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## THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER





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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
	6:30 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 7:45 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
	6:00 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 1:00 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	Keys of Kingdom Church	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 5:00 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/scrapbooking (One Thursday a month)	403-803-5336
	6:00 to 8:00 pm	Art journaling/scrapbooking (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.



#### Sherwood Community Band

Don't miss the Sherwood Community Band's performance! This talented group will deliver a lively and engaging concert. Their passion for music will bring joy to our community.

Wednesday, November 13<sup>th</sup> at 7:00pm

#### Cappuccino Social, Meet & Greet

Come down and meet some residents while we celebrate national Cappuccino Day with some sweet treats and great friends. Have a relaxed conversation and enjoy the coffee!

#### Tuesday, November 26<sup>th</sup> at 3:00pm

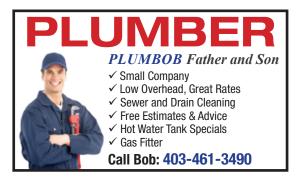


Please call to reserve your space today! Seats are limited. If you have any questions or would like to book a tour, please call jan or Dana at



11800 Lake Fraser Drive SE, Calgary www.verveseniorliving.com





#### **UPCOMING EVENTS AND NEWS**

#### Knitting at the Hall November and December November 16, 23, 30, and December 7

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

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.

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.



#### **Parkland Cares**

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



Embracing that fall feeling? Parkland and Bonavista Cares have many upcoming opportunities to warm your heart.

We had a very productive planning meeting in September. There were lots of great ideas and helping hands.

Thank you, Parkland, for all the returnable donations at the Parkland Community Cleanup Day. We made \$301 at the depot and received over \$160 in cash donations. These funds will go towards our Christmas initiatives. Those volunteers worked hard!

Here are some great upcoming opportunities to make community connections.

#### November:

- November 1 to 22 Accepting donations of leftover Halloween candy to donate to Addiction Services in Calgary.
- November 1 to 22 Collecting new socks and toiletries for our Warm Feet Warm Hearts initiative.
- Saturday, November 23 from 1:00 to 3:30 pm Warm Feet Warm Hearts volunteer package assembly day.
- Senior Secret Service Teams and Gifts. We have requested six local seniors to sponsor.

#### December:

- Adopt-A-Family Christmas gifts.
- Collecting grocery gift cards for local schools to support families in need.

#### New Year/Spring:

- January/February Collecting for Basically Babies layettes for mothers in need. Volunteer opportunities.
- March Volunteer opportunities with Brown Bagging for Calgary Kids.
- April Birthday Bags for the Calgary Food Bank.
- June Accepting Parade of Garage Sale donations to support initiatives.

Drop off locations at Lake Bonavista Community Association and Park 96. Reach out to us for more information or if you have ideas for making great community connections.

#### Parkland Cares Calgary

parklandcaresyyc@gmail.com

403-863-9927

#### A Minute Lost in Silence

by Garth Paul Ukrainetz, Poet of the Blackmud Creek

A minute lost in silence Loud the roar of wartime years Sacred poppies of November In remembrance of their tears In our minute lost in silence We must listen close together Lest we all forget to hear it Lest the silence lasts forever



#### SCAN HERE TO VIEW ADDITIONAL PARKLAND CONTENT



**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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	RT YOUR COMMUNITY					
Last name:	First name:					
Address:	POSTAL CODE:					
PHONE NUMBER:						
	DROP OFF AT THE COMMUNITY HALL OR MAIL TO: Parkland community association 505 parkvalley road se, Calgary, t2j 6m4 <b>Do not enclose cash</b>					
	PAYMENT IS BY CHEQUE					
OR						
E-TRANSFER TO PARKLANDCA@TELUS.NET						
	CHEQUE FOR \$25 D PAYMENT WILL BE MADE BY E-TRANSFER					



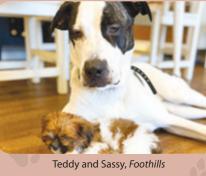


Did you know that hippopotamuses can't swim! Despite spending most of their time in the water (almost 16 hours per day) they are unable to float on the water because of their dense bones. Instead, they gallop, quite gracefully, on the riverbed.





Bowser, Remus, Riku, Montgomery



\_\_\_\_\_

Tika and Chiko, Stradwick Rise

Tonu, *Seton* To have your pet featured, email news@mycalgary.com



MLA Calgary - Fish Creek Myles McDougall 7 – 1215 Lake Sylvan Drive SE S 403-278-4444 ✓ Calgary.FishCreek@assembly.ab.ca X @MylesYYC | ◎ MLAFishCreek

Thank you to everyone who attended my October Town Hall. It was wonderful to see so many of you actively engaged in the issues affecting our province. I look forward to continuing these important conversations in the new year at my next Town Hall. In the meantime, stay connected by following me on social media for the latest government updates.

