

FEBRUARY 2024

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# PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER



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## UPCOMING EVENTS AND NEWS

### Knitting in February/March at the Hall

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

Dates: February 3, 10, 24, and March 2

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, the charge is \$15 per drop-in.

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 audiovisual 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 evenings, as well as Saturday afternoons.

Give the hall a call at 403-278-5330 if interested, or email [parklandca@telus.net](mailto:parklandca@telus.net).

### Parkland Soccer Registration Starts on Saturday, February 24

Official soccer registration will open on February 24 via Team Snap at noon. We will have our soccer representative at our Winterfest celebration to answer any questions and to help with registration. And if you haven't registered for Team Snap yet, please do so by visiting <https://www.teamsnap.com/>.

Soccer details: We are looking forward to our next soccer season! Our season will start on May 1 and run until June 28. We play on Monday and Wednesday nights. U4 to U8 play from 6:00 to 7:00 pm and 8+ play from 7:00 to 8:00 pm. This year we are hoping to include U12 and U14 if we have the interest for it. We are a volunteer-based program and are always in need of coaches and team managers! We are very excited to run our program and look forward to seeing our fields full of kids playing soccer. For more information, email [parklandca.soccer@telus.net](mailto:parklandca.soccer@telus.net) or go to [www.parklandyyc.ca](http://www.parklandyyc.ca).

### Winterfest

On Saturday, February 24 from noon to 2:00 pm the hall will be hosting our annual Winterfest celebration. The event will include games, treats, face painters, Butterfield Acres petting zoo, cotton candy, and more! We will also have a donation box for AARCS (Animal Rescue Crew Society). Come and join us!



## Silly Goose

Dating back 7,000 years, the earliest bird to ever be domesticated (well, oldest domesticated poultry species) is actually the goose! Although many believe it to be chickens, research found that geese were actually domesticated roughly 2,000 years before chickens.

### SCAN HERE TO VIEW ADDITIONAL PARKLAND CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



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# Parkland Cares



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

*"You'll never get bored when you try something new. There's really no limit to what you can do." - Dr. Seuss*

What can you do to make 2024 meaningful? Thank you to all the friends and neighbours that supported our various Christmas initiatives. We helped many and made the season brighter for both those that gave and those that received. Just before Christmas break, we were able to deliver \$950 in grocery gift cards to Wilma Hansen Jr. High and Deer Run Elementary schools. They made sure that the cards went to families that are experiencing food insecurity.

On Saturday, February 24, during the Calgary Parkland Community Association's Winterfest celebration, you can help support AARCS (Alberta Animal Rescue Crew Society). Bring your donations to the hall between 12:00 and 2:00 pm.

Items we will be accepting are:

- Good condition used towels
- Cat and dog food, treats, and toys
- Heavy duty garbage bags
- HE Laundry Detergent
- Liquid dish soap

During the whole month of February, we are excited to announce that we will be working with Basically Babies again! This Calgary charity helps families with newborns in extreme need. This organization provides these families with a beautiful first-year layette. We will be asking for donations of clean, good quality, gently used or new baby clothing (Sized 0 to 24 months) and small baby supplies or items. Boxes will be placed (and collected weekly) at Park 96 and Lake Bonavista Community Centre.

In April, we welcome back one of our community favourites, Birthday Bags for the Calgary Food Bank. Volunteer opportunities for both initiatives will be available with more information on sign-ups to come!

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

Parkland Cares Calgary

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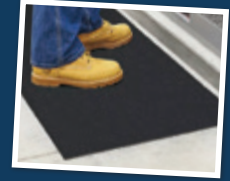
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# PARKLAND HALL WEEKLY CALENDAR

## 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
	Noon onwards	Available for booking	403-278-5330
	5:30 to 7:45 pm	Sparks and Embers	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 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
<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	403-278-7307
<b>SATURDAYS</b>	10:00 am to 12:00 pm	Shakthi Shethralaya Indian Classical Dance	403-667-7689
<b>SUNDAYS</b>	8:30 am to 3:00 pm	Harvest International Baptist Church	403-616-7597
	3:30 to 6:30 pm	Kings of Kingdom Ministry	

## 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 to 7:45 pm	Sparks and Embers	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 (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)	www.bowviewringette.com
<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	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 schedule a viewing.  
Remember: Parkland Community Association members receive a discounted rental rate.

