

FEBRUARY 2025

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# PARKLAND news

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FEBRUARY 22**

**SOCCER REGISTRATION  
FEBRUARY 22**

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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 7:45 pm	Guides of Canada	403-283-8349
<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   www.harvestinternationalbaptistchurch.com
<b>THURSDAYS</b>	9:00 am to noon	Parkland Preschool	403-225-0083
	1:00 to 2:00 pm	Introduction to Tai Chi	mshval@shaw.ca
	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 1:00 pm	Shakthi Shethralaya Indian Classical Dance	403-667-7689
	12:00 to 5:00 pm	Light of Jesus - The Feast (Third Saturday of each month)	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 5:30 pm	Available for booking	403-278-5330
	5:30 to 7:45 pm	Guides of Canada	403-283-8349
	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/scrapping (One Thursday a month)	403-803-5336
	6:00 to 8:00 pm	Art journaling/scrapping (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
<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](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.

## UPCOMING EVENTS AND NEWS

### Knitting at the Hall (February)

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

Dates: February 1 and 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. The cost is \$25.

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

You don't have to sign up for all classes, drop-in 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.

### Information Session: Fish Creek Wastewater Treatment Plant Upgrade Project

The City of Calgary will be undertaking much needed upgrades to the Fish Creek Wastewater Treatment Plant. This plant plays a critical role in treating wastewater before it is released as clean water into the Bow River. These important upgrades are required to enhance the treatment processes for regulatory compliance and to support community and industrial growth in the south area of the city. These upgrades and enhancements will ensure that the facility continues to provide reliable wastewater treatment for Calgarians with a focus on protecting the environment. Other benefits from this upgrade include new high quality odour control systems, the reduction of noise emissions, and the incorporation of visual berming, landscaping, and lighting to improve the visual aesthetic of the plant. The plant will remain operational throughout the duration of the project. Construction will take place on the

current site footprint starting in 2025 and continuing until 2031.

Please join us for a short presentation from the project team where you can learn more about this important infrastructure project, meet the team, and ask questions.

- Location: Deer Run School
- Address: 2127 146 Ave SE
- Date: Wednesday, February 5, 2025
- Time: 6:30 to 8:30 pm
- Optional presentation from 6:30 to 7:00 pm
- Open house format from 7:00 to 8:30 pm

For more information on the important role wastewater treatment plants play, visit: <https://www.calgary.ca/water/wastewater.html>.

### Upcoming Events

#### Winterfest February 22, noon to 2:00 pm

Come to the hall and enjoy all sorts of activities and fun for the whole family.

- Petting zoo
- Face painting
- Food trucks – weather depending
- Crafts
- Hot chocolate station
- Jellybean guess

This is a free event, voluntary donations accepted.

#### Parkland Community Soccer Registration February 22, noon to 2:00 pm

In-person assistance and online via Team Snap.

Place: Parkland Community Hall

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# Parkland Cares

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



*"Write it on your heart that every day is the best day in the year"* - Ralph Waldo Emerson

Thank you to all the friends and neighbours that supported our various Christmas initiatives. We helped many and made the season brighter for both those that gave and those that received. Just before Christmas break, we were able to deliver \$1,160 in grocery gift cards to Wilma Hansen Jr. High and Deer Run Elementary schools. They made sure that the cards went to families that are experiencing food insecurity.

We are proud to be supporting Basically Babies once again this year. Until mid-February, you can drop off donations of clean, good quality, gently used, or new baby clothing (sized 0 to 24 months), and small baby supplies or items. This Calgary charity helps families with newborns in extreme need. They provide these families with a beautiful first-year layette. Donation boxes will be placed at Park 96 and the Lake Bonavista Community Centre.

On Wednesday, February 12 from 6:00 to 9:00 pm you will be able to volunteer for a shift at the Basically Babies warehouse. Come and join us and see all that goes into the layettes. Ages 13 to 17 can volunteer with a guardian.

## Upcoming Initiatives

- February: Basically Babies volunteer shift
- March: Brown Bagging for Calgary's Kids volunteer shift
- April: Birthday Bags for the Calgary Food Bank, community collection and assembly

Please reach out if you would like more information on how to volunteer or assist in any of these initiatives.

*Parkland Cares Calgary*

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

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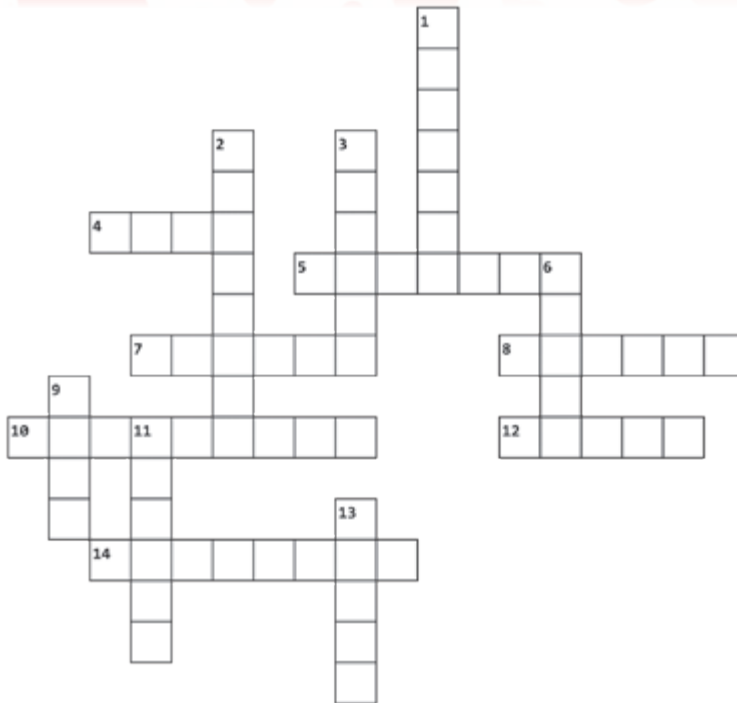


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# February Crossword



## Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film \_\_\_\_\_: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, \_\_\_\_\_, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry \_\_\_\_\_ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as \_\_\_\_\_, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National \_\_\_\_\_ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni \_\_\_\_\_, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

## Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the \_\_\_\_\_ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No \_\_\_\_\_" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The \_\_\_\_\_ U Give* was originally published on February 28, 2017.
11. Canadian actor, \_\_\_\_\_ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. \_\_\_\_\_ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.





