

JUNE 2024

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PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

**PARKLAND COMMUNITY
ASSOCIATION AGM
JUNE 27, 7:00 PM**



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Location: LBV Dining Room



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Tuesday, June 18th at 7:00pm

Location: LBV Building & Facebook Live

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



Huge thank you Parkland and Bonavista! 264 full "Birthday Parties in a Bag" went to the Calgary Food Bank. Our neighbours came together in many ways to make this happen and we want to express gratitude for:

- Generous donations of beautiful gifts for 0 to 12; cake, icing, popcorn, party accessories, books, and stuffies!
- All the amazing volunteers who helped set up and assemble bags. For the laughter and joy, making new friends, reconnecting with our neighbours, and coming together to help others!
- The behind-the-scenes helpers collecting, counting, organizing for weeks prior to the event.
- Our community supporters LBCA, Park 96, MLA Myles McDougall, and previous MLA Richard Gotfried.
- Our additional fundraiser supporters for topping up the generous donations to ensure all neighbours can participate.

parklandcaresyc@gmail.com

Parkland Cares Calgary

403-863-9927

Root Beer

This classic beverage we all know, and love was invented in North America, and was traditionally made with sassafras root. You can find recipes for the drink in recipe books dating from as far back as the 1860s. This tasty drink's popularity skyrocketed during the prohibition and continues to be a popular choice today.



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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
	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 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
	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 9:00 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 (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	Kings of Kingdom Ministry	403-370-5604

MEETING ROOM:

MONDAYS	9:00 am to 6:30 pm	Available for booking	403-278-5330
	7:00 to 8:00 pm	Al Anon	403-266-5850
TUESDAYS	9:00 am to 7:30 pm	Available for booking	403-278-5330
	8:00 to 9:00 pm	POSA	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)	www.bowviewringette.com
FRIDAYS	9:00 am to 12:30 pm	Available for booking	403-278-5330
	1:00 to 3:00 pm	Parkland Book Club (Third Friday of each month)	403-278-5462
	6:00 to 9:00 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.



SUPPORT YOUR COMMUNITY

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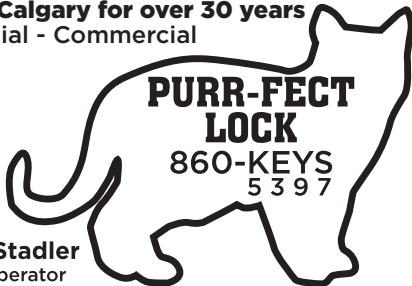
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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Be Water-Wise and Create a Yardsmart Yard This Spring

by the City of Calgary

As Calgary continues to experience drought conditions, we can all do our part in our yards by using water wisely. The City has a variety of YardSmart online resources and practical advice to help you establish and maintain a yard and garden that uses less water.

YardSmart Water Conservation Tips

- Mow less often to keep your grass five to seven centimetres high to shade the soil.
- Avoid watering when it has rained or if there is rain in the forecast and use a rain barrel to capture and reuse rainwater in your yard.
- Only give plants the water they need.
- Consider replacing portions of your lawn with garden features that use less water and help absorb rainwater such as rock gardens, low water-use shrubs, or groundcover.
- Add rich soil and mulch to reduce evaporation from your soil.

What Kind of Plants Should I Add to My Garden This Year?

Native Wildflowers

The YardSmart native wildflower plant list is a great resource for those who want to expand their yards this year. These beautiful, low-maintenance plants are well-suited to Calgary's current growing conditions and attract local pollinators.

Drought conditions are likely to persist in the coming years. Creating a yard that's fit for Calgary's climate will help it fare better during future droughts.

Visit calgary.ca/YardSmart for more information on how you can do your part to conserve water in your yard and garden. Together we can make every drop count.



