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PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER



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Parkland Cares



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

"When we know ourselves to be connected to all others, acting compassionately is simply the natural thing to do."

- Rachel Naomi Remen

During the Calgary Parkland Community Association's Winterfest on February 24, Parkland Cares collected items for AARCS: Alberta Animal Rescue Crew Society. We delivered a big pile of clean, good condition towels, clumping cat litter, HE laundry detergent, dish soap, and pet toys and treats!

From February 1 to 29 we worked with Basically Babies, a Calgary charity that helps families with newborns in extreme need. This organization provides these families with a beautiful first-year layette. For the whole month, we asked for your donations of clean, good quality, gently used or new baby clothing (Sized 0 to 24 months) and small baby supplies or items. Thank you so very much for your support of this amazing organization.

Happy Birthday Bags Are Here Again!

This spring we are planning to bring back our amazing initiative supplying Birthday Bags for the Calgary Food Bank. We will be collecting items from April 1 to 18 at Park 96 and the Lake Bonavista Community Association. The Birthday Bag assembly day will be Saturday, April 20 from 10:00 am to 12:00 pm at Park 96.

Contact us if you are interested in participating. There will be limited spots. The Birthday Bag kits are made available for children who might not otherwise enjoy the luxury of a birthday party.

Items we will be collecting:

- New or excellent condition medium/large gift bags
- Microwave popcorn
- Boxed cake mix
- Tub icing
- Balloons
- Candles
- New or excellent condition children's gifts
- Books/small toys/games
- Art and school supplies (ages 3 to 5, 6 to 8, 9 to 12)

Thank you for your support!

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PARKLAND HALL WEEKLY CALENDAR

MAIN ROOM :

MONDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	11:30 am to 12:30 pm	My Tai Chi	403-271-9658
	6:00 to 7:00 pm	Thistle Dog Training	Dogtrainerlaura54@gmail.com
	8:00 to 9:30 pm	Karate (private booking)	
TUESDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	1:15 to 2:45 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 2:00 pm	Intro to Tai Chi	403-271-9658
	2:00 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	403-278-7307
SATURDAYS	8:45 to 9:45 am	Pilates	engagemobilepilates@gmail.com
	10:00 am to 12:00 pm	Shakthi Shethralaya Indian Classical Dance	403-667-7689
	12:00 to 5:00 pm	Light of Jesus - The Feast	604-349-9573
SUNDAYS	8:30 am to 3:00 pm	Harvest International Baptist Church	403-616-7597
	3:30 to 6:30 pm	Kings of Kingdom Ministry	403-370-5604

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.

SCAN HERE TO VIEW ADDITIONAL PARKLAND CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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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.

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 (One Thursday a month)	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 (One Thursday a month)	
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	8:45 to 9:45 am	POSA	403-278-5330
	10:00 am to 12:00 pm	Knitting Classes	403-278-5330

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Learn more about your Calgary Catholic School District Board of Trustees!

Greetings and Happy Easter!

by Shannon Cook, Chair, CCSD Board of Trustees



The reading for Easter Sunday about the stone being rolled away and the angels declaring, “He has risen!” is the story of Easter’s greatest gift - hope.

Hope is a word filled with anticipation, that God’s creation of life is overflowing with endless potential and possibilities. Christ is risen. With Him, as well as with our own hope and creativity, we can face our present problems and happinesses with the knowledge that we are not alone.

When I come home frustrated or exhausted from a difficult day, I need help to see things with fresh eyes while embracing positivity and gratitude. I need to find a way to look past the fear that crept into my day and to see joy in the midst of difficulties and sorrows. The Resurrection makes all things new and encourages me to look at the world with hope. By trusting that God can help me overcome my most serious challenges and that He will carry me when I fall, Christ’s resurrection is our strength.

Easter marks a new beginning for Christ and for us as Christians. It is a time to remember and a time to re-commit to cultivating the hope of the Resurrection year-round.

I want to recognize all the ways that students and staff at the Calgary Catholic School District (CCSD) marked Lent in their schools; prayers, fasting, acts of kindness, service, and reflection throughout the Lenten season. What a gift to be able to practice our faith at school! Thank you for your commitment to Catholic education.

