

AUGUST 2025

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# PARKLAND<sup>news</sup>

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER



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# Devin Elkin

— WARD 14 —

*Rooted in Community*



Hello Ward 14!

By the time this edition of the Great News community newsletter hits your mailbox, we will hopefully have recovered from all those mini donuts we consumed, the pain and suffering from those cowboy boots that get dusted off once a year, and worked off all those community Stampede events. I want to issue a special thank you to all the volunteers that helped make this annual right of passage here in Calgary a success. It was one to remember. Now we are three months away from the 2025 civic election on October 20th. Please mark your calendars.

I want to take a moment and thank everyone who expressed their appreciation for putting my name forward to be your next Ward 14 Councillor. As the last 10 years have taught me, your support and appreciation are what makes serving the residents of Ward 14 so enjoyable and together we will take the next step, ensuring Ward 14's continued profile as the city's best ward.

Over the next few months, I hope to connect with those of you who don't know me or what I have been doing for the Ward over the past decade as community assistant. I will be hosting several "chat with the candidate" pop up events throughout the ward, so watch for these dates on your community socials or on my website at [www.devinelkin.com](http://www.devinelkin.com). These are designed for those that are not overly comfortable with people coming to their doors but are still interested in knowing what's what. I will be available for a few hours in each location and will have a white 10x10 tent set up. I am looking forward to having some great conversations with you all.

I hope you all survived Stampede and have some great plans for the rest of the summer.

Please take the time to visit [www.devinelkin.com](http://www.devinelkin.com) where I have outlined why I believe I am ready to be your next city councillor and what 10 years of public service has taught me.

Thank you all for loving where you live and caring about Ward 14's future.

*Devin Elkin*

*Rooted in Community*



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# PARKLAND HALL WEEKLY CALENDAR

## MAIN ROOM :

<b>MONDAYS</b>	9:00 to 10:00 am	Available for booking	403-278-5330
	10:30 to 11:30 am	My Tai Chi	403-271-9658
<b>TUESDAYS</b>	9:00 am onwards	Available for booking	403-278-5330
<b>WEDNESDAYS</b>	9:00 to 10:00 am	Available for booking	403-278-5330
	10:30 to 11:30 am	My Tai Chi	403-271-9658
	6:30 to 8:00 pm	Harvest International Baptist Church	403-616-7597   <a href="http://www.harvestinternationalbaptistchurch.com">www.harvestinternationalbaptistchurch.com</a>
<b>THURSDAYS</b>	9:00 am onwards	Available for booking	403-278-5330
<b>FRIDAYS</b>	9:00 to 10:00 am	Available for booking	403-278-5330
	10:30 to 11:30 am	My Tai Chi	403-271-9658
<b>SATURDAYS</b>	8:45 am onwards	Available for booking	403-278-5330
<b>SUNDAYS</b>	8:30 am to 3:00 pm	Harvest International Baptist Church	403-616-7597   <a href="http://www.harvestinternationalbaptistchurch.com">www.harvestinternationalbaptistchurch.com</a>
	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	AI Anon	403-266-5850
<b>TUESDAYS</b>	9:00 am onwards	Available for booking	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   <a href="http://www.harvestinternationalbaptistchurch.com">www.harvestinternationalbaptistchurch.com</a>
<b>THURSDAYS</b>	8:00 am onwards	Available for booking	403-278-5330
<b>FRIDAYS</b>	9:00 am onwards	Available for booking	403-278-5330

Please contact Erika at [parklandca@telus.net](mailto:parklandca@telus.net) or 403-278-5330 for hall rental information or to view.  
Remember: Parkland Community Association members receive a discounted rental rate.

## SCAN HERE TO VIEW ADDITIONAL PARKLAND CONTENT

### News, Events, & More



### Crime Statistics



### Real Estate Statistics



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## UPCOMING EVENTS AND NEWS

### Upcoming Events at the Hall

- Wine Tasting - Date to be determined
- Cleanup Day - September 28

### Canada Day

Parkland's annual Canada Day hosted by the Parkland Community Association was a great success. First there was the kids' bike parade led by Lisa, followed by the vintage car parade. At the hall there was pony rides for the children, lawn games, musical entertainment by Jacquie Drew, giant bubbles, face tattoos, a bouncy castle, and we were fed Spolumbo's sausages, hot dogs, all the condiments, and lots of water to cool us off – it was hot!