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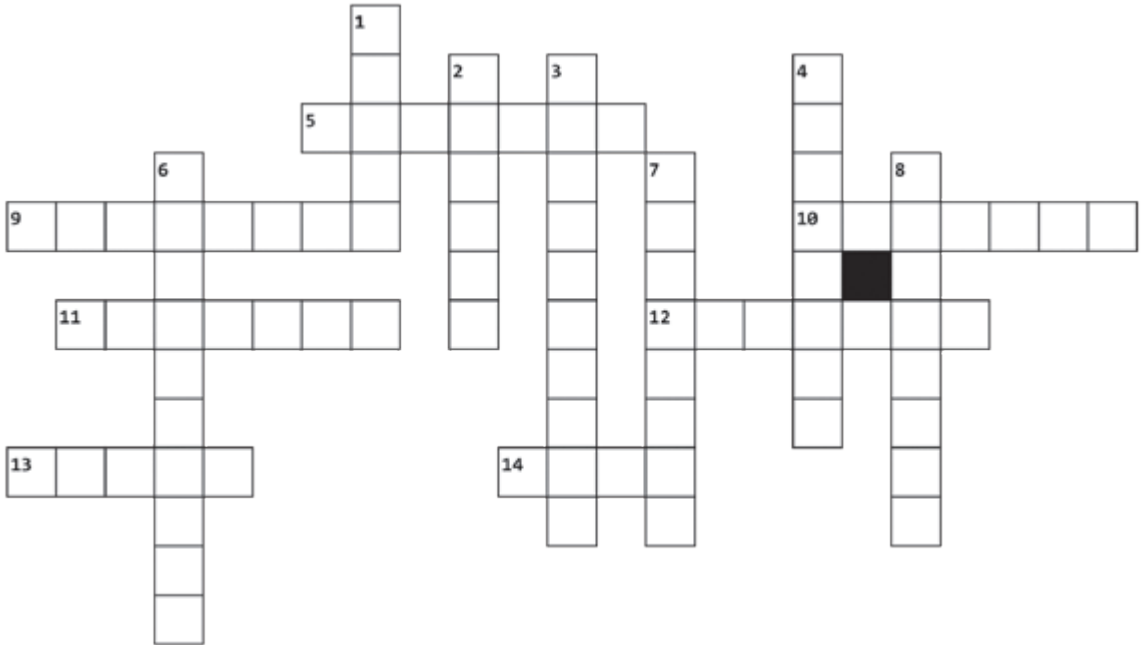
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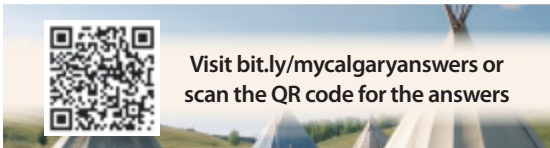


Across

5. On June 21, 1957, Canada's Prime Minister Louis St. _____, who had the distinction of having the longest continuous term as prime minister, resigned.
9. This year's F1 Canadian Grand Prix in _____ will be held from June 6 to 10.
10. In history books, June 21, 1749, marks the date that _____, Nova Scotia was founded.
11. The _____ released their hit album "Sgt. Pepper's Lonely Hearts Club Band" in June of 1967.
12. In June 2003, J.K. _____ released *The Order of the Phoenix*, the fifth book of the Harry Potter series.
13. Interestingly, the most _____ Laureates are born in June.
14. June is named after which Roman goddess of marriage, childbirth, and love?

Down

1. June's birthstone, the _____, is the only stone that is made by a living sea creature.
2. On June 5, 1998, audiences were captivated by the release of "The _____ Show," featuring Jim Carrey in the lead role, portraying a man unwittingly thrust into the spotlight as the star of a live television program.
3. On June 21, Canada honours the contributions of First Nations, Inuit, and Métis peoples by celebrating National _____ Peoples Day.
4. The novel *Crazy Rich Asians*, released on June 11, 2013, later became a film starring Oscar-winning actress _____ Yeoh.
6. June's full moon, known as the _____ Moon, will illuminate the sky on June 21 this year.
7. June 28, 1980, _____ entered Ontario as part of his incredible Marathon of Hope.
8. Founder of Tesla and SpaceX, _____, was born on June 28, 1971.