On behalf of the CCSD Board of Trustees, may you and your families have a Blessed Easter Sunday and a joyful and hopeful Easter season. Christ Is Risen! Risen, indeed! Let us rejoice and be glad. Alleluia!

Syrupy Sweetness: Embracing the Maple Magic!

by Danielle Robbertze

With the arrival of spring, another season dawns on Canada which satisfies all the sweet tooths out there – maple syrup season! A trip down to the sugar shack is a spring tradition especially for those in Eastern Canada. The warmer weather that comes with spring turns the starch stored in maple trees into a golden treasure ready for tapping.

But how did this beloved treat come to be? Canada is the largest producer and exporter of maple products with a whopping average of 60 million kilograms being exported annually. Quebec leads the way in this market, representing 96% of exports.

We owe a great deal to the Indigenous peoples of Canada for the discovery of this sweet harvest. It is recorded by Indigenous tribes that they would tap trees by cutting into the maple trees with willow tubing, and then bowls were placed underneath to catch the maple sap. The sweet harvest would then be used to cure meats which would preserve food and sustain tribes during the harsh winter months.

But the use of maple sap did not stop there. The sap could be boiled to create the syrup we know and love today.

French settlers arrived and loved the sweet sap just as much as the Indigenous peoples. They would begin production of maple products in the 18th century, and even sent products back to their homeland for all to enjoy including King Louis XIV, who especially enjoyed *dragée* (the French word for maple sugar candy).

So, when this month seems a bit drab and chilly, remember maple syrup is there to warm up your spirits just as it did centuries ago for the Indigenous peoples and settlers of Canada.



UPCOMING EVENTS AND NEWS

Knitting in April at the Hall

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

Dates: April 6, 13, 20, and 27

The cost is \$50 and community membership is required. You don't need to live in Parkland to purchase a membership! If you do not have a membership, one can be readily purchased from the office. The cost is \$25.

Drop-in is now available. \$15 per drop-in.

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.

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. Our meeting room 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 some later evenings, as well as Saturday afternoons.

Give the hall a call at 403-278-5330 if interested, or email parklandca@telus.net.

Winterfest

Parkland's annual Winterfest celebration was a great success! We had tons of activities for the kids; face painters, horse and sleigh rides, outdoor games, Butterfield Acres petting zoo, crafts, and tons of food, including a food truck; the Dog Father. These kinds of events cannot happen without those who step forward

to organize and help. First, thank you to organizers Lana Bedard and Mary Simon Johnston of Jamie Newton and Associates. Next, thank you to our volunteers; Royce Leal of Leal Renovations, Jamie Newton who sponsored the candy floss – a big hit! – Michelle Haist, Corey, Claire, Noah Johnston who helped with the craft table, Lisa, Jay, Gianna Gallant, Jacelyn, who helped with setting up the music and the crafts and took photos of the event, Blake Robinson, who helped with all the heavy lifting work, and CPCA board President Darren Way who was on hand for cleanup. Thank you also to The City of Calgary who brought team leaders to do games with the kids, and Claire MacRaid and Vanessa Schutta who were on hand to help soccer players sign up with Team Snap. Last, thank you to MLA Myles McDougall who donated prizes and jellybeans for the 'guess how many jellybeans are in the jar' competition and lots of cookies which were readily gobbled up.

Make it a date, next year Winterfest will be on February 22 at the hall. Hope to see you there!

Upcoming Events at the Hall

- Volunteer Recognition Tea - June 8 from noon to 2:00 pm at the hall.
- Parade of Garage Sales - June 15. Sponsored by Jamie Newton and Associates
- Canada Day - July 1





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by *The City of Calgary*

Our region is in a drought, and that's why now, more than ever, every drop counts. With another dry summer expected this year, we all need to do our part to conserve water and use it wisely.

A rain barrel is a great way to capture and reuse any rainwater Mother Nature provides this season. You can use what you collect to water your trees, lawn, and garden – even when outdoor water restrictions are in place.



