

APRIL 2023

DELIVERED MONTHLY TO 1,165 HOUSEHOLDS



# PARKLAND **news**

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

**VOLUNTEER TEA**  
JUNE 10

**PARADE OF GARAGE SALES**  
JUNE 17



**SAVE A BUNCH  
OF CASH**

Expert advice | Excellent rates  
Better mortgages



403-771-8771

[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)



**GAVIN CONWAY**  
**403.651.5141**  
**GAVINCONWAY.CA**

**# 1 REALTOR IN PARKLAND 2022\***  
 Parkland resident for over 30 years - I KNOW OUR COMMUNITY!



Selling Price	Based on 7/3 Commission	2% Realty™ Commission	Your Savings
\$300,000	\$13,000	\$6,000	\$7,000
\$400,000	\$16,000	\$8,000	\$8,000
\$500,000	\$19,000	\$10,000	\$9,000
\$600,000	\$22,000	\$12,000	\$10,000
\$700,000	\$25,000	\$14,000	\$11,000
\$800,000	\$28,000	\$16,000	\$12,000
\$900,000	\$31,000	\$18,000	\$13,000
\$1,000,000	\$34,000	\$20,000	\$14,000
\$1,500,000	\$49,000	\$30,000	\$19,000

**A REVOLUTION IN REALTY** 100% Real Estate Agent Service | 100% REALTOR.ca Exposure | 2% Commission

Not intended to solicit properties already under contract.

100% Real Estate Services  
 100% REALTOR.CA Exposure

\*\*SAVING THOUSANDS OF \$\$\$\$\$\$ ON COMMISSIONS



\*Achieving the highest sales dollar volume!

**Amaranth**  
WHOLE FOODS MARKET

**20% OFF**  
the regular price  
of all body care &  
supplements

On the first Wednesday of  
each month and the  
Tuesday that bumps against it

Some exclusions apply, see in store  
or website for details.

# Healthy Foundations for the entire family



[amaranthfoods.ca](http://amaranthfoods.ca)

**Your Patio Furniture  
Superstore!**

**YETI** **weber**

**Wicker Land Patio**

TRAEGER **BBQ LAND** RATANA **Modern  
Patio**

Located Three Blocks East of Chinook Mall  
6125 Centre Street S, (403) 258-2506  
[WickerLand.ca](http://WickerLand.ca)

**OFFICIAL**  
PLUMBING & HEATING

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

**\$50**  
Service Call Fee

**403-837-4023**  
[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)



## UPCOMING EVENTS AND NEWS

### Winterfest Celebration

Our annual Winterfest celebration was a great success! It was a family event for all ages; participants were able to enjoy the animals with Butterfield Acres petting zoo, and Horsin' Around who took the children around for sleigh rides. There was lots to eat! Kids ate cotton candy and muffins, drank hot chocolate, and ate cake! For the younger crowd, there was face painting, and crafts and games with City of Calgary Recreation personnel.

As always, we could not have put on this event without the efforts of our volunteers and with the support of Richard Gotfried Fish Creek MLA, City of Calgary Recreation and Parks, and Lana Bedard with Jamie Newton and Associates. Thank you to the Winterfest organizing committee; Lana Bedard, Mary Simon, and Erika Diaz. And finally, thank you to our volunteers; Pat Teed, Dianne Wilkinson, Karen Connolly, Janice Schneider, Lisa and Jason Gallant, Royce Leal of Leal Exterior Renovations, Kim Dash, Mari Anne Godlonton, Sunil Bagwe, Michelle Haist, Karen Connolly, and Ryan Gaudet. Thank you to all who came, we look forward to seeing you next year!

### April Knitting Lessons

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

Dates are April 1, 15, 22, and 29.

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 \$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](mailto: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](mailto:parklandca@telus.net) or phone 403-278-5330.

### Volunteer Tea

#### Saturday, June 10 from noon to 2:00 pm

As mentioned before, we couldn't put on our programs and events without the help of volunteers. Therefore, we are having our first annual volunteer tea at the hall. The intent is to recognize the efforts of our volunteers whilst enjoying a light luncheon and cake! So that we can compile a complete list, please contact the hall at [parklandca@telus.net](mailto:parklandca@telus.net) to add your name to the list. RSVPs will be emailed in late May.

### Parkland Soccer

#### Starts May 1 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](mailto:parklandca.soccer@telus.net) or go to [www.parklandyyc.ca](http://www.parklandyyc.ca).