Anxious Attachment Style? Ten Ways to Show up More Secure in Your Romantic Relationships and Ten Ways You Can Help Your Partner to Feel More Secure

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

Showing up as secure in romantic relationships involves fostering trust, communication, and self-awareness.

- 1. Work on Yourself** – Build your self-esteem and confidence. Know your worth and understand that you are deserving of love and respect.
- 2. Communicate Openly** – Express your thoughts, feelings, and needs openly and honestly with your partner. Encourage them to do the same.
- 3. Trust** – Trust yourself and trust your partner. Trust is the foundation of a healthy relationship. Avoid unnecessary jealousy and possessiveness. Unless they truly show you otherwise, then trust your gut.
- 4. Set Boundaries** – Establish clear boundaries and respect each other's boundaries. Boundaries help maintain a sense of safety and autonomy within the relationship.
- 5. Be Supportive** – Offer support and encouragement to your partner. Show empathy and understanding towards their experiences and emotions.
- 6. Maintain Independence** – While it's important to be close to your partner, maintain your independence and individual interests. This helps prevent co-dependency and maintains a healthy balance in the relationship. This also helps you show up as a whole person.
- 7. Address Insecurities** – Recognize and address your own insecurities. They can self-sabotage good relationships. Seek therapy or counselling if necessary to work through deeper issues. Do the personal work, you won't regret it.
- 8. Practice Self-Care** – Take care of yourself physically, emotionally, and mentally. Prioritize activities and habits that promote your wellbeing. Your partner will support you in this if they too are healthy.
- 9. Focus on the Present** – Avoid dwelling on past

relationship traumas or projecting future fears onto your current relationship. Stay present and focus on building a positive connection with your partner. Take the time to get to know the new person in your life before making big changes and decisions with them.

10. Seek Growth Together – Continuously work on personal growth and relationship skills together. Attend couples therapy or workshops to strengthen your bond and deepen your understanding of each other. A partner who is open to their own growth and self-awareness is a green flag.

The following are tips to help your anxious partner to feel more secure:

- 1. Communication** – Keep open and honest communication about your feelings, plans, and concerns.
- 2. Reassurance** – Offer regular affirmations of your love, commitment, and support.
- 3. Trust** – Build and maintain trust by being reliable, dependable, and transparent. This allows space for both of you to share and explore your vulnerabilities.
- 4. Empathy** – Listen actively (listen to understand, not defend) and empathize with your partner's emotions and experiences.
- 5. Boundaries** – Respect your partner's boundaries and communicate your own clearly.
- 6. Quality Time** – Spend meaningful time together, creating positive experiences and memories.
- 7. Appreciation** – Show appreciation for your partner's efforts, qualities, and contributions.
- 8. Consistency** – Be consistent in your actions and behaviours to foster a sense of security and stability.
- 9. Problem Solving** – Work together to address any concerns or challenges that arise in the relationship. A relationship is not one sided.
- 10. Self-Care** – Take care of yourself mentally, emotionally, and physically. Your own well-being contributes to the overall health of the relationship.

Book Suggestions:

- *The Power of Attachment* – Diane Poole Heller
- *You are the One You've Been Waiting For* – Richard C. Schwartz
- *Attached* – A. Levine & S. Heller

UPCOMING EVENTS AND NEWS

Knitting in May and June at The Hall

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

Dates: May 4, 11, 25, and June 8

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 for \$25.

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

You don't have to sign up for all classes, doing drop-in as needed is fine!

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.

City of Calgary - Traffic Update Regarding the Intersection of Canyon Meadows/Parkland

Concerns were raised about the intersection of Canyon Meadows Drive, Parkland Boulevard, and Lake Crimson Drive due to collisions during fall 2024. The Mobility Safety team reviewed collisions and consulted with Calgary Police Service about two left turns across path collisions.

Both investigated collisions were reported to involve red light running, overall collision trends did not indicate unusual patterns.