# The Month of Love

by Danielle Robbertze



February arrives with temperatures still a bit frosty and all you can think about is that special person in your life to snuggle with.

The month of love typically celebrates those who are in a romantic relationship. But it does not have to be this way. It can also celebrate the love for a sibling, parent, guardian, friend, child or other family members. The month of love really should celebrate the love we share with all our fellow human beings, as love is a precursor to humanity.

Do not restrict your love to one person. Love brings meaning to our lives. Without it we struggle through life's challenges such as loneliness. Love is universal and can be extended to any person no matter their gender, sexuality, race, nationality, or ethnicity. Do not restrict yourself from a life-changing love because of pre-held biases and prejudices. Open yourself to all of humanity and see how your life can change to unconditional happiness.

Love comes more naturally to the human heart than hate, as Nelson Mandela once said. We should not judge others for who they love. We cannot change who we love, as it comes naturally to the heart and is hard to change. If we judge those who love one another simply because they are different from ourselves or different from the people we love, it is because we have been taught not to love, forced to see the differences in others. This only brings more isolation into a person's life.

For this month of love (and possibly your whole life), open your heart to others. Celebrate the differences that make each human a unique being in this world we share. Learn to love and you will see the joy of another person is essential to your own happiness.



MLA Calgary - Fish Creek

**Myles McDougall**

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✉ Calgary.FishCreek@assembly.ab.ca

✂ @MylesYYC | @MLAFishCreek

Friends,

There is exciting news for education in Alberta. The 2022 Programme for International Student Assessment (PISA) results show that Alberta continues to be a leader in education in Canada and around the world. The PISA is conducted every three years and assesses the performance of 15-year-old students in reading, mathematics, and science. On December 5, the 2022 PISA results were released and conclude that Alberta students rank first in Canada in reading, first in Canada in science, and second only behind Quebec in math.

Globally, we ranked second in reading, second in science, and seventh in math, within statistical deviation. We should all be extremely proud of Alberta's success in these assessments, especially the success of the 1,300 students that participated, for their hard work and dedication to learning. Thank you to the teachers, staff, and parents for their continued work to support Alberta's world-class education system.

### **Predictable Funding for Municipalities**

Alberta's government is helping to build Alberta's communities by providing predictable funding so that local governments can plan more effectively for the future through the Local Government Fiscal Framework (LGFF).

Local governments across Alberta have long asked for funding that is predictable and tied to provincial growth. With input from local governments, we have finalized the allocation formula that sets out how much they will receive annually under the LGFF. The LGFF funding formula strikes a fair balance for both rural and urban local governments, meeting their need for predictable infrastructure funding while remaining fiscally responsible. In addition, we will provide a one-time top-up funding in Budget 2024 to ensure that no municipality sees a decrease, which will help local governments keep infrastructure projects on track.

### **Alberta Pension Plan**

A friendly reminder that a workbook with sections covering various APP-related topics is available for public input until February 28, 2024. Details can be found on the Engagement Alberta Pension Plan website ([www.albertapensionplan.ca/engagement](http://www.albertapensionplan.ca/engagement)).

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

## GAMES & PUZZLES

### Guess The Duo!

1. This love-hate duo is on a quest to save a princess while fighting a fire-breathing dragon.
2. These stepbrothers create zany projects to make the most of their summer vacation.
3. This pop duo from the 60s are well known for their song "I Got You Babe".
4. These frenemies, created by William Hanna and Joseph Barbera, have been playing cat and mouse since 1940.
5. This fantasy duo set out on a journey through the misty mountains to save Middle Earth.
6. This superhero duo attempts to thwart the evil plans of villains in Gotham.



SCAN THE QR CODE FOR THE ANSWERS!



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## Seven Key Things to Make Your Relationship Work

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

What can you do to create a lasting relationship? Get a copy of John Gottman's *Seven Principles for Making Marriage Work*. Below is a sneak peek:

**Enhance your love maps.** Happy couples are very familiar with their partner's world. According to Gottman, these couples have "a richly detailed love map — my term for that part of your brain where you store all the relevant information about your partner's life." You know everything from your partner's favourite movies to what's currently stressing them out, you know some of their life dreams, and they know yours.

**Nurture fondness and admiration.** Happy couples respect each other and have a general positive view of each other. Fondness and admiration are two of the most important elements in a satisfying and long-term relationship. If these elements are completely missing, the marriage can't be saved. A helpful activity to remind couples of the partner they fell in love with is called "I appreciate." List three or more of their partner's positive characteristics along with an incident that illustrates each quality. Then read your lists to each other.