### Parage of Garage Sales

#### June 17

Details in upcoming newsletters.



### Want to Homeschool?

Phoenix Foundation offers BlendEd, Online, Kindergarten and Home Education programs for grades K-9. Amazing classes, events and field trips.

**403-265-7701**

**[www.phoenixfoundation.ca](http://www.phoenixfoundation.ca)**

**the Gutter Doctor**

- Gutters • Downspouts • Fascia
- Soffit • Siding • Roofing • Cladding
- Gutter Cleaning

**403-714-0711 • [gutterdoctor.ca](http://gutterdoctor.ca)**

## 27 Ways to Say No

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

### Here are 27 ways to say no or defer your answer:

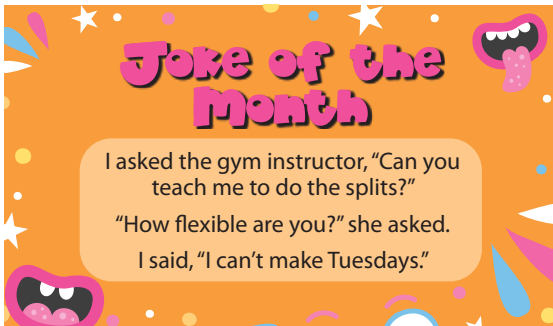
- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.

- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.
- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

\*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions. Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.



**SCAN HERE TO VIEW ADDITIONAL PARKLAND CONTENT**

News, Events, & More	Crime Statistics	Real Estate Statistics



# ACCENT PLUMBING & HEATING

UP TO A MAXIMUM OF \$100

**10% OFF YOUR  
FIRST SERVICE\***



**RESIDENTIAL PLUMBING ●**

**TOILETS & FAUCETS ●**

**DRAIN CLEANING ●**

**HOT WATER TANKS ●**

**FURNACE REPAIR ●**

**BOILER REPAIR ●**

**587 316 4064**

# PARKLAND HALL WEEKLY CALENDAR

## MAIN ROOM :

<b>MONDAYS</b>	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 am to 9:30 pm	Karate (private booking)	
<b>TUESDAYS</b>	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
	8:00 to 9:00 pm	Available for booking	403-278-5330
<b>WEDNESDAYS</b>	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
	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
<b>THURSDAYS</b>	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
	7:30 to 9:00 pm	Women's Karate	403-860-1253
<b>FRIDAYS</b>	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 (Two Fridays a month)	403-278-7307
<b>SATURDAYS</b>	10:00 to 11:00 am	Shakthi Shethralaya Indian Classical Dance	403-667-7689
	11:00 to close	Available for booking	403-278-5330
<b>SUNDAYS</b>	8:30 am to 3:00 pm	Harvest International Baptist Church	403-616-7597

## MEETING ROOM:

<b>MONDAYS</b>	9:00 am to 6:00 pm	Available for booking	403-278-5330
	7:00 to 8:00 pm	AI Anon	403-266-5850
<b>TUESDAYS</b>	5:30 to 7:45 pm	Sparks and Brownies	403-283-8348
	8:00 to 9:00 pm	Available for booking	403-278-5330
<b>WEDNESDAYS</b>	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
<b>THURSDAYS</b>	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)	www.bowviewringette.com
<b>FRIDAYS</b>	11:00 am to 1:00 pm	Art Journaling/Scrapbooking (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
<b>SATURDAYS</b>	11:00 am 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.



# Hoisin Pork with Pineapple Rice

by Jennifer Puri

Deliciously yellow fruit, a pineapple is neither a pine nor an apple but is a group of berries fused together.

Pineapples are indigenous to South America and are believed to have originated in the forests of Brazil and harvested by tribes who lived in the area. Christopher Columbus is credited with introducing the pineapple to Europe and “Pina Des Indes” or “Pinecone of the Indes” were the names used to describe the fruit by the Spanish.

The pineapple plant has a life span of up to fifty years, can take up to three years to grow and mature, and only one pineapple is produced by a plant in a season.

Pineapple goes well with ham, seafood, chicken, tofu, yoghurt, and cottage cheese.

The combination of hoisin pork and pineapple rice fuses together delicious flavours and can be prepped and cooked in a relatively short amount of time. The filet or tenderloin used in this recipe is one of the healthier cuts of meat and is just as lean as skinless chicken breasts.