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FRIENDS *of* Fish Creek



All About Calgary Wildlife

Thursday, April 11 from 7:00 to 8:30 pm

Presented by Beki Hunt, Executive Director, Calgary Wildlife

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

Geared towards young adults and adults, the All About Calgary Wildlife presentation takes you behind the scenes at Calgary Wildlife. Learn about our history, our programs, who we treat, how you can live in harmony with urban wildlife, and some of our rehabilitation case studies. Beki Hunt is Calgary Wildlife's executive director and has been in the role for two years. Prior to that, Beki was the Deputy Director (and co-founder) of the Taiwan Society of the Prevention of Cruelty to Animals in Taipei, Taiwan. Beki's love and respect for animals has been a constant thread in her life since she was a child, putting her on the trajectory of working with animals in the non-profit sector.

Free for Friends members and \$10 for non-members.

Registration required. To register visit www.friendsoffishcreek.org/event/calgary-wildlife.

Good Grief – Nature Walking Through Grief and Loss

Wednesday mornings from 10:00 to 11:30 am from April 3 to May 22

This spring, the Friends are pleased to offer the Good Grief program once again. This eight-week program is aimed at providing support for those experiencing grief, loss, or a major life transition. During gentle, accessible, guided walks throughout Fish Creek, participants will have the opportunity to connect with the natural world and chat with others who are on a similar journey.

Join us! The fee is \$25 and there are only 15 spots available.

For more information or to register, visit www.friendsoffishcreek.org/programs/goodgrief.

Share Your Story with a Brick Along the Fish Creek Community Terrace

If you have been to the Bow Valley Ranch recently, you may have seen the Fish Creek Community Terrace, which consists of personalized bricks in front of the Cookhouse. We would like to thank everyone who supported Fish Creek Provincial Park by dedicating a brick along the Fish Creek Community Terrace in recent years. Every brick tells a story, and we are very grateful that so many community members are sharing their story here in Fish Creek. This unique fundraising activity provides essential support for us to continue delivering programs and events in Fish Creek Provincial Park. Consider dedicating a brick for phase four of the Terrace to be installed this summer. A brick would also make a great gift for a loved one or a good way to promote your local business. For more information, please visit www.friendsoffishcreek.org/brick.

Volunteer Opportunities

Do you have free time and want to volunteer in Fish Creek Provincial Park? The 2024 volunteer season is just around the corner, and we are looking for people to assist with various programs starting this spring. To begin volunteering, please visit our website and create an account on our online volunteer system, MyImpactPage. We look forward to working with you to bring the Friends' 2024 volunteer programs to life! For more information, please visit www.friendsoffishcreek.org/volunteering-basics.

How to Heal from Intimate Betrayal

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



Healing from intimate betrayal trauma is a complex and deeply personal journey. Here are twenty strategies that may be helpful in your healing process:

- 1. Seek Professional Help** - Support from a therapist trained in trauma and betrayal can provide guidance and a safe space for processing overwhelming emotions. There are many modalities for treating trauma. It is not a one size fits all.
- 2. Practice Self-Compassion** - Be gentle and understanding towards yourself, recognising that healing takes time, support, and effort.
- 3. Establish Healthy Boundaries** - Set clear boundaries to protect yourself from further harm and create a sense of safety. This is not just with your partner, but friends and family as well.
- 4. Engage in Self-Care Activities** - Prioritize activities that nurture your physical, emotional, and mental well-being, such as exercise, meditation, and spending time in nature.
- 5. Join a Support Group** - Connecting with others who have a shared lived experience can provide validation, understanding, and a sense of belonging.
- 6. Journaling** - Writing about your thoughts, feelings, and experiences can be a therapeutic way to process emotions and gain insight into your healing journey. It is also beneficial to do this as a 'mind dump' to keep rumination at bay.
- 7. Educate Yourself** - Learn about the impact of betrayal trauma and explore resources on healing and recovery.
- 8. Practice Mindfulness** - Cultivate present-moment awareness to manage overwhelming emotions and reduce anxiety. Ground yourself in what you are doing in the here and now.
- 9. Express Yourself Creatively** - Engage in activities such as art, music, or dance to express overwhelming emotions and foster self-expression.
- 10. Challenge Negative Beliefs** - Identify and challenge negative beliefs about yourself, relationships, and trust that may have developed as a result of the betrayal.

