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# PARKLAND news

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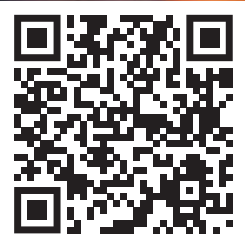
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# PARKLAND HALL WEEKLY CALENDAR

## 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/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
<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 (January and February)

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

- Dates: January 18 and 25, 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 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).

### 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  
Details to follow.

## Puppet Master



What do Yoda, Cookie Monster, and Miss Piggy have in common?

They were all brought to life by the legendary puppeteer Frank Oz! From a wise Jedi Master to a cookie-loving monster and a diva pig, Oz's incredible talent made these characters unforgettable.

# Parkland Cares

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



2025 is just around the corner. Bringing more opportunities to help each other and spread community support.

Our December initiatives brought cheer to many local families this year.

Warm thanks to all our Parkland and Bonavista neighbours. All ages came together to assemble over 200 "Warm Feet Warm Hearts" care packages. Included in the packs were, warm socks, toiletries, hand warmers, mittens, coffee gift cards, and chocolate. The packs were topped off with handmade Christmas cards made by local students. The Drop-In Centre of Calgary was grateful to receive the care packages, and they will distribute them to unhoused community members. Thank you to everyone, including our MLA Myles McDougall for donating and participating, Lake Bonavista Community Association for the space, Park96 and Calgary Parkland Community Association for the continuous support all year long.

We also adopted local families through Fish Creek United Church. Our volunteer team members bought, wrapped, and dropped off "Packages of Joy" to these families and made their season a little bit brighter.

Additionally, we were once again able to deliver 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 this season.

We are proud to be supporting Basically Babies once again this year. From mid-January to 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 Lake Bonavista Community Centre. For additional information about Basically Babies, we invite you to visit their website at [www.basicallybabies.org](http://www.basicallybabies.org). 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. Look for information on the sign-up in January. Ages 13 to 17 can volunteer with a guardian.

As always, the end of the year is a wonderful opportunity to express gratitude. Parkland Cares is very grateful for the continued support of our amazing community. Thank you and come join us next year!

*Parkland Cares Calgary*

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

403-863-9927



## Friendship

*by Cheryl Dunkley*

Is there anything better than a buddy on whom you can depend?

Always comes running when you call, "Help"

When she shows up, you know trouble is soon at an end.

Confiding, sharing, laughing, crying too

Many things in our lives make us happy or blue.

We don't always agree, but that's okay...

Giving each other time to have our say.

Careful with advice... is that a request?

Knowing when to be silent,

A hug can sometimes be the best.

We have different lives, our choices miles apart

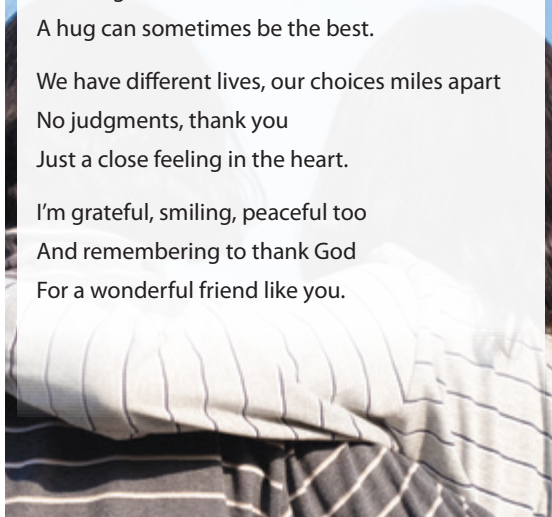
No judgments, thank you

Just a close feeling in the heart.

I'm grateful, smiling, peaceful too

And remembering to thank God

For a wonderful friend like you.





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## Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Servings:** 4 to 5

### Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth
- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

### Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

### Directions:

- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

### Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!



# How to Be a Great Communicator

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

Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

### Let's Start with Some Bad Habits in Communication:

**1. Interrupting** – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.

**2. Story-Topping** – This can shift the conversation from connection to competition.

**3. Bright-Siding** – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.

**4. Being Right** – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.

**5. Being All-Knowing** – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

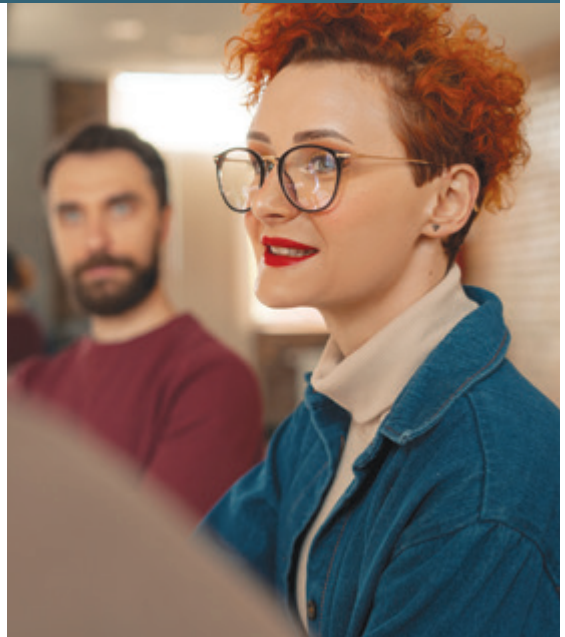
**6. Advising** – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen a boundary violation.