**Prep Time:** 15 Minutes

**Cook Time:** 30 Minutes

**Servings:** 2 to 3

**Ingredients:**

- 1 pork tenderloin
- 2 tbsps. hoisin sauce
- 2 tbsps. soya sauce
- 1 tbsp. grainy Dijon mustard
- 2 tsps. honey
- 1 ½ tsps. rice vinegar
- 2 tbsps. vegetable oil
- 4 cups cooked white or jasmine rice
- 2 tbsps. butter
- ½ tsp. red chilli flakes
- 2 tbsps. chopped coriander leaves
- 1 can (398 ml) pineapple tidbits, drained
- ½ tsp. salt



**Directions:**

- In a small bowl, mix together hoisin sauce, soya sauce, honey, Dijon mustard, and half a teaspoon of rice vinegar. Spread the marinade all over the tenderloin and let it sit for ten minutes.
- Preheat oven to 400 degrees Fahrenheit.
- Add two tablespoons of oil to a large skillet and place the tenderloin in it. On medium heat, brown the tenderloin on all sides, approximately three to four minutes. Remove tenderloin from skillet and place on a foil-lined baking tray. Pour any remaining marinade over it and then place it on the middle rack of the oven. Bake uncovered for 20 minutes or until cooked through.
- On medium heat, melt butter in a wok or skillet, add drained pineapple pieces, chilli flakes, chopped coriander, one teaspoon of rice vinegar, and salt. Stir fry for a couple of minutes and then add the cooked rice and gently blend all the ingredients together. Remove from heat and garnish with coriander leaves and a few pineapple pieces.
- Remove tenderloin from oven, cover and let stand for five minutes. Serve sliced tenderloin with small bowls of Pineapple Rice and use Hoisin sauce as a dip if desired.

Bon Appétit!





## Parkland Cares

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

During the Calgary Parkland Community Association's Winterfest, we collected six feet of towels for AARCS animal rescue! We also received detergent for 146 loads of laundry, pet grooming tools, outfits, cat food, leashes, a set of booties, and even some homemade pet cookies. AARCS thanks Parkland from the bottom of their paws!

From March 1 to the 31, we will be working with Basically Babies, a Calgary charity that helps families with newborns in extreme need.

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 weekly collected) at Park 96 and Lake Bonavista Community Centre.

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

# Budget 2023

## \$1.1 billion

### Calgary Transportation Projects

- Calgary LRT projects
- Upgrades to Deerfoot Trail
- Completion of Stoney Trail

## \$396.4 million

### Calgary Health Centres

- Calgary Cancer Centre
- Foothills Medical Centre
- Peter Lougheed Centre

## \$57 million

### For Calgary Universities

- Plus, 200 new university seats for doctors and 1,800 for nurses and healthcare aides.



## Richard Gotfried

MLA, Calgary-Fish Creek

**GETSHINYHAPPY WINDOWS.COM**

**LANDSCAPE SERVICES**

Rock, Mulch, & Soil  
Sod & Synthetic Grass  
Paving Stones Installs  
Rock Walls / Raised Beds  
Decks & Wood Fences  
Weekly Lawn Mowing

**PROFESSIONAL WINDOW CLEANING**  
GUTTERS & HOUSE WASH

**403-265-4769**

Partner Power  
**YARD BUSTERS**  
BBB  
YouTube  
**WCB**

**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.



# 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](mailto:parklandca@telus.net)  
or call 403-278-5330  
No experience necessary



## 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](mailto:parklandca@telus.net)

ENCLOSED IS A CHEQUE FOR \$25

PAYMENT WILL BE MADE BY E-TRANSFER

## DENTURE CLINIC

*Modern Solutions for Missing Teeth*

### STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

### WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary initial consultations

**NEW! Suction-Enhanced BPS® Dentures**

Due to the current COVID pandemic, we are seeing patients by appointment only, and have implemented enhanced infection control protocols.



**Southcentre Mall**  
Suite 126A, 100 Anderson Rd SE

Book an Appointment  
**(403) 269-8308**

Mon - Thur 8:30 am - 4:30 pm  
Fri 8:30 am - 12:00 noon

www.kilbco.com

## CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

**FREE ESTIMATES**

**SEALED**

**UNSEALED**

**KILBCO**  
CONCRETE CURBING

Locally Owned &  
Operated

Free Estimates to 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

## 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**





MLA Calgary - Fish Creek

**Richard Gottfried**

☎ 403-278-4444

✉ calgary.fishcreek@assembly.ab.ca

📧 @RichardGottfried

📧 RichardGottfriedAB



This is my last newsletter as your MLA, and I write it with mixed emotions. I am grateful, honoured and humbled for the privilege of representing the people of Calgary-Fish Creek for the past eight years, and it is a role I will cherish forever. Thank you.

