

MARCH 2024

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# PARKLAND<sup>news</sup>

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.*



*"A single act of kindness throws out roots in all directions, and the roots spring up new trees." - Amelia Earheart*

During the Calgary Parkland Community Associations Winterfest on February 24, Parkland Cares collected items for AARCS: Alberta Animal Rescue Crew Society. We will deliver a big pile of clean, good condition towels, clumping cat litter and 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.

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 6 to 25 at Park 96 and the Lake Bonavista Community Association. The Birthday Bag assembly day will be Saturday, April 27 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 aged 1 to 12, who might not otherwise enjoy the luxury of a birthday party. Items we will be collecting include: party supplies, children's books/ small toys/games, art and school supplies, a cake mix, icing, paper plates, cups, balloons, and candles.

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

*Parkland Cares Calgary*

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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
	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
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	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

## 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)	www.bowviewringette.com
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	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.



# Ten Tips for Dealing with Parental Estrangement

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



Parental estrangement is emotional and physical distancing between a parent/s and their adult child, resulting in a strained or severed relationship. It can be triggered by various factors such as disagreements, misunderstandings, differing values, or more serious issues like emotional or physical neglect or abuse. The reasons behind parental estrangement are complex, and individuals may choose to distance themselves from a parent for their own wellbeing. The experience is emotionally challenging for both the parent/s and the adult child involved.

The following are tips which offer help for either person of the estrangement:

- 1. Acknowledge Your Feelings:** Accept and validate your emotions. Feelings of loss, anger, and confusion are valid responses to the situation.
- 2. Build A Support Network:** Surround yourself with friends or support groups who can offer understanding and encouragement.

**3. Establish Healthy Boundaries:** Clearly communicate and enforce boundaries that protect your emotional wellbeing.

**4. Practice Self-Compassion:** Be kind to yourself and avoid self-blame. Estrangement is a complex situation.

**5. Focus On Personal Growth:** Use the experience as an opportunity for self-discovery and personal development.

**6. Journaling:** Write down your thoughts and feelings to gain clarity and process your emotions.

**7. Engage In Activities You Enjoy:** Invest time in hobbies and activities that bring you joy and fulfilment.

**8. Explore Forgiveness:** Consider forgiveness as a personal process, recognizing that it doesn't necessarily mean reconciliation.


**9. Give It Time:** Healing from parental estrangement is a gradual process. Be patient with yourself and the situation.

**10. Seek Professional Help:** Consider therapy to help navigate and express the complex emotions that come with parental estrangement. Therapists can teach effective communication skills to navigate difficult conversations if your child wants to talk. Therapy offers a chance to explore the root causes of the estrangement, helping individuals gain insight into their own contribution to the misunderstanding. Therapists will teach you healthy coping strategies to manage emotions. Finally, therapy can help you understand, create, and enforce healthy boundaries for the repaired relationship moving forward.


Therapy is a personalized journey, and the specific benefits can vary depending on individual circumstances and goals. Remember, there is help and hope.

### Epilepsy Awareness Month


Shine a Light on Epilepsy



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## Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

### First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.

- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

### Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1.



## SUPPORT YOUR COMMUNITY

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## UPCOMING EVENTS AND NEWS



MLA Calgary - Fish Creek

**Myles McDougall**

7 – 1215 Lake Sylvan Drive SE

☎ 403-278-4444

✉ [Calgary.FishCreek@assembly.ab.ca](mailto:Calgary.FishCreek@assembly.ab.ca)

✉ @MylesYYC | 📺 MLAFishCreek

Childcare and affordability are crucial for families and the government recognizes this. That is why in 2021 the Alberta government signed the Canada-Alberta Canada-Wide Early Learning and Child Care Agreement. The government believes that all Albertans deserve an affordable, accessible, high-quality, inclusive childcare sector.

To help both families and businesses, the creation of the Early Learning and Child Care Agreement promises a total of \$3.8 billion being invested over five years to bring childcare fees to an average of \$10 per day. Having affordable childcare is what creates opportunities and keeps money in parents' pockets.

Since January 2022, childcare fees that were paid by parents were reduced by 50% across Alberta. In 2024, it is expected that parents will pay an average of \$15 a day and by 2026 that average will be reduced to \$10 a day. In addition, the Alberta government is excited to announce that it has put over \$900 million back into the pockets of parents who use childcare. That is approximately \$550 per month per child. Furthermore, just in 2024 alone the Child Care Agreement will save families in Alberta \$9,000 per year per child.

### **Supporting Childcare Staff and Operators - Affordability Grant**

In order to support both operators and reduce parental fees for childcare, the Alberta government has replaced revenue operators with the Affordability Grants. What is exciting about these grants is that while the fees paid by parents are decreasing, childcare operators have seen an increase in their total revenue from the government, plus an additional amount in recognition of increased costs. In total, most operators have seen an increase of 9% in total program fees over the past three years. The Alberta government is also offering other funding that will support the staff of childcare facilities. These include wage top ups for early educator staff, of up to \$8.62 per hour, and access to \$4,300 per educator per year for professional development and training. These efforts from the Alberta government have and continue to make a difference in the lives of many Albertans.

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).

### **Knitting in March at the Hall**

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

Dates: March 2, 9, 16, and 23

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 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 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).

### **Upcoming Events at The Hall**

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

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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*continued on next page*

# BUSINESS CLASSIFIEDS

## continued

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**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.

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### National Cocktail Day

Join us for our happy hour to celebrate national cocktail day and try a specialized cocktail and some delicious treats!

**Friday March 15th at 3:00 pm**  
**LBV Bistro**



### Cruise Week Gala Dinner

All aboard for the starting of Cruise Week! This is just the start of the exciting activities that will be going on at Lake Bonavista Village. Join us for the kickoff dinner and get your passport to join all the other fun!

**Thursday March 21st at 5:00 pm**  
**LBV Dining Room**



Please call to reserve your space today!

Seats are limited. If you have any questions or would like to book a tour, please call Jan or Shannon at

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## CHOCOLATE CHIP COOKIE RECIPE

1 cup Crisco shortening or butter  
1 cup brown sugar  
1 cup white sugar  
2 eggs  
3 tbsp. water  
1 tsp. vanilla  
1 1/2 cup flour  
1 tsp. baking soda  
1 tsp. salt  
3 cups oatmeal  
2-2 1/2 cups choc. chips

- Mix first 3 ingredients and beat by hand for 1 minute.
- Mix next 3 ingredients and beat by hand for 2 minutes.
- Mix next 3 ingredients.
- Add remaining 2 ingredients.
- Bake at 325° F for 12 minutes or until light brown.
- Alternately, add coconut, 3 tbsp. peanut butter, or raisins

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*"To give real service you must add something which cannot be bought or measured with money-sincerity and integrity"*

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*Not intended to solicit properties already listed for sale*



**Relocation  
Specialist**



**Relocation  
Specialist**