...

BUSINESS CLASSIFIEDS

YOUR HANDYMAN: All kinds of work around your house, including interior and exterior. Any type of job: small job, good job, big job, awesome job. 23 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email marcinj09@gmail.com.

ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Parkland? Our unified team of expert practitioners have one common goal – to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

AFFORDABLE DENTAL CARE MINUTES FROM PARKLAND! Dental doesn't need to break the bank! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

RELIABLE LADY IS ABLE TO CLEAN YOUR HOME: Weekly or bi-weekly, Monday to Friday. I charge by the job. Telephone Mrs. Batti at 403-720-8689. Please leave a message if I am not at home.

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.

HERITAGE WEST PLUMBING AND HEATING: Boiler and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

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.

REYNOLD'S & SPACKMAN ELECTRIC LTD: Fully licensed and insured with a master electrician committed to quality, honesty and dependable electrical service. Whatever the job, we're here for all your electrical needs. Feel confident the job will be done right, with a master electrician on site. Call Travis, your neighbour in Maple Ridge at 403-813-6932.



SCAN HERE TO VIEW ADDITIONAL PARKLAND CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Get Noticed

ACQUIRE AND RETAIN NEW CUSTOMERS.

**Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.**

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

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!



BARKER'S

• FINE DRY CLEANING •

PICK UP & DELIVERY SERVICES

403-282-2226

SHERWIN BRIERTON
sherwinbrierton@royallepage.ca
403.813.1535

"A Sure Win"

I can help if you need:

- To buy or sell
- A free home evaluation
- Free market information

#205, 264 Midpark Way SE, Calgary, AB T2X 1J6
Independently Owned and Operated

This is not intended to solicit properties already for sale.

www.sherwinbrierton.com

ROYAL LEPAGE

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

HAPPY
New Year
Best Wishes for 2024

**IF YOU ARE THINKING OF BUYING OR SELLING,
LET US HELP GUIDE YOU THROUGH THE PROCESS**

Yoki & Jeff Nichol

FROM ONE GENERATION TO THE NEXT

"Both of us working for you"

Over 60 Years Combined Experience

CHAIRMAN'S CLUB LIFETIME MEMBER NATIONAL TOP 1%

ROYAL LEPAGE Solutions



Relocation
Specialist



Relocation
Specialist



*"To give real service you must add something which cannot be
bought or measured with money-sincerity and integrity"*

403-852-1992 | 403-870-1892

Not intended to solicit properties already listed for sale