Every year on November 11, Remembrance Day honours the military personnel who died in wars, particularly since World War I. It is a day marked by silence, ceremonies, and red poppies. A time for reflection and gratitude for the sacrifices made for peace and freedom.

#### Introducing the Rate of Last Resort

Alberta's government is helping Albertans take control of their electricity options and protecting Alberta's ratepayers from power price spikes.

New regulations and legislation are set to come into effect on January 1, 2025, to help Albertans better understand their energy options and encourage them to find the rate best suited to meet their needs. Following the Utilities Affordability Statutes Amendment Act, 2024, the default electricity rate is being renamed from the Regulated Rate Option (RRO) to the Rate of Last Resort (ROLR). Alberta's government has also introduced a rate confirmation requirement. The Utilities Consumer Advocate, under the Ministry of Affordability and Utilities, will contact all customers on the ROLR every 90 days to confirm whether they would like to stay on the ROLR or not, and encourage them to explore their options.

Albertans are encouraged to find the competitive rate best suited to their needs. Last year, tens of thousands of households moved off the Rate of Last Resort to competitive contracts for a more affordable option. Albertans who are looking for help with their utility bills or are experiencing a dispute with their provider should contact the Utilities Consumer Advocate at 310-4855 or through their website at www.ucahelps.alberta.ca.

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

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

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Parkland. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating. ca; www.official-plumbing-heating.ca.

**PARKLAND MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Avenue Financial.

**SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING:** Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**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. **PARKLAND CONTRACTOR FOR HIRE:** Over 20 years' experience completing renovations in and around Parkland. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. www.lefroyconstruction.com.

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continued on next page

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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.

**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.

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**CYPRESS ELECTRIC LTD:** Are you looking to have some electrical work done? Local Master Electrician. WCB insured. Specializing in home renovations, basement developments, electrical panel replacements, electrical vehicle chargers, aluminum to copper conversion, bathfan and hoodfan replacements, pot lights, ceiling fans, new circuits, and receptacles. Call Grayson at 403-466-8733 or email cypresselectricltd@gmail.com.

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#### **GAMES & PUZZLES**

#### **Guess the Landmark!**

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.

2. The \_\_\_\_\_ was made across many dynasties and states, taking over 2,500 years to construct.

3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.

4. This iconic structure was built for the 1889 World Fair; it celebrated the 100<sup>th</sup> anniversary of the French Revolution.

5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.

6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



## **GET NOTICED**

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# The Community of Parkland

#### Parkland 3rd Quarter Report

	High / Low	# of Sales	Average Sale Price
Bungalow	\$1,299,900 / \$632,786	13	\$991,343
Bi-Level	\$795,000 / \$795,000	1	\$795,000
2nd / 2nd Split	\$1,500,000 / \$747,150	16	\$1,123,875
4 / 5 Level Split	\$776,000 / \$760,000	2	\$768,000
Apartment / Condo	\$581,000 / \$395,000	4	\$488,000

• UNADJUSTED BENCHMARK PRICE: \$596,900 (ALL STYLES)

• MORE BALANCED MARKET FOR HOMES \$700,000+; SUPPLY & DEMAND MORE BALANCED

• NORTH EAST & EAST DISTRICTS REPORT LARGEST YEAR-OVER-YEAR PRICE GAINS

• 9% YEAR-OVER-YEAR GAINS FOR DETACHED HOMES & 14% FOR APARTMENT / CONDO MARKET

\*-----

### Yoki's Raspberry Brownies

#### Ingredients:

- 1 cup flour
- 2 cups sugar
- 3/4 cup cocoa
- 1/4 tsp salt
- 1/4 tsp baking powder

#### • 3 large eggs

- 1/2 cup melted butter
- 1/2 cup melted butter
  1/4 cup vegetable oil
- 1/4 cup vege
  1 tsp vanilla
- 1 tsp vanilla • 3/4 cup raspherrie
- 3/4 cup raspberries, insert at the end

#### Directions:

- Preheat oven to 375°F.
- Place all ingredients, except raspberries in a large bowl.
- Mix / stir by hand till it's all smooth and blended
- Spread evenly into 8x8 or 9x6 baking pan.
- Press one raspberry into batter for each future square, keeping it exposed.
- Bake 20-25 minutes or until just starting to pull away from the sides (it will still be moist).
- Cool and enjoy!!

#### Variations:

• Add chocolate or butterscotch chips, walnuts or pecans, with or without raspberries. Yummy!!

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

	Yoki & Jeff Nichol FROM ONE GENERATION TO THE NEXT "Both of us working for you"	
	Over 60 Years Combined Experience CHAIRMAN'S CLUB LIFETIME MEMBER NATIONAL TOP 1% ROYAL LEPAGE Solutions	
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Relocation Specialist	<sup>4</sup> To give real service you must add something which cannot be bought or measured with money - sincerity and integrity <sup>*</sup> 403-852-1992   403-870-1892 Not intended to solicit properties already listed for sale	Relocation Specialist