

SEPTEMBER 2023

DELIVERED MONTHLY TO 1,165 HOUSEHOLDS



# PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

**KNITTING CLASSES START SEPTEMBER 9**  
**DETAILS INSIDE**



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We will have entertainment,  
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**Saturday, September 16th @ 1:00-3:00pm**



September 16<sup>th</sup>



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

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# 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 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
	6:15 to 8:00 pm	Harvest International Baptist Church	403-616-7597
<b>THURSDAYS</b>	9:00 am to noon	Parkland Preschool	403-225-0083
	1:00 to 5:00 pm	Available for booking	403-278-5330
	5:15 to 6:15 pm	Vanshaw Dance Academy	vanshawacademy@gmail.com
<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	Baha'i Community of Calgary (Two Fridays a month)	403-278-7307
<b>SATURDAYS</b>	10:00 to 11:00 am	Shakthi Shethralava Indian Classical Dance	403-667-7689
	11:00 am 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	Al Anon	403-266-5850
<b>TUESDAYS</b>	5:30 am 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>	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 (Second Thursday of each month)	
<b>FRIDAYS</b>	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 (Two Fridays a month)	403-278-7307
<b>SATURDAYS</b>	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.*



Bonavista Cares has teamed up with our friends at Parkland Cares this summer and wanted to share some of the exciting initiatives we took part in this year as a lookback.

In May, Bonavista Cares volunteers were busy sowing seeds in the Lake Bonavista community garden! An online watering sign-up was created and thanks to our lovely community volunteers, we were able to harvest radishes and 18lbs of beets (all before the end of July) for the Calgary Food Bank.

In June, we partnered with Skipping Stone to collect donations to assemble care kits, inside hand sewn toiletry bags by a Parkland volunteer, for LGBTQ2S+ youth in need in. This was a new initiative this year and we were glad to be able to support this wonderful organization.

Also in June, was the Bonavista Cares Garage Sale which was a huge success thanks to the astounding community support. \$355 was donated by generous neighbours, with Jamie Newton and Associates matching that amount. Proceeds from items sold (including tasty cookies and lemonade) generated over \$1,500 in sales that we can use to supplement donations in upcoming initiatives. We want to thank all those who volunteered their time, and garages, for this sale.

In August, we ran our annual back to school drive by collecting backpacks and school supplies for the Fish Creek United Church. This year, we took a different approach so that kids can select what items they actually need and fill a backpack instead!

As always, we look forward to inviting community members to join our planning team and look forward to more exciting initiatives in the fall and in 2024! There is no minimum commitment - you can volunteer as much or as little you want!



## 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**

## 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: September 2, 9, 16, 23, and 30
- Times: 10:00 am to 2:00 pm
- Location: Parkland Hall

### Canada Day Review

by Resident Alex Stoesz

The sound of roaring V8s and the smell of gasoline filled the morning air as cars began making their way to The Church of Jesus Christ of Latter-day Saints' parking lot. Enthusiasts of all ages came and went through the lot, some taking pictures and stopping to talk to the owners of the vehicles. Most importantly, everyone had a smile on their face as they enjoyed the gathering.

As more cars checked in, the lot filled with American muscle and sports cars, as well as a handful of European and Japanese machines. Some crowd favourites included Bill and Carol Twasiuk's 2017 Ventura Orange McLaren 570S and Luke Wright's '57 Volkswagen Beetle. With a two-tone paint scheme and air suspension, Wright's "ROOT BÜG" caught interest immediately.

The lot was a truly Canadian place to be with flags and red maple leaves on almost every vehicle. The flashiest display came from the owner of a '69 Dodge Coronet 500, who came dressed up as a Mountie while carrying an inflatable moose in the back.

At around 10:30 am, everyone piled back into their vehicles and fired up their engines in time for the parade around the community. Led by the Calgary Police Department, the line of vehicles made their way, revving and honking (and sounding sirens in the case of the police), through the streets of Parkland. The Canadian spirit could be seen here too, as crowds of people dressed in red and white, waved their flags, and lined the sides of the parade route.

With 28 participating vehicles, and an unending crowd, the Canada Day 2023 car show and parade proved to be a big hit.

### Knitting in September at the Hall!

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

- Dates: September 9, 16, 23, and 30
- 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 then \$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.

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.



## Nature's Ottoman

Capybaras, the largest rodents on Earth, are one of the friendliest creatures in the animal world. They're referred to as "nature's ottomans" because they'll allow birds, monkeys, rabbits, and other small critters to cuddle with them or hitch a ride on their backs. Capybaras will even befriend crocodiles and ride on their backs!

# 10 Signs That You May Be Suffering from Anxiety

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

Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.

**6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.

**7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.

**8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.

**9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.

**10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/pharmaceutical intervention from your doctor may also be necessary.

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PARKLAND CONTENT

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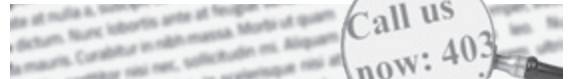
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I want to take this opportunity to thank the constituents of Calgary Fish Creek for entrusting me with this great honour of serving as your Member of the Legislative Assembly. For those of you I didn't get a chance to meet with during the campaign, let me tell you a little about myself. I have had a varied career as an economist, corporate executive, technology entrepreneur, management consultant, advisor, and teacher. I have lived, worked, and studied internationally, including in Argentina, where I met my wife of 25 years, Patricia, who is currently a public elementary school teacher in Calgary. Together, we have a son who attends the University of Calgary.

I pursued public office to share my experience and passion for public service. I am committed to working tirelessly to represent the constituents of Calgary Fish Creek and make Alberta a better place to live, work, and raise a family.

It's been an incredible summer here in Calgary with lots of festivals, Stampede activities, and community events. It was great to see Stampede events in full force in Calgary Fish Creek. I am looking forward to hosting the annual Calgary Fish Creek Stampede BBQ next year. In the meantime, I would like to invite all constituents to our 'Meet Your MLA' family BBQ on Saturday, September 16 from 12:00 to 2:00 pm at the Bonavista Downs community centre (1418 Lake Ontario Road SE). We will be enjoying Spolumbos sausages and music, along with kids' entertainment like face painting and balloon animals. I'm looking forward to getting to know you all better.

In the meantime, please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca.

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# The Community of Parkland



## Summer's Over and Kids are Back to School!

**“The best way to predict the future is to create it” - Abraham Lincoln**

**“You have to expect things of yourself before you can do them” - Michael Jordan**

**“If you can dream it, you can do it!” - Walt Disney**

**“Hold fast to your dreams for without them, life is a broken winged bird that cannot fly” - Langston Hughe**

*Kids Say:*

*“Is it just me or did Mom seem a little too Happy about the first day of School”  
(Sam Cords)*

*To All Teachers!*

*“Let us Remember:  
one book, one pen, one child, and one teacher can change the world”  
(Malala Yousafzai)*



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