### Here Are Some Habits of Good Communicators:

**1. They create conversational safety** free from judgement, fault finding, or rejection. Just be there to listen.

**2. They validate other people's feelings** with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.

**3. They follow their natural curiosity** by asking questions that show interest and seeking to know



more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.

**4. They listen with their whole body** by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.

**5. They hear what's beneath the words** by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.



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**Peter Demong**

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🌐 www.calgary.ca/ward14

Happy New Year!

The holiday season is such a great time of year. With friends and family, Christmas time brings such great feelings. It is a warm refuge when it is dark and cold outside, but I must admit that knowing the days are getting longer makes me happy. It is time to say goodbye to 2024 and welcome what 2025 has in store.

I will start the year off with a reminder about your annual property tax assessment and how to set yourself up for monthly payments. I will also talk about protecting your water pipes, the Calgary Awards, and some winter opportunities in Calgary's downtown and parks.

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*



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**Myles McDougall**

7 – 1215 Lake Sylvan Drive SE

📞 403-278-4444

✉️ Calgary.FishCreek@assembly.ab.ca

📧 @MylesYYC | 📷 MLAFishCreek

Happy New Year! Wishing you and your loved ones a 2025 filled with endless opportunities, cherished memories, and boundless joy. May your holiday season have been full of love, laughter, and warmth, paving the way for a bright and hopeful year ahead.

The Alberta Legislature concluded its fall session on December 4, 2024, passing 13 laws focused on protecting Albertans' rights and freedoms. Highlights include:

- **Alberta Bill of Rights Amendment Act:** Reinforced rights protections.
- **Health Statutes, Education Amendment, and Fairness in Sport Acts:** A suite of legislation that preserves choice for minors, supports student success and well-being in schools, and protects fairness and safety for Albertan athletes in sport.

Privacy legislation was modernized by replacing the Freedom of Information and Protection of Privacy Act with the Protection of Privacy Act, which introduced Canada's strictest privacy protections, and the Access to Information Act, streamlining processes for faster response times.

The second motion of the Alberta Sovereignty within a United Canada Act passed, enabling strong provincial action against potential federal emissions caps threatening Alberta's economy.

Additional laws passed include:

- **Early Learning and Child Care Amendment Act:** Enhanced accountability, transparency, workforce stability, and safety in child care.
- **Meat Inspection Amendment Act:** Increased penalties for illegal meat sales, protecting consumers.
- **Service Alberta Statutes Amendment Act:** Strengthened economic protections and fairness.
- **Justice Statutes Amendment Act:** Improved crime reporting, court processes, and infrastructure definitions.
- **Financial Statutes Amendment Act:** Ensured sustainability of benefit programs and long-term economic growth.
- **All-Season Resorts Act:** Promoted sustainable tourism development to preserve Alberta's natural beauty.

This session modernized key laws to address Alberta's evolving needs while safeguarding its economic and social future.

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



MP Calgary Midnapore

**Stephanie Kusie**

204 – 279 Midpark Way SE

Calgary, AB T2X 1M2

📞 403-225-3480 📠 403-255-3504

✉️ stephanie.kusie.c1@parl.gc.ca

🌐 stephaniekusiemp.ca

Happy New Year, Calgary Midnapore!

It's hard to believe that 2025 is already here! I hope you had a relaxing holiday season with your loved ones and welcomed in the New Year with those closest to you!

As we enter 2025, I want to remind constituents of the federal services my office can help you with. Whether it be Service Canada supports (EI, CPP, OAS, CRA), Immigration, Refugees, and Citizenship Canada (IRCC), or Passport Canada, we are here to help! For more information, please visit my website at [www.StephanieKusieMP.ca](http://www.StephanieKusieMP.ca) and navigate to the correct service tab to ensure my office can assist you in a timely manner.

During the holiday season, I partnered with the Calgary Food Bank and Project Warmth Society of Alberta to donate much needed food and winter clothing for those in need in our city. Thank you to all constituents who were able to stop by my office and donate – it is always wonderful to see our community come together and support those who need it most.

My Conservative colleagues and I are heading into the new Parliamentary Session ready to fight for Canadians and lower the cost of living. We will continue to hold the government to account and ensure the voices of everyday workers and seniors are heard in the House of Commons.

I encourage you to follow me on social media to stay up to date on my work in Ottawa on your behalf - @StephanieKusie on X and Instagram, @StephanieKusiePolitician on Facebook, @StephanieKusieMP on YouTube.

May 2025 be a year of good health and prosperity for you and your family.

