

OCTOBER 2023

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PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

**HALLOWEEN PARTY
DETAILS TO FOLLOW**

**MEETING ROOM
DETAILS INSIDE**



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Join us for Active Aging Week! Circles of Rhythm will be here to help us relieve some stress and guide us through the many benefits of a drumming circle. Guaranteed to help you unwind and get into the groove!

Wednesday, October 4th @ 2:00pm



Craft and Bake Sale!

The LBV Craft and Bake Sale is back! It's a great opportunity to pick up cozy things for the fall, gifts and stocking stuffers for Christmas, and delicious treats to keep you warm as the weather changes!

Stock up on our amazing in-house made Crab Apple Jelly!

Wednesday, October 4th @ 2:00pm



Please CALL to reserve your space TODAY! Seats are limited.

If you have any questions or would like to book a tour,
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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 to close	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 am 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 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.

Here we are, back into the September swing. We are looking forward to another great year of providing small but mighty ways to help others and share in community acts of kindness and generosity.

In August, we ran our annual Backpacks for Back-to-School drive by collecting and using funds to give 28 backpacks and school supplies to the Fish Creek United Church and an elementary school in Dover. They were so grateful to receive these donations.

As always, we look forward to inviting community members to join our planning team and look forward to more exciting initiatives in 2024! We will be having a planning meeting on Sunday, September 24. Please contact me for the time and location. There is no minimum commitment - you can volunteer as much or as little as works for you!

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

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.

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Signs You May Have Depression

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

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

Some differences in symptoms you may see in teens and children:

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



Differences in symptoms seen in older adults:

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.

UPCOMING EVENTS AND NEWS

Knitting in October/November at the Hall!

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

Dates: October 14, 21, 28, and November 4

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. You don't have to live in Parkland to purchase a membership!

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.

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 in October: 7

Time: 10:00 am to 2:00 pm

Location: Parkland Hall

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.

Parkland's Annual Halloween Dance Party at the Hall

Make it a date! Saturday, October 28. At the time of publication, we are in the process of planning this exciting family event. Check the community association's Facebook page or email the hall at parklandca@telus.net for more details.



MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

☎ 403-278-4444

✉ Calgary.FishCreek@assembly.ab.ca

✕ @MylesYYC | @MLAFishCreek

I want to take this opportunity to thank the constituents of Calgary Fish Creek who attended my Meet Your MLA Family BBQ on Saturday, September 16, at the Bonavista Downs community centre. It was great to meet so many new faces and to reconnect with others. I am looking forward to our next event coming later this fall. Please keep an eye on our social media for details.

Albertans deserve to be able to access health care services when and where they need it. So, it only makes sense that improving health care is one of the biggest priorities for the government. The Health Care Action Plan will look to recruit thousands of new doctors, nurses and health care aides, reduce wait times, and upgrade hospitals and urgent care centres.

It isn't a fix that can happen overnight, but I believe the government is taking concrete steps to address the issues. The Health Care Action Plan includes improving lab testing and reducing wait times for lab services, working with post-secondary institutions to increase seats in health-related fields, and ensuring Alberta's hospital facilities are upgraded to meet the needs of the communities they serve.

When Albertans access the emergency department it is often during a difficult and stressful time in their lives. Knowing they have access to the care they need in a modern, high-quality facility is invaluable. That's why in Calgary, starting Aug. 29, Albertans in need of emergency care will be able to experience a new and improved Peter Lougheed Centre.

When the hospital originally opened in 1988, the emergency department was designed to accommodate 30,000 to 40,000 patient visits each year. Last year the Peter Lougheed Centre emergency department saw nearly 73,000 patients. When fully finished in 2025, the new emergency department will provide 25 additional care spaces. This redevelopment will ultimately double its size helping to decrease emergency room wait times.

Alberta has the best frontline health care workers in the world, and it's important to me that the government is committed to continually modernizing our health care facilities to make sure doctors, nurses and health care aides can do their jobs and ensure health care facilities continue to meet the needs of Albertans and their families.

Please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca.

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CRIME STATISTICS



Parkland Crime Activity was Up in July 2023

The Parkland community experienced 2 crimes in July 2023, in comparison to 1 crime the previous month, and 0 crimes in July one year ago. Parkland experiences an average of 2.1 crimes per month. On an annual basis, Parkland experienced a total of 25 crimes as of July 2023, which is up 32% in comparison to 19 crimes as of July 2022. To review the full Parkland Crime report visit plan.mycalgary.com.