My last Legislative Session ends on March 30<sup>th</sup>. Throughout the month of April, my amazing Constituency Manager Christina Steed and I will be available for notarizations and appointments. Please plan on attending my Budget Open House on April 11<sup>th</sup> – drop-in basis from 5pm-7pm at the office where I will address any questions you might have on the Budget. On May 1<sup>st</sup>, it is anticipated that the Premier will ask the Lt. Governor to drop the writ (call the election). Once the election is called, all 87 MLAs across the province become private citizens and the election period begins. The office will remain open during the election to serve you, so please use the general office inbox, calgary.fishcreek@assembly.ab.ca, if any services or assistance are required during the month. Election Day will be May 29<sup>th</sup> after which Calgary-Fish Creek will have elected a new MLA. During the first two weeks of June, the office will be required to cease operations to prepare for the incoming MLA. I would ask for your patience with my successor as their office will take some time to become fully operational after the election. Succession planning looks very different than in public or private companies, but I am hopeful for Alberta's bright future ahead. Please know that Calgary-Fish Creek remains as my home of over 30 years, so the issues of this area will still matter to me and my family. And I would be remiss not to thank my wife, Cathy, my family, and my dedicated supporters who are gratefully far too many to mention, for their love, confidence and commitment to me and to the great communities we call home.

I am grateful for the opportunity to serve you and the great province I was born in, and please know that I will continue to speak up for #YYCFishCreek at every turn as I return to private life. All the best in the future and looking forward to seeing you all in the community!

With gratitude,

*Richard*

**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.

**HERITAGE WEST PLUMBING AND HEATING:** 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers and gasfitters. Water heaters, furnaces, boilers, drain cleaning, leaks, and renovations! 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.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

**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. 19 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email marcinj09@gmail.com.

# BUSINESS CLASSIFIEDS

**ABOVE & BEYOND CONSTRUCTION LTD.:** Serving Calgary for over 30 years. Free estimates. Construction Management, complete interior and exterior renovations, additions, painting, and new construction. Fully insured. No upfront payment required. Check us out at [www.aboveandbeyondconstruction.ca](http://www.aboveandbeyondconstruction.ca) or call 403-278-3433.

**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](http://activesportstherapy.ca) to book a free consultation.

**AFFORDABLE DENTAL CARE MINUTES FROM PARKLAND!** Cut through the noise. Message received loud and clear! 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](http://CalgaryDentalCenters.com). Save money, smile, be happy!

**BASEMENT WINDOWS R-US:** New or larger window openings – includes complete install. Digging, concrete cutting, material/dirt hauled away. Member of the BBB. Available 24/7. Call 403-201-0317 or 403-660-0612.

**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.

**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](http://www.communitymediation.ca), 403-269-2707.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**FENCES, DECKS, PERGOLAS, GAZEBOS, AND CONCRETE:** Give your yard a fresh look with a new deck and fence. Or add some shade, character, and usable entertainment space with a pergola or gazebo. Koru Contracting has 18+ years of outdoor carpentry experience. Owner on-site at every job. Satisfaction guaranteed! Visit [KoruDecksAndFences.ca](http://KoruDecksAndFences.ca) or email [koru4u@gmail.com](mailto:koru4u@gmail.com) for a free quote today!

**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](mailto:erikadiaz@shaw.ca). References supplied.

**LANDSCAPING PARKLAND:** Landscape Gardener Journeymen living and working in Lake Bonavista. Consultation and installation of all landscape construction: fencing, decks, paving stones, retaining walls, hot tub base prep, fire pits, sod, hedge/shrub/tree pruning, shaping, and planting. 10% discount for seniors. Please call or text Scott at 403-860-0337. S Bright Construction. Let's make your yard sing!

**SCHOLARS EDGE PAINTING:** Calgary's most experienced student painting company makes your satisfaction our #1 priority. Interiors, exteriors, fences, decks; we paint it! Highly trained student painters are friendly, clean and conscientious. Upfront pricing, 3-year warranty, fully insured and WCB compliant. FREE estimates! – Curren (403) 837-6411 | [www.scholarsedge.biz](http://www.scholarsedge.biz).

