

NOVEMBER 2023

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# PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

**KNITTING LESSONS**  
**DETAILS INSIDE**



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November 21<sup>st</sup>

## Cappuccino Social, Meet & Greet

Come down and meet some residents while we celebrate National Cappuccino Day with some sweet treats and great friends.

**Tuesday, November 21<sup>st</sup> @ 2:30pm**

## Calgary Korean Canadian Choir

We invite you to join us for the truly remarkable community choir for their melodious performance of diverse music for our community. We look forward to their voices, just in time for the holiday season.

**Tuesday, November 28<sup>th</sup> @ 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**

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# PARKLAND HALL WEEKLY CALENDAR

MAIN ROOM :			
MONDAYS	9:00 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
	1:15 to 3:00 pm	Bliss Yoga	rosemary@blissyogacalgary.ca
	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 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 (Two Fridays a month)	403-278-7307
SATURDAYS	8:45 to 9:45 am	Engage Mobile Pilates	engagemobilepilates@gmail.com
	10:00 am to 12:00 pm	Shakthi Shethralava 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	AI 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	
FRIDAYS	1:00 to 3:00 pm	Parkland Book Club (Third Friday of each month)	403-278-5462
	7:00 to 9:30 pm	Baha'i 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](mailto: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.*

Embracing that fall feeling? Parkland and Bonavista Cares have many upcoming opportunities to reach out and help others.

We had a very productive planning meeting in September. There were lots of great ideas and helping hands. Meeting minutes will be posted on Facebook and emailed out in our update.

## November

- Accepting donations of leftover Halloween candy to donate to Addiction Services in Calgary.
- Collecting new socks and toiletries for our Warm Feet Warm Hearts initiative.
- Senior Secret Service Gifts. We have requested five local seniors to sponsor.

## December

- FCUC Adopt-A-Family Christmas Gifts
- Collecting grocery gift cards for local schools to support families in need.

## New Year/Spring

- February: Basically Babies building layettes for mothers in need.
- Birthday Bags for the Calgary Food Bank.
- Accepting Parade of Garage Sale donations to support initiatives.

Drop off locations at Lake Bonavista Community Association and Park 96. Reach out to us for more information or if you have ideas for making great community connections.

[parklandcaresyyc@gmail.com](mailto:parklandcaresyyc@gmail.com)

Facebook: Parkland Cares Calgary

403-863-9927

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## November 11, Remembrance Day

*A message from the Federation of Calgary Communities*



As November unfolds, we come together to honour and remember the sacrifices of those who served and continue to serve our nation. On November 11, Remembrance Day, we pause to reflect on the bravery and resilience of our heroes who fought for peace and freedom.

### Remembering Our Heroes

Remembrance Day holds a profound significance, reminding us of the countless lives lost and affected by war and conflict. It's a day to pay tribute to the courage and dedication of the men and women who have given their all, ensuring our safety and defending the values we hold dear.

As we commemorate this day, let us take a moment of silence to remember the sacrifices made by our armed forces, acknowledging the debt of gratitude we owe to them and their families. Their sacrifice is a beacon of courage and a reminder of the importance of unity, peace, and harmony in our world.

### Poppies: A Symbol of Remembrance

The poppy, a symbol deeply ingrained in Remembrance Day, serves as a poignant reminder of the bloodshed and sacrifice endured by our military personnel. The red poppy, inspired by the poem *In Flanders Fields*, has become an enduring emblem of hope and remembrance. We encourage you to wear a poppy and share its symbolism, fostering awareness and respect for our veterans.





# Seven Ways to Break Free of a Trauma Bond

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

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

### What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

### Here are seven ways to break free from a trauma bond:

**Educate Yourself** – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

**Zero Contact** – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

**Examine the Evidence** – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

**Practice Self-Compassion** – don't blame yourself. This was not your fault. You are not stupid.

**Personal Affirmations** – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

**Mindfulness** – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

**Professional Help** – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.

### World Kindness Day

by Danielle Robbertze

World Kindness Day is being celebrated this year on November 13.

The word “kindness” was first used in the year 1201. From the beginning, the word kindness was defined, according to the etymological dictionary, as “friendly, deliberately doing good to others; compassionate”. The word appears in early scriptures and songs of various religions and cultures across the world.