Sincerely,

*Stephanie Kusie*

MP Calgary Midnapore

# Cats, Canines, & Critters of Calgary



Bear, *Palliser*



Buster, *Hamptons*



Lizzy, *Huntington Hills*



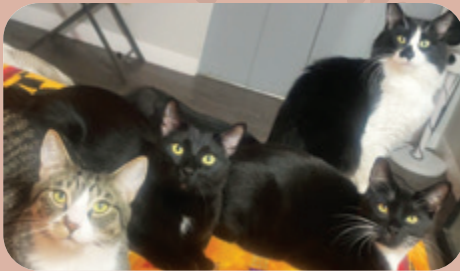
Mirabella,  
*Lower Mount Royal*



Poupie, *Deer Run*



Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

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**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](http://www.communitymediation.ca), 403-269-2707.

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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.

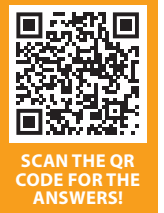
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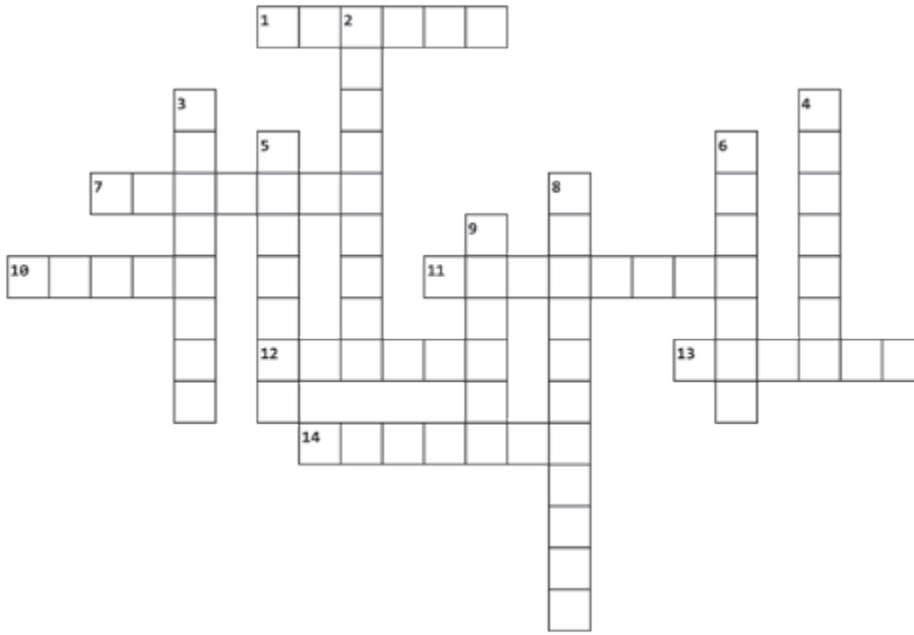
## GAMES & PUZZLES

### Guess the Instrument!

1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.
2. This instrument's name comes from the Persian word meaning "three-stringed."
3. This instrument is made up of 88 keys that strike 230 strings.
4. Along with the shamrock, this instrument is the official State emblem of Ireland.
5. This instrument is played with a bow made up of at least 150 individual hairs.
6. The Fender Stratocaster is this kind of instrument.



# January Crossword



## Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" \_\_\_\_\_, was born on January 12, 1930, in Cochrane, Ontario.
7. World \_\_\_\_\_ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter \_\_\_\_\_'s debut single, "TiK ToK," reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim \_\_\_\_\_, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa \_\_\_\_\_.

## Down

2. Franklin D. \_\_\_\_\_ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée \_\_\_\_\_.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays \_\_\_\_\_ in *Wicked*, was born on January 8, 1987.
6. Steve \_\_\_\_\_ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. "Wedding March", composed by Felix \_\_\_\_\_, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, \_\_\_\_\_.

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**Calgary**



### **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, which plays a critical role in treating wastewater before it is released as clean water into the Bow River.

These required upgrades enhance the treatment processes for regulatory compliance and support community and industrial growth in southern Calgary. This project ensures the facility continues to provide reliable wastewater treatment for Calgarians with a focus on protecting the environment. Other benefits include new high quality odour control systems, the reduction of noise, and the incorporation of visual berming, landscaping and lighting.

#### **Upcoming Information Session**

Location: Deer Run School  
Address: 2127 146 Ave SE  
Date: Wednesday, February 5, 2025  
Time: 6:30 p.m. - 8:30 p.m.

- Optional presentation from 6:30 p.m. - 7:00 p.m.
- Drop-in format from 7:00 p.m. - 8:30 p.m.

# The Community of Parkland



One of the greatest pleasures of the holiday season is to exchange greetings with those whose friendship we value so highly. In this spirit, it is a pleasure to say Thank You Parkland Residents and extend our sincere appreciation for the pleasant experiences we have enjoyed with you.

We wish you all a very Merry Christmas and an amazing new year filled with happiness and good health.



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