Traffic counts were reviewed, and the last count was from 2016 so new counts were ordered to be done as soon as possible.

The new count was completed in January 2024 and indicated an increase from 2016.

A new count will be performed fall 2024 while school is in and will cover weekday and weekend conditions.

All traffic counts are publicly available at trafficcountr.ca.

Based on the review, several improvements were implemented:

- All yellow and red time for signals were reviewed and updated to new standards – reduces likelihood of red light running.
- Leading Pedestrian Interval timing was introduced for pedestrians crossing Canyon Meadows Drive on the east and west side of the intersection. This allows pedestrians a head start to get part way across the intersection before north/south traffic gets a green light.
- Old backboards around the traffic signal were upgraded to backboards that are larger and have reflective tape around the outside – the larger size reduces sun glare, and the reflective tape is noticeable at night to increase the visibility of the traffic signals.
- The damaged pedestrian signal pedestal on the southeast corner of the intersection was replaced.
- Inspections and observations were made before and after with reduced red light running observed.
- A review of protected only left turns (turns only allowed with green arrow – not on green ball) was requested.
- The check completed with January count volumes found that protected only left turns for eastbound, northbound, and southbound do not meet national guidelines for installation.
- Traffic volumes would need to increase two to three times such that the protected only left turns would meet those guidelines.
- Implementing protected only left turns that do not meet guidelines will increase delays for all users, including left turning drivers who arrive after the arrow ends and cannot proceed if there is no opposing traffic. Longer wait times can result in poor compliance by people driving, walking, and wheeling, and related safety issues. Instead, we extended the existing westbound arrow that operates part-time (protected permitted where drivers can turn on green arrow and then green ball).

Our Mobility Safety team will continue to monitor this location and review again with the count in fall 2024. Please see our traffic tips at Calgary.ca/trafficsafety.

Farm Stand is Back!

Shirley's Greenhouse is at the hall every Saturday from 10:00 am to 2:00 pm.

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
- Cleanup day – September 29



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Ribbit



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MLA Calgary - Fish Creek
Myles McDougall
7 – 1215 Lake Sylvan Drive SE
📞 403-278-4444
✉ Calgary.FishCreek@assembly.ab.ca
📧 @MylesYYC | 📧 MLAFishCreek

The 31st legislative session has come to a close, and I'm eager to dedicate more time to our constituency this summer. Please join me for the first Annual Stampede BBQ on Saturday, July 6, from 11:00 am to 2:00 pm at the Bonavista Downs community hall. It promises to be a delightful, family-friendly affair, welcoming both furry friends and our esteemed Premier Smith along with other Ministers and MLAs for a potential visit. Enjoy fantastic fare from Spolumbos, lively music, and the opportunity to connect with various community associations showcasing their initiatives. I extend a warm invitation to all constituents of Calgary-Fish Creek to attend!

Alberta Releases Drought Response Plan

I am pleased to share that Alberta's new 2024 Drought Response Plan has been released and will help guide the province through any and all drought conditions. This is a plan covering everything from conservation plans and water-sharing agreements to declaring an emergency and prioritizing water for human health and safety. It will help ensure that Albertans, communities, farmers, ranchers, and businesses get the support they need, whatever the weather.

Drought conditions can change rapidly and impact different areas in very different ways. The Drought Response Plan outlines:

- The five stages of Alberta's drought response.
- The roles and responsibilities of partners, including government, to help everyone collaborate and communicate.
- The regulatory and non-regulatory approaches and tools that may be used in various drought conditions.
- How and when emergencies would be declared, with recognition that declaring an emergency is used as a last resort.

More information can be found at www.alberta.ca/drought-what-government-is-doing#jumplinks-2.

Looking forward to seeing you all 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.

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PARKLAND HOUSE AND CAT SITTING/SECURITY HOME CHECK: Going out of town? Need someone to check your house so you have peace of mind in case of an insurance claim? We will check your house while you're gone for water leaks, take care of your plants and we will cuddle and feed your cats! Long time Parkland residents; call 403-852-1668 or email erikadiaz@shaw.ca. References supplied.