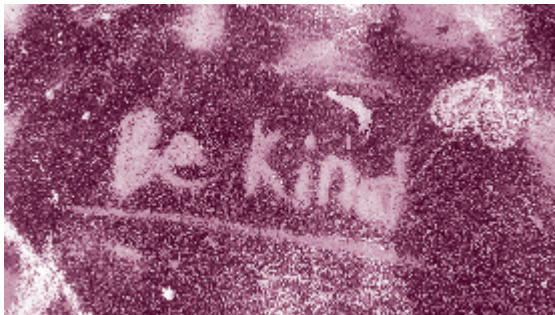
The definition of kindness may differ from one person to another but there is one thing that I think many people can agree on - kindness is an expression of compassion. Kindness is how we show humanity.

There are so many ways we can express kindness to one another especially on this day. Ways which will only take a few minutes out of your day and will not ask too much from you. A simple smile to a stranger, a thank you to a bus driver, an embracing hug to a loved one or an uplifting comment to a coworker.

People may not overtly express their gratitude for your kindness but deep down it is something that could make their day just a little bit better. You never know how your kindness can affect others in positive ways. Expressions of kindness can not only make another person feel better, but they can also make you feel just as special.

Kindness is universal, open to anyone to express or receive. Kindness is not only abstract, it is also physical, spiritual, and visible.

I leave you with these words from the Greek storyteller, Aesop: “No act of kindness, no matter how small, is ever wasted”.



### Knitting In November/December at the Hall!

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

**Dates: November 4, 18, 25, December 2 and December 8**

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 do not 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).

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.

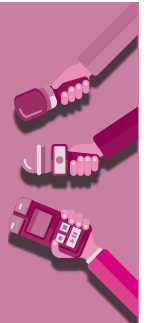
### Parkland Hall Has a Meeting Room That Can Hold Meetings, Training Sessions, and Tutoring Sessions!

Parkland hall's meeting room has audio visual equipment included as part of the rental cost. It 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 evenings after 8:00 pm. Saturday afternoons are available as well. Give the hall a call at 403-278-5330 if interested, or email [parklandca@telus.net](mailto:parklandca@telus.net).



### CANADIAN BROADCASTING

CBC/Radio-Canada, very well known for both television and radio broadcasting, was founded and established as a Crown Corporation in Ottawa on November 2, 1936. That makes it 87 years old this month!



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## THE FIRST CREW

On November 2, 2000, the first crew reached the International Space Station. The residing team was made up of NASA Astronaut Bill Shepherd and cosmonauts Yuri Gidzenko and Sergei Krikalev.



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In keeping with the proud traditions of our great nation, Alberta holds a deep-rooted heritage of military service. It is appropriate that we pause to recognize and pay homage to the steadfast commitment and sacrifices made by both past and present service members. It is truly heartwarming to witness the dedication of our community in supporting and honouring the brave men and women of the Canadian Armed Forces.

For generations, Canadians and new immigrants have come to Alberta in search of better lives and futures. A new generation is following in their footsteps to participate in our province's promise. According to Statistics Canada, the province's population increased by a record 4.1% or 184,000 from July 1, 2022, to July 1, 2023. These figures include the largest ever annual interprovincial migration increase for any province – 4.4 percent or 56,245 people.

These Canadians and new immigrants have chosen to come to our province in search of low taxes, good-paying jobs, and a world-class quality of life. They're also coming to our province in search of affordability, especially when it comes to home ownership.

While the extent of our population increase introduces certain challenges, these latest numbers serve as a strong signal that Alberta is not only back on the right track but on a path of strong growth and prosperity.

If you have any questions or input, please feel free to reach out to my office email at [Calgary.FishCreek@assembly.ab.ca](mailto:Calgary.FishCreek@assembly.ab.ca).

Calgary



The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



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# The Community of Parkland

## Parkland 3rd Quarter Report

	High / Low	# of Sales	Avg Sale Price
Bungalow	\$1,260,000 / \$567,000	24	\$913,500
Bi-Level	\$850,000 / \$585,000	3	\$717,500
2nd/2nd Split	\$1,300,000 / \$660,000	12	\$950,000
Four/Five Level Split	\$880,000 / \$665,000	5	\$772,500
Apartment/Condo	\$377,500 / \$328,000	5	\$352,750
Side by Side/Villa	\$601,000 / \$405,000	2	\$503,000

- September '23 - Record high sale over September '22.
- September '23 - Inventory levels more than 24% lower over Sept. '22.
- Year to date sales nearly 12% lower than last year.
- Year to date apartment/condo sales 25% gain over 2022. Established record high condo sales for Calgary.
- Inter-provincial migration has elevated demand despite higher interest rates.
- Sept Calgary's benchmark price \$570,300.
- Year to date Parkland's Average price (all styles) \$701,542.
- It's still a seller's market.

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