

OCTOBER 2024

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# PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

## HALLOWEEN PARTY DETAILS INSIDE



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Discover fashions from the 1400s to the 1970s in our extensive collection. With over 25 years of showcasing styles to seniors' homes and organizations in Calgary, we're excited to share these timeless looks with you!

**Thursday, October 24<sup>th</sup> at 2:00pm**



## Craft and Bake Sale

Discover handmade crafts and delicious baked goods all in one place. We've got tons of handmade crafts and delicious goodies waiting for you. Don't miss out on this delightful event!

**Saturday, October 26<sup>th</sup>, from 10:00am to 2:00pm**



**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

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- Item Price: **\$3,350**
- Recommended Insurance: \$13,560



### Classic Diamond Stud Earrings

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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                  |
|                   | 1:15 to 2:45 pm      | Bliss Yoga                                 | rosemary@blissyogacalgary.ca  |
|                   | 5:30 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                  |
|                   | 6:30 to 8:00 pm      | Harvest International Baptist Church       | 403-616-7597                  |
| <b>THURSDAYS</b>  | 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      |
| <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                  |
|                   | 6:00 to 9:00 pm      | Baha'i Community of Calgary                | 403-278-7307                  |
| <b>SATURDAYS</b>  | 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                 | 604-349-9573                  |
| <b>SUNDAYS</b>    | 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:

|                   |                      |  |                         |
|-------------------|----------------------|--|-------------------------|
| <b>MONDAYS</b>    | 9:00 am to 6:30 pm   | Available for booking                                | 403-278-5330            |
|                   | 7:00 to 8:00 pm      | Al Anon  | 403-266-5850            |
| <b>TUESDAYS</b>   | 9:00 am to 7:30 pm   | Available for booking                                | 403-278-5330            |
|                   | 8:00 to 9:00 pm      | POSA   | 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/scrapbooking (One Thursday a month)   | 403-803-5536            |
|                   | 6:00 to 8:00 pm      | Art journaling/scrapbooking (One Thursday a month)   | 403-803-5536            |
|                   | 7:00 am 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>    | 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            |
| <b>SATURDAYS</b>  | 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.

## UPCOMING EVENTS AND NEWS



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### Knitting at the Hall

September and October

September 21, 28, October 5 and 19

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](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 later 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).

### Halloween Party

October 19 from 6:00 to 9:00 pm

Parkland Hall

Music by DJ Baseline. Prizes for best decorated cake and best costume. There will be a photo booth and food truck - weather dependent for the food truck.

More information at [www.calgaryparkland.ca](http://www.calgaryparkland.ca).

### Farm Stand - Shirley's Greenhouse

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

The last date will be Thanksgiving.



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# Eight Reasons Why You Should Leave a Toxic Workplace

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



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

**1. Mental Health:** Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

**2. Physical Health:** The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

**3. Emotional Well-being:** Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

**4. Career Growth:** Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

**5. Relationship Strain:** The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

**6. Reduced Productivity and Job Satisfaction:** It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

**7. Ethical Considerations:** Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

**8. Long-Term Happiness:** In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.

**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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**Myles McDougall**

7 - 1215 Lake Sylvan Drive SE

403-278-4444

Calgary.FishCreek@assembly.ab.ca

@MylesYYC | MLAFishCreek

## Join Us for a Calgary-Fish Creek Town Hall

As we prepare for the upcoming fall session in the Legislature, I've been hearing from many of you on a wide range of important topics. To continue these valuable conversations, I'm excited to invite all Calgary-Fish Creek residents to an open town hall. This is your opportunity to share what matters most to you, so I can effectively represent our community in Edmonton.

### Event Details

Date: Wednesday, October 23

Time: 7:00 pm

Location: Bonavista Downs Community Hall  
(1418 Lake Ontario Rd SE)

I look forward to engaging in meaningful discussions with you. Hope to see you there!

As we head into the second month of the school year, students' mental health is top of mind. The Alberta government has extended the Mental Health in Schools pilot program to ensure students have access to additional mental health support in schools this year. When a student's mental health needs are met, they learn better, achieve more, and have healthier and more fulfilling relationships, which is why our government is investing \$6.7 million to support 350,000 students across 79 school divisions. This pilot program has supported school divisions in launching locally developed initiatives that include hiring in-school psychologists and social workers, mental health literacy programs, and professional development and training for staff.

If your child is struggling with mental health, The Summit Centre for Youth Resilience is a great free resource, designed and built to provide mental health services for children and youth. The centre offers therapeutic support through a day hospital and community-based treatment. It also provides walk-in services for anyone under 18 years of age and their family who would like to speak with a counsellor. Walk-in services do not require a referral and are available from 9:00 am to 9:00 pm, seven days per week. The Summit can be reached at 587-534-7200 or thesummit@ahs.ca.

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



# SUPPORT YOUR COMMUNITY

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| 5 |   |   |   | 7 |   |   | 4 | 2 |
| 6 |   | 8 |   |   | 2 |   |   | 3 |
|   | 4 |   |   |   |   | 8 |   |   |

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*continued on next page*

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## GAMES & PUZZLES

### Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



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## August 31, 2024 Report

“Calgary continues to see a shift away from an extreme Seller’s Market; easing sales, combined with gains in supply levels, slows pace of price growth. 85% of available detached inventory is \$600,000+. Another bank reduction by 25%; with more to follow :)”

## PUMPKIN MUFFINS

### Wet Ingredients:

- 2 cups canned pumpkin
- 1 cup vegetable oil
- 3 cups sugar
- 4 eggs
- 1/2 cup mayonaise
- 1/2 cup sour cream

### Dry Ingredients:

- 3 1/2 cups flour
- Rind from 2 oranges
- 1 tsp. each of baking soda, baking powder, salt, nutmeg, ground cloves, cinnamon, ginger, pumpkin spice & orange extract

### Directions:

Mix first 6 wet ingredients and beat by hand for 1 minute. Mix next 9 dry ingredients. Add to wet ingredients until well combined. Put into muffin tin with parchment baking cups. Sprinkle tops with brown sugar. Bake for 15 minutes at 325 degrees or until toothpick comes out clean.

### Variations:

- Add 1-2 cups of pecans, walnuts and/or raisins
- Add 1/2 tsp. cream cheese to each



**IF YOU ARE THINKING OF BUYING OR SELLING,  
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