# How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

# Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

**Prep Time:** 25 minutes

**Cook Time:** 35 minutes

**Servings:** 4

## Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

## Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

## Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!



Councillor, Ward 14  
**Peter Demong**

☎ 403-268-1653

✉ eaward14@calgary.ca

🌐 www.calgary.ca/ward14

Hello, Ward 14!

We are one month into 2025. Maybe you made some resolutions this year. Maybe you did not. Either way, I find it's important to be persistent. Are you succeeding? Keep it up! Are you falling short? Keep trying!

Perseverance is also the key to making sure my constituents are aware of their property assessment notices. I try to mention it two or three times. In the online version of this newsletter, I will remind you about them, storm ponds, storm drains, and whatever other topics pop up.

Feel free to contact me any time, and don't forget to visit [calgary.ca/ward14](http://calgary.ca/ward14) for the full version of this column. The best way to contact me is by visiting [calgary.ca/contactward14](http://calgary.ca/contactward14) or calling 403-268-1653.

Sincerely,

*Councillor Peter Demong*



## Joke of the Month



Why aren't dogs good dancers?

They have two left feet.



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

As I get ready to head back to the Legislature, I want to make sure your voices are heard and guide the work I do for you as your MLA. To that end, I am excited to announce my next town hall meeting, taking place on Wednesday, February 12 at 7:00 pm, in the community of Parkland at their community hall, located at 505 Parkvalley Rd SE.

This is a valuable opportunity for the constituents of Calgary-Fish Creek to share your thoughts, concerns, and ideas. Your input helps me better represent our community in Edmonton. I encourage everyone to attend and participate in this important conversation. Together, we can make a difference.

### Improving Alberta's Highways

Highways are essential for connecting communities, driving economic growth, and accessing services. Alberta's government invested \$818 million in over 200 highway projects during the 2024 construction season, improving safety and efficiency while supporting community and industry growth.

Projects included repaving, bridge repairs, pothole maintenance, and guardrail installation. In Calgary, key improvements were made to Deerfoot Trail, including the Beddington Trail-11 Street connection, Bow Bottom Trail, and Glenmore Trail. Work on McKnight Boulevard and 16 Avenue interchange improvements is ongoing, with \$800 million invested in Deerfoot Trail projects, expected to finish by 2027.

### Rewiring Alberta's Electricity Market

Alberta's government is modernizing the province's electricity system to put Albertans first, restoring the balance between affordability, reliability, and sustainability. To achieve this, Alberta's government continues to work with its partners on power market reforms. Alberta's transmission policies are also being updated to improve reliability, increase efficiency, protect ratepayers, and align Alberta with other jurisdictions. Alberta's government is committed to the province's unique competitive electricity market, which provides consumers with choice and makes the province a premier destination for investors.

Wishing all of you a happy Family Day!

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

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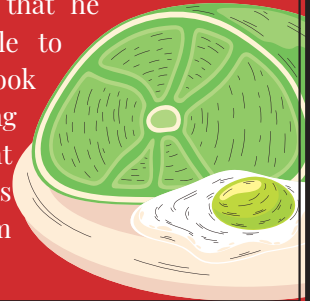
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Most people are familiar with the imaginative children's author Dr. Seuss, but did you know that one of his popular stories, *Green Eggs and Ham* actually came from a bet! Dr. Seuss was challenged that he wouldn't be able to write a good book for kids using only 50 different words... guess he proved them wrong!





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# The Community of Parkland

Real Estate Update: January - December 2024

		2024	2023
Bungalows/Bi-Levels	Lowest Price	\$670,000	\$690,000
	Highest Price	\$1,299,900	\$1,260,000
	Number Of Sales	17	25
2 Storey/2 Storey Split	Lowest Price	\$747,150	\$405,000
	Highest Price	\$1,500,000	\$1,300,000
	Number Of Sales	18	17
4, 5 Level Split	Lowest Price	\$760,000	\$610,000
	Highest Price	\$965,000	\$880,000
	Number Of Sales	3	7
Apartments	Lowest Price	\$415,000	\$328,000
	Highest Price	\$581,000	\$389,000
	Number Of Sales	4	8
Row Houses/Villas	Lowest Price	\$562,500	\$405,000
	Highest Price	\$562,500	\$601,500
	Number Of Sales	1	2
# of Sales in Parkland	Decline of 27%	43	59

Happy Valentine's Day

Happy Valentine's Day

- CITYWIDE 3% DECLINE IN SALES FROM 2023 DUE TO LOW SUPPLY
- CITYWIDE PRICES INCREASED BY 7%
  - DETACHED HOMES INCREASED NEARLY 11%
  - SEMI-DETACHED INCREASED 5%
  - TOWNHOUSES INCREASED 14%
  - APARTMENTS INCREASED 15%
- GREATEST GAIN IN NORTH & SOUTH EAST

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