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PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

**CANADA DAY
DETAILS INSIDE**



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Stampede Barbeque

Come on down and rustle up some "grub"! Join us For a delicious BBQ followed by live entertainment. Get yer toes a tappin' to the sounds of Jane Tetley!

Tuesday, July 11th @ 5:00pm

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

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UPCOMING EVENTS AND NEWS

Farm Stand in Parkland

Parkland is host to Shirley's Greenhouse! Shirley's Greenhouse sells vegetables grown in their 36,000 square foot greenhouse and 12 acres of fields near Didsbury, Alberta. They grow their produce without the use of synthetic pesticides. Shirley's also sells grass-fed and grass-finished beef on behalf of Love Grows Wild Ranch, located near Millarville, Alberta.

- Dates: July 1, 8, 17, 22, and 29
- Time: 10:00 am to 2:00 pm
- Location: Parkland Hall

Canada Day

Saddle up! Put your boots on and mosey on over to the Parkland Hall for a Canada Day celebration.

- Saturday, July 1
- Vintage Car Parade at 10:30 am
- Bike Parade at 10:30 am
- Spolumbo's sausage and buns served from 11:00 am to 2:00 pm
- Bouncy castle from 11:00 am to 2:00 pm
- Rodeo-themed games, mascot, and band from 12:00 to 2:00 pm

Volunteers needed. If you can help, please email the hall at parklandca@telus.net.

We have sausages and buns for the first 300 people. Donations are welcome.

The Role of Community Associations – Did You Know?

In Calgary, there are 152 community associations that stand for almost 200 neighbourhoods. More than 20,000 community association volunteers contribute approximately 2.4 million hours (about 274 years) of public service every year to organize and host social, recreational, and educational programs. They manage important neighbourhood facilities and are also often points of contact for local land use changes, providing engagement with the community beyond what is required by the City. Perhaps most importantly, they give a sense of community.



Cats, Canines, & Critters of Calgary



Big Earl, *Capitol Hill*



Blue and Jere, *Mount Pleasant*



Max, *Temple*



Tali, *Temple*

To have your pet featured, email news@mycalgary.com



Parkland Cares

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

SKIPPING STONE



CARE KITS CAMPAIGN FOR LGBTQ2S+ YOUTH IN NEED

Bonavista Cares

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 TRANSIT TICKETS * TOOTHPASTE/BRUSH



LIVE WITH PRIDE
 DROP-OFF LOCATIONS: MAY 15- JUNE 9
 LBCA
 PARK 96

Thanks, Jamie Newton & Associates! The 2023 Lake Bonavista (June 24) and Parkland (June 17) Parade of Garage Sales will once again be sponsored by Jamie Newton & Associates of RE/MAX First.

Participants will have the opportunity to give back to the community by sending an e-donation from the proceeds of their sale to Bonavista Cares or Parkland Cares. All donations will then be matched by up to \$500 by Jamie Newton & Associates!

To donate a portion of the profits from your sale, please e-transfer to Parkland Cares.

Parkland Cares – parklandcaresyyc@gmail.com
 Bonavista Cares – bonavistacares@gmail.com

*Please note that tax receipts will not be issued for any donations made.

For any further information or questions, please email the community association.

We don't have a total for our Skipping Stone Cares kits yet. It's looking like we will have enough for 30+ bags! We are so thrilled to have received all the community donations. Parkland Cares partnered with our friends at Bonavista Cares for this new initiative. We collected items and toiletry bags for The Skipping Stone Foundation. We are thrilled support this organization!

As always, we invite community members to join our planning team. Don't be shy – we welcome your collaboration and shared ideas for other great community-building initiatives.

We look forward to having you join any of our upcoming events.

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



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PARKLAND HALL WEEKLY CALENDAR

MAIN ROOM :

MONDAYS	Noon to 12:30 pm	My Tai Chi (Note: Class starts at 11:30 am)	403-271-9658
TUESDAYS	9:00 am	Available for booking	403-278-5330
WEDNESDAYS	Noon to 12:30 pm	My Tai Chi (Note: Class starts at 11:30 am)	403-271-9658
	6:15 to 7:30 pm	Harvest International Baptist Church	403-616-7597
THURSDAYS	9:00 am	Available for booking	403-278-5330
FRIDAYS	Noon to 12:30 pm	My Tai Chi (Note: Class starts at 11:30 am)	403-271-9658
	1:00 to 7:00 pm	Available for booking	403-278-5330
SATURDAYS	9:00 am	Available for booking	403-278-5330
SUNDAYS	8:30 am to 3:00 pm	Harvest International Baptist Church	403-616-7597

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.



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

How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | nancy@viewpointcalgary.ca

Adapted from Dr. David Burns



We understand that therapy can sometimes be challenging

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

Consistency will help you reach your goals

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

Providing feedback will help your counsellor know what is/isn't working for you

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

Mutually agreeing to end therapy when you are ready

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

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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.

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The First Author

Texts have always had writers, but historically, they haven't always named the authors. The world's first known author was a woman named Enheduanna, a Mesopotamian high priestess, poet, and writer from 23 century BCE. Many creative and religious texts are attributed to her despite the male dominance in scribal tradition!



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Did you know these fun facts about Stampede, Calgary, & Alberta?

- Calgary Stampede was founded in 1912 by Guy Weadlick and 'The Big Four,' Pat Burns, George Lane, A.J. McLean, and A.E. Cross
- Official Mascot: Harry the Horse (1985) with over 100 appearances annually
- Stampede Slogan: Together We Ride (2013 Floods brought in the 'Hell or High Water' Slogan)
- Calgary is officially named after Calgary Bay on the Isle of Mull off Scotland coast
- Calgary is often referred to as 'Stampede City' or 'Cow Town'
- Calgary's motto: "Onward"
- Calgary's Oldest Community: Inglewood, 1875
- Calgary's Oldest Park: Central Memorial (1221 2 St SW)
- Calgary's Oldest Building: Hunt House (Built between 1876-1881), 806 9 Ave SE
- Calgary's Oldest Pub: King Edward, 1905-2004, 2018-Present, 438 9th Ave SE (Restored 2004-2018)
- Calgary's Bird: Black Capped Chickadee
- Calgary's Nose Hill Park: 11 sq.km.
- Calgary is Canada's Sunniest Major City: 333 days of sun per year
- Calgary's traditional Blackfoot Territory: Moh-Kins-Tsis; meeting of Bow and Elbow Rivers
- Indigenous, wichispa Oyade, meaning Elbow Town and gathering of people or cultures
- Alberta is named after Princess Louise Caroline Alberta, daughter of Queen Victoria



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