Again, this could not happen without those who step forward to volunteer. First, thank you to Darren who organized the car parade, and Lisa who led the kids on their bikes. Thank you to Lana Bedard and Mary Simon Johnston with Jamie Newton and Associates who did all the organizing for the event and picked up tons of food! Thank you to Rae who picked up the Spolumbo's sausages. At the hall we had the kitchen crew (Pat, Ken, Jayne, Patti, and Lana), who cooked 320 hotdogs and warmed 400 sausages. On the grill, Sunil, Mari Anne, Michelle, Helena, and Ryan fed the masses. Cleanup and take down was done by Mike, Ian, Alyssa, Kate, Michelle, Laura, Diane, and Blake. New this year was the pony rides, June, Karen, and Finn were at that station. At the bouncy castle, Shanli watched the children and at the front of the castle, Allwyn put face tattoos on kids who wanted them. Josh and Antoinette had the giant bubbles on the fields – always a great hit. Thank you so much for all your efforts, everyone worked like fiends. Hope to see you all next year!

### Did You Know?

Did you know that a current Parkland Community Association membership gives you a 30% discount at any Cloverdale paint store. All you have to do is show the sales associate your membership card and let them know the FCC (Federation of Calgary Communities) gets a discount for your community.

### Parkland Community Association and Park 96... What's the Difference?

Parkland is fortunate to have two associations that have independent boards and mandates that work for the benefit of all Parkland residents. To most community members, they see the Parkland Community Hall at the intersection of Parkland Blvd and ParkValley Drive, and the fenced in area on the other side, and believe they are the

same entity. They actually operate independently, and the following describes how they came to be for the benefit of Parkland residents.

### Parkland Community Association

The Calgary Parkland Community Association (CPCA), like many community associations in Calgary, represents the residents of Parkland at the neighbourhood and municipal level. The CPCA operates and maintains the community hall on land leased from the City of Calgary. The CPCA also has a volunteer board that is responsible for directing operations of the facilities and programs offered by the community association.

The CPCA is funded by facility rentals, an optional annual community membership (\$25), the AGLC Casino, and grants through various civic and provincial agencies. However, unlike Park 96, the CPCA can rent the hall facilities to any individual or group from anywhere in the city and is not restricted to Parkland residents. Some of the programs and events that the CPCA administers and supports are the Community Garden, Canada Day Celebration, Winterfest, Soccer Programs, Halloween party, Parkland Cares, monthly Parkland newsletter, and various beautification projects such as the mural mosaic at the hall and the Boulevard planters.

Website and contacts for Calgary Parkland Community Association is [www.calgaryparkland.ca](http://www.calgaryparkland.ca) and [parklandca@telus.net](mailto:parklandca@telus.net).

### Park 96

Park 96 is a parcel of land that was set aside and sold to the residents of Parkland by developer Keith Homes in 1975 to create a private gated recreational area for the residents of Parkland. Park 96 is governed by a non-profit volunteer board and owned by the property owners of Parkland. A mandatory annual tax is levied per household to maintain and operate the park and its events. The fees collected are used to staff, maintain, and improve the facilities inside the park, and include a water park, tennis, pickleball and basketball courts, playgrounds, skating rinks, cook houses, disc golf, and a community building.

Some of the annual events that occur at Park 96 are Summerfest, Movie in the Park, Summer Sunday Music, and skating events. The hall and cookhouse facilities within Park 96 are available for rental, however rentals are limited to Parkland residents only.

Website and contacts for Park 96 are [www.park96.com](http://www.park96.com) and [park96@telus.net](mailto:park96@telus.net).

## Reconnect! Discover!

### Square Dance Program

Intro to Today's  
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## Parkland Cares

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



### Time For a Gratitude Shout Out!

In June Parkland Cares received some amazing donations to support our initiatives. Jamie Newton & Associates and community members donated \$550 from the Parade of Garage Sales. We collected back-to-school supplies and \$125 from the MLA BBQ with Myles McDougall. We also received donations from Park96, from the community race and Summerfest tip jar! Whooooo woooo!

These donations will support Backpacks for Back-to-School and future initiatives like our Warm Feet and Adopt-A-Family initiatives. We are very grateful for all the ongoing community support.

From August 10 to 25 we will once again be collecting donations of school supplies to fill amazing Backpacks for Back to School. Drop off locations will be at Park96, Lake Bonavista Community Association, and 599 Parkridge Drive SE.

Items needed: Backpacks, pencils, pencil sharpeners, erasers, rulers, pens, pencil crayons/markers, highlighters, school aged scissors, lined and blank hole punched paper, 2" and 3" binders. These supplies will be going to local schools through Planet Youth.

We would love to see you at our September planning meeting. See our Facebook page for details on the date and time or reach out to us anytime.

