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DETAILS INSIDE**



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PARKLAND HALL WEEKLY CALENDAR

MAIN ROOM :

MONDAYS	9:00 to 11:30 am	Available for booking	403-278-5330
	11:30 am to 12:30 pm	My Tai Chi	403-271-9658
	12:30 to 9:00 pm	Available for booking	403-278-5330
TUESDAYS	9:00 am to 9:00 pm	Available for booking	403-278-5330
WEDNESDAYS	9:00 to 11:30 am	Available for booking	403-278-5330
	11:30 am to 12:30 pm	My Tai Chi	403-271-9658
	12:30 to 6:30 pm	Available for booking	403-278-5330
	6:30 to 8:00 pm	Harvest International Baptist Church	403-616-7597
THURSDAYS	9:00 am to 9:00 pm	Available for booking	403-278-5330
FRIDAYS	9:00 to 11:30 am	Available for booking	403-278-5330
	11:30 am to 12:30 pm	My Tai Chi	403-271-9658
	12:30 to 9:00 pm	Available for booking	403-278-5330
SATURDAYS	12:00 to 5:00 pm	Light of Jesus - The Feast (One Saturday a month)	604-349-9573
SUNDAYS	8:30 am to 3:00 pm	Harvest International Baptist Church	403-616-7597
	3:30 to 6:30 pm	Keys of Kingdom Church	403-370-5604

MEETING ROOM:

MONDAYS	9:00 am to 5:00 pm	Pedalheads Bike Camp	888-886-6464
	7:00 to 8:00 pm	AI Anon	403-266-5850
TUESDAYS	9:00 am to 5:00 pm	Pedalheads Bike Camp	888-886-6464
	8:00 to 9:00 pm	POSA	403-278-5330
WEDNESDAYS	9:00 am to 5:00 pm	Pedalheads Bike Camp	888-886-6464
	6:30 to 8:00 pm	Harvest International Baptist Church	403-616-7597
THURSDAYS	9:00 am to 5:00 pm	Pedalheads Bike Camp	888-886-6464
FRIDAYS	9:00 am to 5:00 pm	Pedalheads Bike Camp	888-886-6464
SATURDAYS	9:00 am to close	Available for booking	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.



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UPCOMING EVENTS AND NEWS

Canada Day Celebration

11:00 am to 1:00 pm

Come join us for our Annual Canada Day celebration, there will be lots to see and do for all family members!

We will be having the antique car and kids bike parade, so bring your decorated bike and join the bike parade leaving the Parkland Community Hall (505 Parkvalley Road SE).

Other games and activities will be offered at the hall!

- Lawn games
- Prizes
- Spolumbo's sausages
- Bouncy castle
- Allen the Alpaca
- Live Music
- Antique car parade

We will be accepting non-perishable food donations to support the Calgary Food Bank.

Canada Day - Antique Car Parade

Registered participants will be meeting at 14540 Parkland Blvd SE, Calgary, AB, T2J 6L5 (Latter Day Saints Church), preferably parking at the north side of the lot.

Time: Arrive any time after 9:30 am.

Depart: 10:30 am

Return: 11:15 am or so

Route: From the church parking lot, departing south (clockwise), and returning to the church.



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How to Grieve the Loss of a Pet

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

The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

Allowing ourselves to feel joy, and remembering our pet with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given." Suzanne Clothier

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PARKLAND CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
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Take Part in the Foam Recycling Pilot

by *The City of Calgary Waste and Recycling Services*

A six-month pilot project began on May 13 to collect foam packaging (also known as Styrofoam) for recycling at any of our three City landfills. Calgarians can bring foam packaging for recycling to the designated area at a landfill free of charge.

Calgarians can bring clean foam with no food residue, tape, glue, or labels. Examples include:

- Shipping foam packaging (ex. foam that protects new electronics).
- Foam egg cartons.
- Foam meat trays with absorbent pads removed.
- Foam take-out containers.
- White and coloured foam. No black polystyrene foam.

Can't take foam to the landfill? Put it in the black cart as garbage. Do not put in blue cart. Foam breaks into small pieces in collection trucks causing contamination and lowering the market quality of the other recyclables.

For more information, visit calgary.ca/whatgoeswhere.

Oh Kanata!

The name “Canada” comes from “Kanata”, a Huron-Iroquois word for village. However, in 1535, explorer Jacques Cartier misunderstood the meaning of this word. The Iroquois used the word to tell Cartier the way to Stadacona (now known as Quebec City). But Cartier thought it referred to the entire region, and the name stuck!



MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

☎ 403-278-4444

✉ Calgary.FishCreek@assembly.ab.ca

✕ @MylesYYC | @MLAFishCreek

Stampede BBQ

Please join me for my first Annual Stampede BBQ on Saturday, July 6, from 11:00 am to 2:00 pm at the Bonavista Downs Community Hall. This delightful, family-friendly event will also welcome furry friends. Enjoy delicious fare from Spolumbos, lively music, and connect with various community associations showcasing their initiatives. I warmly invite all constituents of Calgary-Fish Creek to join us!

Parkland Cares and Bonavista Cares will be accepting donations for back-to-school supplies at the BBQ. They are looking for new items such as pens, pencils, pencil cases, notebooks, binders, and backpacks. Please drop off your donations at their table or arrange a time to deliver them to my office.

I look forward to seeing you at my Stampede BBQ!

If you have any questions or input, please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca or 403-278-4444.

RESIDENT PERSPECTIVES

The Many Faces of Canada

by Danielle Robbertze

"My dream is for people around the world to look up and to see Canada like a little jewel sitting at the top of the continent." – Tommy Douglas



July 1, 1867, marks the day the British North America Act was decreed which set the way for the celebration of Canada Day. As an immigrant of Canada, it is always such a delight to see the diversity in culture, race, religion, and ethnicity being celebrated. I understand, as with any country, there is always room for improvement in establishing a truly democrat, equal society. However, I feel Canada is often a leader in this regard and an exemplary example of equity, diversity, and national pride.

Canada is not represented by only one face but by many. It is important to honour those who first called Canada home. The First Nations, Métis, and Inuit peoples have overcome significant adversity to shape the foundation of this beautiful country. Never giving up, they continue to impart their important cultural contributions all over the nation.

Canada is one of the most welcoming nations, with over 8 million immigrants according to 2021 statistics. This means that nearly one-quarter of Canada's population consists of immigrants or former immigrants (who have now obtained citizenship). Immigrants help shape the diverse fabric of Canada, contributing positively to its multiculturalism and fostering a culture of acceptance for all people.

Canadian citizens cannot be defined by just one race, ethnicity, or culture and this is something I find so fascinating and which I hope others do too. Throughout the year, there are so many festivals and gatherings that celebrate the diversity of Canada, and I know this will be no different on July 1.

Happy Canada Day to everyone who calls this wonderful jewel of a country home.



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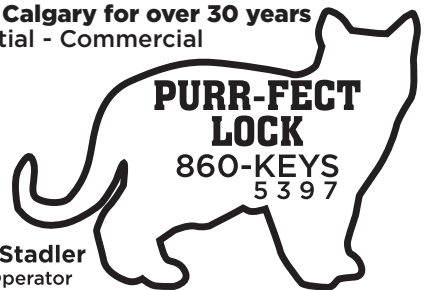
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Did you know these fun facts about Stampede, Calgary & Alberta?

- Calgary Stampede was founded in 1912 by Guy Weadick and 'The Big Four,' Pat Burns, George Lane, A.J. McLean and A.E. Cross
- Official Mascot: Harry the Horse (1985) with over 100 appearances annually
- Stampede Slogan: Together We Ride (2013 floods brought in the 'Hell or High Water' slogan)
- Calgary is officially named after Calgary Bay on the Isle of Mull off the Scotland coast
- Calgary is often referred to as 'Stampede City' or 'CowTown'
- Calgary's Motto: 'Onward'
- Calgary's Oldest Community: Inglewood (1875)
- Calgary's Oldest Park: Central Memorial (1221 2 St SW.)
- Calgary's Oldest Building: Hunt House (806 9 Ave SE.). 1905-Present
- Calgary's Oldest Pub: King Edward (438 9 Ave SE.). 1905-2004, this spot was restored in 2004 and was reopened in 2018.
- Calgary's Bird: Black-Capped Chickadee
- Calgary's Nose Hill Park covers over 11 km²
- Calgary is Canada's Sunniest Major City with 333 days of sun per year
- Calgary's traditional Blackfoot Territory: Mohkinstsis; meeting of Bow & Elbow Rivers
- Another Indigenous name for Calgary is Wichispa Oyade, meaning Elbow Town & gather of people or cultures
- Alberta is named after Princess Louise Caroline Alberta, daughter of Queen Victoria

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