**Turn toward each other.** Romance isn't a Caribbean cruise, an expensive meal, or a lavish gift. Rather, romance lives and thrives in the everyday, little things. "Real-life romance is kept alive each time you let your partner know they are valued during the grind of everyday life." For instance, romance is leaving an encouraging text for your partner when you know they are having a bad day. Or romance is when you are running late but take a few minutes to listen to your partner's bad dream and saying that you'll discuss it later (instead of saying "I don't have time"). This might seem boring but turning toward each other in these ways is the basis for connection and passion. Couples that turn toward each other have more in their "emotional bank account." This account distinguishes happy marriages from miserable ones. Happy couples have more goodwill and positivity stored in their bank accounts, so when rough times hit, their emotional savings cushions conflicts and stressors.

**Let your partner influence you.** Happy couples are a team that considers each other's perspective and feelings.

They make decisions together and search out common ground. Letting your partner influence you isn't about having one person hold the reins, it's about honouring and respecting both people in the relationship.

**Solve your solvable problems.** There are two types of marital problems: conflicts that can be resolved and perpetual problems that can't. It's important for couples to determine which ones are which. According to Gottman, "One way to identify solvable problems is that they seem less painful, gut-wrenching, or intense than perpetual, gridlocked ones." Solvable problems are situational, and there's no underlying conflict. Gottman devised a five-step model for resolving these conflicts that can be found in his book.

**Overcome gridlock.** The goal with perpetual problems is for couples to "move from gridlock to dialogue." What usually underlies gridlock is unfulfilled dreams. "Gridlock is a sign that you have dreams for your life that aren't being addressed or respected by each other." Happy couples believe in the importance of helping each other realize their dreams. The first step in overcoming gridlock is to determine the dream or dreams that are causing your conflict. The next steps include talking to each other about your dreams, taking a break (since some of these talks can get stressful), and making peace with the problem. "The goal is to 'declaim' the issue, to try to remove the hurt so the problem stops being a source of great pain."

**Create shared meaning.** "Marriage isn't just about raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together. A culture rich with rituals, and an appreciation for your roles and goals that link you, that lead you to understand what it means to be a part of the family you have become." And that's what it means to develop shared meaning. Happy couples create a family culture that includes both of their dreams. Being open to each other's perspectives and opinions, happy couples naturally come together.

**Bonus: Intentional date nights.** If you struggle with ideas for date nights, grab a copy of Gottman's *Eight Dates*. Being intentional about having regular date nights is an important factor to continued connection.

If you need some help along the way, look for a level three trained Gottman therapist to keep you accountable and help your relationship thrive.



# SUPPORT YOUR COMMUNITY

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# The Community of Parkland

Real Estate Update  
February 2024

		2022	2023
Bungalows/Bi-Levels	Lowest Price	\$529,000	\$567,000
	Highest Price	\$1,175,000	\$1,260,000
	Number Of Sales	25	34
2 Storey/2 Storey Split	Lowest Price	\$560,000	\$660,000
	Highest Price	\$1,860,000	\$1,300,000
	Number Of Sales	19	16
4, 5 Level Split	Lowest Price	\$555,000	\$610,000
	Highest Price	\$830,000	\$880,000
	Number Of Sales	10	7
Apartments	Lowest Price	\$292,000	\$328,000
	Highest Price	\$374,500	\$389,000
	Number Of Sales	6	8
Row Houses/Villas	Lowest Price	\$529,000	\$601,500
	Highest Price	\$529,000	\$601,500
	Number Of Sales	1	1

"LOVE DOES NOT MAKE THE WORLD GO ROUND; LOVE IS WHAT MAKES THE RIDE WORTHWHILE"

-FRANKLIN P. JONES

"ALL YOU NEED IS LOVE, BUT A LITTLE CHOCOLATE NOW AND THEN DOESN'T HURT"

-CHARLES M. SCHULTZ

"HATE CANNOT DRIVE OUT HATE; ONLY LOVE CAN DO THAT"

-MARTIN LUTHER KING

Happy  
Valentine's  
Day

IF YOU ARE THINKING OF BUYING OR SELLING,  
LET US HELP GUIDE YOU THROUGH THE PROCESS

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*Not intended to solicit properties already listed for sale*



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