11. Cultivate Forgiveness - Explore forgiveness as a way to release resentment and find peace, recognizing that forgiveness is a process and may not happen immediately. This includes yourself as well as your partner.

12. Engage in Healthy Relationships - Surround yourself with supportive and understanding people who respect your boundaries and encourage your healing journey. Be discerning about whom you choose to share with.

13. Set Realistic Expectations - Be patient with yourself and recognize that healing is not linear, and there may be setbacks along the way. It takes time to process trauma and heal from PTSD.

14. Practice gratitude - Focus on aspects of your life that bring you joy and gratefulness, even amidst the pain of betrayal.

15. Connect with your Spirituality - Draw strength and comfort from your spiritual beliefs and practices, if applicable.

16. Engage in Activities You Enjoy - Participate in hobbies and activities that bring you pleasure and fulfilment, helping to restore a sense of joy and purpose.

17. Practice Relaxation Techniques - Incorporate relaxation techniques such as deep breathing, progressive muscle relaxation, or guided imagery to reduce stress and promote relaxation.

18. Seek Closure - Explore ways to find closure, whether through conversations, rituals, or symbolic gestures, to help facilitate the healing process.

19. Focus on Personal Growth - Use the experience of betrayal as an opportunity for self-reflection, growth, and transformation.

20. Celebrate Milestones - Acknowledge and celebrate your progress and achievements along your healing journey, no matter how small they may seem.

It's important to remember that healing from intimate betrayal trauma is a gradual and individualized process. What works for one person may not work for another. It's okay to seek professional help and support as needed, and to honour your unique journey towards healing and recovery.



MLA Calgary - Fish Creek

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Budget 2024 – a plan that prioritizes investments in health, education, and safety, and that ensures our province will continue to grow and thrive for generations to come.

Health care is a key pillar of Budget 2024. If passed, the budget would invest \$1 billion over three years to transform the continuing care system in response to the Facility-Based Continuing Care Review; \$475 million to support the continued implementation of the Modernizing Alberta's Primary Health Care System initiative, including \$200 million over two years to improve access to family physicians; \$10 million for primary health care initiatives in Indigenous communities; and \$15 million to further develop a compensation model for nurse practitioners.

Budget 2024 also focuses strongly on education. This budget would invest \$1.9 billion to support 98 school projects over the next three years. \$681 million in new funding would be invested to support priority school projects, including 43 new projects announced in the budget, creating a total of 35,000 new or modernized student spaces for children around the province. And an additional \$1.5 billion would be invested for educational learning supports for vulnerable students, children with specialized learning needs, and other students requiring additional supports.

Alberta provides among the most generous affordability measures and social supports across the country and Budget 2024 continues to help alleviate the financial burdens on Albertans. This includes \$717 million in capital grants over three years to advance Alberta's Affordable Housing Strategy, which incorporates \$254 million in new funding to help build about 3,300 new affordable housing units and complete 1,800 units already underway.

Finally, Budget 2024 focuses on paying down debt. An estimated \$6.4 billion in surplus cash is projected at the end of 2023-24 and Alberta's government is using half to pay off maturing debt this fiscal year. Of the remaining \$3.2 billion surplus cash, a forecast \$2 billion will be put in the Alberta Fund, and the other \$1.2 billion is being allocated to debt repayment to limit new borrowing required in 2024-25.

Budget 2024 is a responsible plan that prioritizes the needs of Albertans and their families and will help ensure Alberta continues to be one of the best places in the world to live, work, play, raise a family, or start a business.

If you have any questions or input, please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca.

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GAMES**

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	3	8	5			6		4
7	2	4	1	8		5		
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Ham and Pineapple Bake

by Jennifer Puri

Cheap and easy to prepare eggs are an inexpensive source of high-quality protein. Eating enough protein can help with weight loss, increase muscle mass, optimize bone health, and lower blood pressure.

A whole egg contains a tiny bit of every nutrient you need and there are many ways to prepare eggs but poaching or boiling them preserves most of their nutritional benefits.