How To Report Crime In Parkland: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

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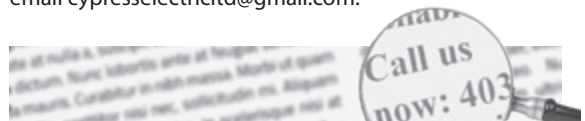
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Stephanie Kusie
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 📞 403-225-3480 📠 403-255-3504
 ✉️ stephanie.kusie.c1@parl.gc.ca
 🌐 stephaniekusiemp.ca



Councillor, Ward 14
Peter Demong
 📞 403-268-1653
 ✉️ eaward14@calgary.ca
 🌐 www.calgary.ca/ward14

Dear Constituents,

Last month I returned to Ottawa for the start of the fall session of Parliament. Our common-sense Conservative team kicked off the session highlighting our plan to bring it home for all Canadians.

A key pillar of our plan is to bring home lower prices. We will do this by capping costs and stopping government waste to bring down inflation and interest rates. We will also cancel both Liberal carbon taxes and stop punishing hardworking Canadians like yourself just for buying food, filling up your car, and heating your home. In Parliament we have used every tool available to us as the Official Opposition, including multiple Opposition Day Motions calling on the government to make life more affordable for Canadians. We will continue to pressure the government to take a common-sense approach and ease the financial burden that families and individuals across Canada are feeling.

From my family to yours, I'd like to wish all constituents a Happy Thanksgiving! I hope you have the opportunity to gather with loved ones and appreciate all that we have been blessed with. I am extremely thankful to call Calgary Midnapore home.

To stay up to date on my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter. You can do so online at StephanieKusieMP.ca. Another way to keep engaged is through my social media – @StephanieKusiePolitician (Facebook), @StephanieKusie (X/Twitter and Instagram), @StephanieKusieMP (YouTube).

Happy Thanksgiving and have a fun and spooky Halloween!

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

Hi Ward 14!

Things are starting to get busy in October. Apart from the leaves, the pumpkins, Halloween, and Thanksgiving, City Council will also be getting ready for budget adjustments and tackling many other topics. Reach out to me to tell me what you think. As usual, I will talk about an interesting map available through maps.calgary.ca for this month's column. There will also be tips on preparing for emergencies and fire safety in the kitchen. I will round it out with another edition of how to navigate the City of Calgary website.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14newsletter for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Sincerely,

Councillor Peter Demong



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The Community of Parkland



“A mask tells us more than a face” - Oscar Wilde

“Halloween was confusing. All my life my parents said, ‘do not take candy from strangers’ and then they dressed me up and said ‘go beg for it’” - Rita Rudner

“We make up horrors to help us cope with the real ones” - Stephen King

***Did you know?... One quarter of all candy sold in the U.S. is purchased for Halloween*

Yoki's Orange Roasted Squash Soup with Apple & Brie

Ingredients

- 1 1/2 large butternut squash
- 3-4 carrots
- 1 medium onion
- 1 tbsp. finely chopped red chili pepper
- 1 leek (white portion only)
- 1 tbsp. (30ml) butter
- 6-10 fl oz. (2L chicken broth, reduced salt)
- Juice of 1/2 orange and rind
- 2-3 apples, peeled & chopped (Granny Smith)
- 2-3 bay leaves
- 1 tsp. (5ml) sugar
- Ground pepper to taste
- Ground chili pepper to taste
- Ground cayenne to taste
- 8 oz. (250g) Brie cheese
- Snipped chives
- Sour cream
- Sauteed red & green peppers

Serves 8-10

Instructions

1. Cut squash in half lengthwise & remove seeds. Place cut side down on pan & bake at 350°F (180°C) until tender, about 45 minutes.
2. Chop carrots, onion, & leek into 1" pieces & place in large pot. Gently sautee in butter. Do not brown. Scrape flesh from cooked squash & add to vegetables. Season with salt, pepper, chili pepper, & cayenne pepper to taste. Add stock & bring to boil.
3. Squeeze orange juice into mixture & add both halves of orange into mixture. Add apple, bay leaves, & sugar to stock mixture. Simmer uncovered for 40-60 minutes.
4. Squeeze orange again. Remove orange & bay leaves. Puree soup in batches.
5. Cut Brie into 1/2" pieces and place cheese in bottom of soup bowls & fill with hot soup.
6. Garnish with a dollop of sour cream & add chives or parsley & a little bit of sauteed green & red pepper on top for flavour & colour.



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