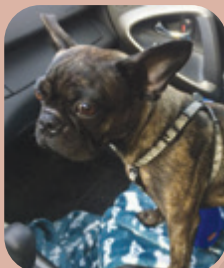
As always, we look forward to inviting community members to join our planning team and look forward to more exciting initiatives in the fall and in 2025! There is no minimum commitment - you can volunteer as much or as little as works for you!

*Parkland Cares Calgary*

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

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## Cats, Canines, & Critters of Calgary



Bugsy, Dalhousie



Ella, Mount Royal



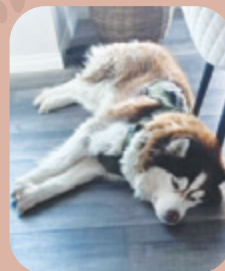
Mac, Evanston



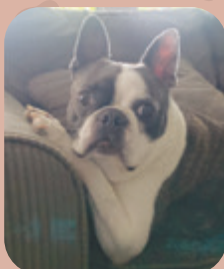
Mango, Evanston



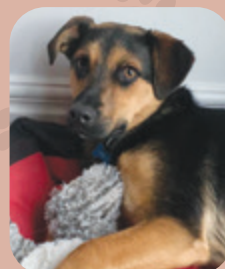
Mick and Turd,  
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

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# Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

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

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

### Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

### We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

### We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



### What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

### Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.

## Curried Shrimp and Mixed Greens Salad

by Jennifer Puri



Food from the sea; shrimp have been a popular food source for a very long time. Shrimp are usually smaller than prawns but are similar in taste and texture.

Quick and easy to cook, shrimp can be found in just about every cuisine and are a popular ingredient in appetizers, salads, soups, pastas, and curries.

Shrimp are also recognized for their nutritional value and are a good source of protein, zinc, iron, vitamin B12, Omega 3, and selenium. They are low in calories, fat, and carbohydrates, and are a healthy food source that can fit well into a balanced diet.

Shrimp are lean and high in protein and can be poached, broiled, sautéed, or grilled. A flavourful curry dressing with shrimp like the one in the curried shrimp and mixed greens salad, also makes a delightful appetizer.

**Prep Time:** 15 minutes

**Cook Time:** 0

**Servings:** 4

### Ingredients:

- 1 lb. cooked shrimp (peeled and tails removed)
- ½ cup mayonnaise
- ½ tsp. curry powder
- ⅓ cup Greek yoghurt

- 1 green onion, finely sliced
- 1 celery rib, finely chopped
- ¼ tsp. coarsely ground black pepper
- 2 tbsp. chopped coriander leaves
- 150 gm mixed greens

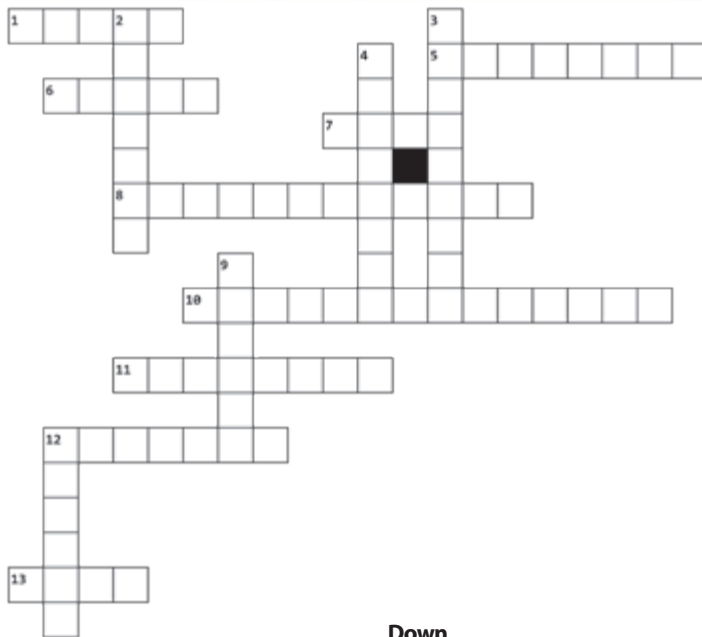
### Direction:

- In a small bowl, blend the mayonnaise, curry powder, Greek yoghurt, celery, green onion, and black pepper.
- Next, add the cooked shrimp and coriander leaves and gently mix together. Cover and place in the refrigerator for at least an hour before serving.
- To serve, divide the mixed greens between four salad bowls. Place the shrimp salad on top and garnish with fresh strawberries, melon, or papaya slices if desired.
- Curried shrimp salad can be served with crackers, on a bun, or wrapped in lettuce leaves.

Bon Appétit!