**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](http://Sp-renos.ca), phone: 587-333-5568, email: [craig@sp-renos.ca](mailto:craig@sp-renos.ca).

8			5		1			9
			6		9	7		
		4		7				5
4	8							6
		2				4		
9							1	8
6				8		3		
		3	1		6			
7			3		5			2

SCAN THE QR CODE  
FOR THE SOLUTION



## Presidential Raccoon

In 1926, US President Calvin Coolidge was sent a raccoon who was supposed to be cooked for Thanksgiving dinner! Coolidge decided instead to adopt the critter. The family named her 'Rebecca' and gifted her with an engraved collar saying, "White House Raccoon."



### SUPPORT LOCAL



**20% OFF  
TOY  
TUESDAY**

**15% OFF  
SENIOR  
THURSDAY**



**WILD BIRD  
SEED**  
BIRD'S CHOICE

**\$12 SELF-SERVE  
WASH BAY**



**FREE DELIVERY**



**MOMMS  
PET FOOD & SUPPLIES**



SUITE 143, 755 LAKE  
BONAVISTA DRIVE SE  
403-225-8501  
WWW.MOMMS.CA

**BRING THIS COUPON IN STORE AND  
RECEIVE 30% OFF TOYS, TREATS, AND  
ACCESSORIES**



AND/OR



**15% OFF WILD BIRD SEED & SUPPLIES**  
EXPIRES APRIL 30, 2023

### MAJOR BRANDS WE CARRY

ACANA ALMO ARTISAN  
BENNY BULLY'S CHUCK IT  
CANADA POOCH CARNIVORA  
CANADIAN NATURALS  
CRUMPS' FARMINA  
FROMM FRUITABLES' GO!  
HEMP 4 PAWS KONG NOW  
ORIJEN PUPPY LOVE  
PUREBITES REDBARN  
SMACK STELLA & CHEWY'S  
SNAPPY TOM SQUARE PET  
TUFFY STUFFY TILTED BARN  
WHIMZEES WERUVA  
ZIGNATURE ZUKE'S

**AND  
MANY  
MORE!**

**CURB-SIDE PICK UP**



# Sherwin Brierton



## *“A Sure Win”*

*I can help if you need:*

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

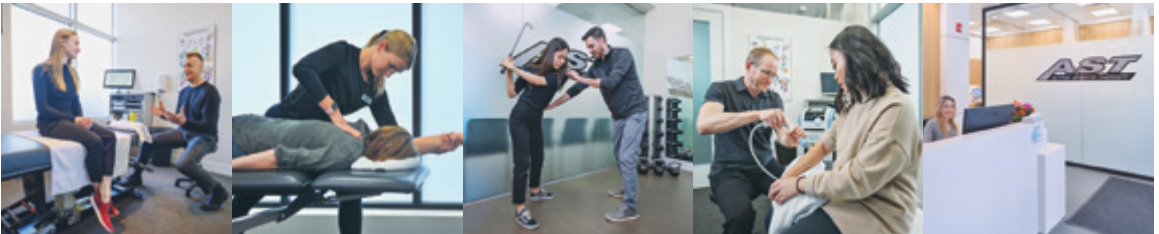
**sherwinbrierton@royallepage.ca**

Ph 403.252.5900 | Direct 403. 813.1535

#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**



## Active Sports Therapy

WILLOW PARK    WESTMAN VILLAGE

- Chiropractic
- Active Release Techniques
- Shockwave
- Physiotherapy
- Muscle Activation Technique
- Exercise Rehab
- Massage
- Integrated Medicine
- Holistic Nutritional Consulting
- Laser Therapy
- Naturopathic Medicine
- Traditional Chinese Medicine



**ActiveSportsTherapy.ca**



AST Willow Park 403-278-1405 • AST Westman Village 825-509-4780

# 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"

**If you are thinking of buying or selling,  
let us help guide you through the process.**



Relocation  
Specialist

## Yoki & Jeff Nichol

FROM ONE GENERATION TO THE NEXT

"Both of us working for you"

Over 60 Years' Combined Experience

CHAIRMANS CLUB LIFETIME MEMBER NATIONAL TOP 1%



"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



Relocation  
Specialist