Tasty and filling, eggs have been popular for thousands of years and in many cultures, eggs are a symbol of new life, fertility, and rebirth.

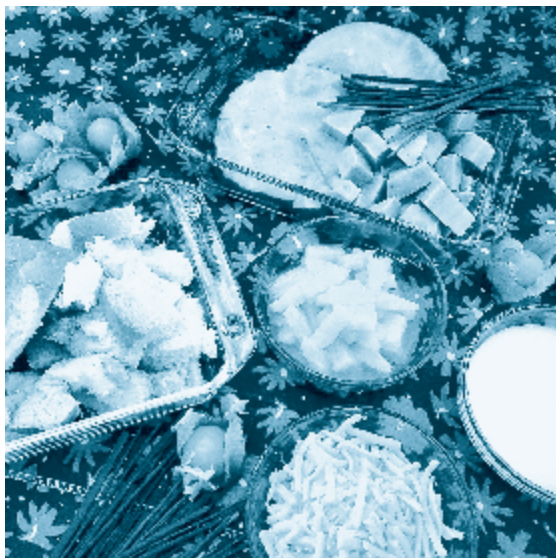
Eggs are a breakfast mainstay and frittatas, quiches, burritos, quesadillas, devilled, pickled, or creamed eggs are just some of the delicious ways to consume eggs.

This Ham and Pineapple Bake can be enjoyed any time of the day and pairs well with a side of fingerling potatoes and a tossed salad.

Prep Time: 20 minutes

Cook Time: 45 minutes

Servings: 4



Ingredients:

- 1 small loaf of French bread
- 4 tbsps butter
- ½ lb cooked ham cut into small pieces
- 1 cup shredded cheddar cheese
- ¾ cup drained pineapple bits
- 4 eggs
- 2 ¼ cups milk
- 1 tsp ground mustard
- ½ tsp salt
- ½ tsp black pepper
- 1 tbsp chopped chives

Directions:

1. Butter a medium size glass baking dish. Slice the French bread and then spread butter on one side of each slice.
2. Next slice the bread into one-inch cubes and place in baking dish. Spread the ham cubes and pineapple bits on top of the bread and sprinkle with cheddar cheese.
3. In a mixing bowl, beat the eggs and then blend in the mustard, salt, pepper, milk, and chives. Pour the mixture evenly over the bread mixture. Cover tightly with saran wrap and refrigerate overnight.
4. The next day preheat oven to 350 degrees Fahrenheit.
5. Remove baking dish from refrigerator and place on middle rack of oven. Bake uncovered for 45 minutes or until puffed and golden in colour. A knife inserted in the centre should come out clean. Serve immediately.

Bon Appétit!





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Bicycle Helmet Safety

by Alberta Health Services EMS

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead



- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a “Y” below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

Word of the Month

Portmanteau: noun (port-man-toe)

A literary device wherein two words are merged to form a novel word with a distinct meaning.

John was surprised to learn that the word ‘motel’ is a portmanteau of ‘motor’ and ‘hotel’.

BUSINESS CLASSIFIEDS

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continued on next page

BUSINESS CLASSIFIEDS

continued

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Joke of the Month



What did the grape do when it got stepped on?

It let out a little wine.



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Lowest Price	\$795,000	Lowest Price	\$747,150	Lowest Price	\$760,000	Lowest Price	\$415,000
Highest Price	\$1,040,000	Highest Price	\$1,020,000	Highest Price	\$776,000	Highest Price	\$415,000
Number Of Sales	3	Number Of Sales	5	Number Of Sales	2	Number Of Sales	1

City of Calgary

- Benchmark Price Calgary Feb/24 \$585,000, 2% gain over last month & 10% compared to Feb/23
- Detached: 75% of listings over \$600,000. Benchmark Price \$721,300
- Semi-Detached: 13% higher than Feb/23 & Benchmark Price \$639,100
- Row/Townhomes: 19% higher than Feb/23 & Benchmark Price reached \$436,500
- Apartments: 17% higher than Feb/23 & Benchmark Price \$329,600
- Most significant increases N.E. & East Districts, lowest gains City Centre



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