PROFESSIONAL LANDSCAPE MAINTENANCE: Peritus Yard Maintenance has several openings and is currently accepting new clients for the 2024 season. Acreage, residential and commercial properties. Please refer to our website to see if we would be a good fit for you. www.peritusyards.ca. Contact us at peritusyards@shaw.ca or 403-680-3124.

LANDSCAPING PARKLAND: Landscape Gardener Journeymen living and working in Lake Bonavista. Consultation and installation of all landscape construction: fencing, decks, paving stones, retaining walls, hot tub base prep, fire pits, sod, hedge/shrub/tree pruning, shaping, and planting. 10% discount for seniors. Please call or text Scott at 403-860-0337. S Bright Construction. Let's make your yard sing!

SMITH PROPERTY RENOVATIONS: Experienced general contractor with high attention to detail. From kitchens to bathrooms, and everything in between. Check out my website and homestars page for pictures and reviews. Free estimates, licensed and insured. Website: sp-renos.ca, phone: 587-333-5568, email: craig@sp-renos.ca.

REYNOLD'S & SPACKMAN ELECTRIC LTD: Fully licensed and insured with a master electrician committed to quality, honesty and dependable electrical service. Whatever the job, we're here for all your electrical needs. Feel confident the job will be done right, with a master electrician on site. Call Travis, your neighbour in Maple Ridge at 403-813-6932.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



the Gutter Doctor 403-714-0711
gutterdoctor.ca

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Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate (*Alberta Building Code).

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.



Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

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Bandit, Copperfield



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Minnie, Erlton



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The Community of Parkland



Parkland April 2024 Sales

Bungalows - 3 Sold		2 St/2 St Splits - 1 Sold		4 Level Splits		Apartment/Condos	
Lowest Price	\$785,000	Lowest Price	\$1,400,000	Lowest Price	N/A	Lowest Price	N/A
Highest Price	\$1,049,000	Highest Price	\$1,400,000	Highest Price	N/A	Highest Price	N/A

Currently No Inventory; Currently 2 Listings C/S; Definitely a Seller's Market

CREB May 1, 2024 Update:

- Supply growth increasing for +\$700,000 ~ Supply decreasing for -\$500,000
- Calgary Unadjusted Benchmark Price (CUBP) is at \$603,700
- CUBP for Detached Homes @ \$749,000 ~ CUBP for Semi-Detached Homes @ \$668,400
- CUBP for Row/Townhomes @ \$458,100 ~ CUBP for Apartments/Condos @ \$346,200

→ JUST TO COMPARE: UBP: AIRDRIE \$549,100, COCHRANE \$561,000 & OKOTOKS \$617,200

→ MARKET STILL FAVOURS SELLERS - DEMAND EXCEEDS SUPPLY

BBQ Sauce For Dad



- | | |
|--|--|
| <input type="checkbox"/> 1 1/2 cups ketchup | <input type="checkbox"/> 1 tsp salt |
| <input type="checkbox"/> 3 tbsp apple cider vinegar | <input type="checkbox"/> 3 tbsp molasses |
| <input type="checkbox"/> 2 tbsp worcestershire sauce | <input type="checkbox"/> 2 tsp mustard |
| <input type="checkbox"/> 1/4 cup brown sugar | <input type="checkbox"/> water - as needed, optional |
| <input type="checkbox"/> 1 tsp paprika | |
| <input type="checkbox"/> 1/4 tsp cayenne pepper | • Whisk together |
| <input type="checkbox"/> 1 tsp garlic powder | • Simmer for 5 minutes |
| <input type="checkbox"/> 2 tsp onion powder | • Spread over ribs, chicken, pork, almost anything! |

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong" - Charles Wadsworth

"A father carries pictures where his money used to be" - Steve Martin

Dads, sometimes you're not told & sometimes you forget, so let me remind you that You are Awesome!!!

- Yoki Nichol



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