# August Crossword



## Across

1. This classic Disney film about a young deer premiered in August 1942.
5. Canadian astronaut, Chris \_\_\_\_\_, was born in Sarnia, Ontario on August 29, 1959.
6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
7. *The Wizard of Oz* premiered on August 15, 1939, and was based upon the book written by Lyman Frank \_\_\_\_\_.
8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, \_\_\_\_\_.
10. In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and \_\_\_\_\_.
12. The \_\_\_\_\_ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
13. International \_\_\_\_\_ Handers Day is observed annually on August 13.

## Down

2. In August 2008, the \_\_\_\_\_ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
4. Delia Owen's murder mystery novel, *Where the \_\_\_\_\_ Sing*, was published in August 2018.
9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
12. Inventor Isaac \_\_\_\_\_ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.





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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](mailto:erikadiaz@shaw.ca). References supplied.

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☎ 403-278-4444 | 📱 MLAFishCreek

📘 MylesMcDougallYYC | 📺 MylesYYC

### Thank You

Thank you to everyone who came out to my second Annual Stampede BBQ! It was wonderful to see so many of you—great conversations, great energy, and truly the best constituency.

Stampede Week was a fantastic celebration of community spirit, and I was honoured to ride in the Calgary Stampede Parade as a member of the Stampede Board. It's been a pleasure connecting with so many of you at local events.

### Looking Ahead – What's Next for Alberta

Federal policies over the past decade—like Bill C-69, the west coast tanker ban, carbon pricing, and proposed production caps—have created real challenges for Alberta's economy. These measures have impacted key industries, reduced investment, and increased costs for families and businesses.

To respond, the Alberta Government has launched the Alberta Next Panel—a province-wide initiative to engage Albertans on how we can protect our economic interests and build a stronger, more resilient future. The panel includes a diverse group of leaders and community members working together to propose solutions.

A key goal is to ensure that every Albertan has a voice. Whether you're in a rural town, a big city, or anywhere in between—your input matters. By listening to a wide range of perspectives, we can shape policies that reflect the values and needs of all Albertans.

To learn more or get involved, visit [Alberta.ca/Next](http://Alberta.ca/Next). A Calgary town hall is planned for September 19—details coming soon.

Wishing you a safe and joyful August long weekend!

Questions or feedback? Email [Calgary.FishCreek@assembly.ab.ca](mailto:Calgary.FishCreek@assembly.ab.ca).

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### The Cover Gurls

Get ready for a toe-tappin' good time! Join us for a high-energy performance by The Cover Gurls as they bring the fun with Stampede classics.

**Tuesday, August 5<sup>th</sup> at 7:00pm**



### Entwined: Live Music Performance

Join us for a captivating performance by Entwined, a Calgary-based trio blending piano, cello, drums, and soulful vocals.

**Tuesday, August 26<sup>th</sup> at 7:00pm**



Please call to reserve your space today!

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

**403-258-1849**

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DROP OFF AT THE COMMUNITY HALL OR MAIL TO:

PARKLAND COMMUNITY ASSOCIATION

505 PARKVALLEY ROAD SE, CALGARY, T2J 6M4

**DO NOT ENCLOSE CASH**

PAYMENT IS BY CHEQUE

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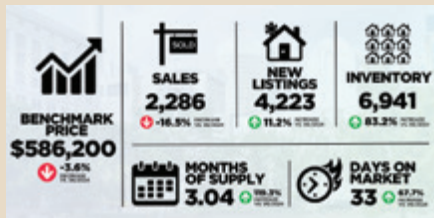
**\*For Sale (As of July 2/25)**

2 Storey/Split - 9 | Bungalows - 3 | 4-Level Splits - 1 | Apartments - 1

**\*Sold (June 1 - July 2/25)**

2 Storey/Split - 7 | Bungalows - 3 | 4-Level Splits - 2

*Inventory levels continue to increase and sales activity slows*



## WE ARE GOOD TOGETHER!

**Yoki has been:**

- A contributing and active REALTOR® since 1981
- A continuing supporter of the community
- A Board member of Parkland Community Association for 17 years
- A Board member of Park 96 for 2 years
- One of a few Parkland Community Association Board Members that helped negotiate on Parkland's behalf, the wonderful low-rise apartment and villas, replacing vacant mall
- A personal and financial support for Prince of Wales School. Her kids Todd & Jeff attended there
- A personal and financial support for Summerfest since inception

Both Yoki & Jeff remain active in the community with a combined 72 years of experience

**Thank You Parkland Residents for Your Continued Support!**

**IF YOU ARE THINKING OF BUYING OR SELLING,  
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