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PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

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News, Events, & More

Crime Statistics

Real Estate Statistics



Strawberry Tea Social
Join us for a charming afternoon, where we'll celebrate the simple joys of good company, and refreshing tea. This special event is designed exclusively for the wonderful ladies, providing a space to connect and indulge.
Thursday, June 5th at 2:00pm

French-Themed Dinner

Experience the elegance of France with a French-Themed Dinner, featuring delicious French-inspired dishes, and delightful desserts. Enjoy a memorable evening of flavourful food and great company.

Tuesday, June 24th from 4:00pm to 6:00pm



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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 9:00 pm	Karate (private booking)	403-225-1894 esential@telusplanet.net
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 7:45 pm	Guides of Canada	403-283-8349
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 www.harvestinternationalbaptistchurch.com
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	Available for booking	403-278-5330
	12:00 to 5:00 pm	Light of Jesus - The Feast (Third Saturday of each month)	604-349-9573
SUNDAYS	8:30 am to 3:00 pm	Harvest International Baptist Church	403-616-7597 www.harvestinternationalbaptistchurch.com
	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	AI Anon	403-266-5850
TUESDAYS	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	Available for booking	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 www.harvestinternationalbaptistchurch.com
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.

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UPCOMING EVENTS AND NEWS

- Parade of Garage Sales - June 14 from 9:00 am to 3:00 pm
- Canada Day - July 1
- Cleanup Day - September 28 from 9:00 am to 1:30 pm

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.

Volunteer Tea

The Volunteer Tea was well received and coincidentally the weather gods were smiling on us! We had about 35 people attend who enjoyed the food and company. Thank you to the organizer and helpers; Erika Diaz, Pat Teed, Janice Schneider, Karen Connolly, and Blake Robinson. The community association very much appreciates our volunteers; we couldn't put on our events and our programs without you.

Canada Day Celebration – What Is Planned July 1 from 10:30 am to 1:00 pm

Come join us for our Annual Canada Day Celebration, there will be lots to see and do for all family members! We will be having the antique car and kids bike parade. Bring your decorated bike and join the bike parade leaving the Parkland Community Hall at 10:30 am (505 Parkvalley Road SE).

Other games and activities will be offered at the hall as well!

- Lawn games
- Prizes
- Spolumbo's sausages
- Bouncy castle
- Pony rides
- Live music

Antique Car Parade registered participants will be meeting at 14540 Parkland Blvd SE, Calgary, AB, T2J 6L5 (Latter-Day Saints Church), preferably parking at the north side of the lot.

Time: Arrive any time after 9:30 am. Depart: 10:30 am. Return: 11:15 am or so.

Route: From the church parking lot, departing south (clockwise), and returning to the church. We will be accepting non-perishable food donations to support the Calgary Food Bank.

News - CPCA

Parkland Community Association will be having their AGM on June 26 at 7:00 pm and there will be changes to the CPCA bylaws in addition to election of officers. If you would like to join the board and make a difference in our community, please join us!

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 which 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: www.calgaryparkland.ca and 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: www.park96.com and park96@telus.net.



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Parkland Cares



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

Everyone deserves to celebrate! Thank you, Parkland Cares and Bonavista Cares supporters, for making birthdays special for kids in need. In May, we made so many amazing birthday bags for the Calgary Food Bank's Birthday Bag program. We had a wonderful day meeting neighbours and visiting with friends to assemble the birthday bags which included cake boxes, icing, candles, balloons, a book, and an age-appropriate toy for children in need. A big thank you to MLA, Myles McDougall and his team for kickstarting the campaign with donations of cake boxes and icing. We love how our wonderful communities came together to donate books, stuffies, toys, supplies, and their valuable time to allow for another successful initiative.

Once again Jamie Newton & Associates of RE/MAX First will be supporting Parkland Cares and Bonavista Cares during our Community Parade of Garage Sales on June 14. Neighbours will have the opportunity to give back to the community by sending an e-donation from the proceeds of their sale to Bonavista Cares or Parkland Cares. All donations will then be matched up to \$500 by Jamie Newton & Associates! Please contact us if you would like to make a donation.

Save the Date: Sunday, September 28 is Parkland Community Cleanup. Bring your returnable bottles/cans for donation to Parkland Cares. All proceeds go towards supporting our amazing initiatives.

We are excited to continue coming together, making friends, and building relationships with our neighbours while making a difference in the lives of our neighbours and Calgarians. Let us know if you want to help with any of our initiatives.

Parkland Cares Calgary

parklandcaresyyc@gmail.com

403-863-9927

Celebrate Neighbour Day!

by The City of Calgary

Celebrate Neighbour Day in your community on Saturday, June 21! Get involved in this year's event by gathering with your neighbours for a block party or community event. In addition to the many neighbourhood events taking place across the city on June 21, Sport Calgary's All Sport One Day will also give children a free opportunity to try a new sport, while collecting donations of used sports equipment.

Neighbour Day is our city's annual celebration of community spirit and connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Get to know your neighbours—whether through a friendly chat or a helping hand, small connections build stronger communities and a greater sense of belonging and wellbeing.

Show us how you're celebrating! Share your photos on social media using #YYCNeighbourDay.

To see Neighbour Day events in your community visit calgary.ca/NeighbourDay.



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Stop Apologizing Already

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

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.

Unwrap the Teen Brain

by Recovery Alberta – Community Health Promotion Services



One of the major differences between teen and adult brains can be found in the brain's reward system, which is why youth are at a higher risk for harm connected to substance use or other risk-taking behaviours. Adolescents have higher levels of activation in the areas of the brain that are important in making us feel good, encouraging them to seek risk and reward.

Dopamine is commonly referred to as the “feel good” chemical in our brain that provides intense feelings of reward. So how does this differ between teen and adult brains? For teens, the baseline levels of dopamine are lower, but the release is higher. This means that youth tend to say they are “bored” unless they are actively involved in something rewarding or thrilling. This can also explain impulsive decision making and how some behaviours occur without thoughtful reflection. The desire for a stronger reward gets in the way of them to pause and critically think, problem solve or expect consequences. It is important for youth to learn and then practice pausing and reflecting on what they are doing. Let's teach youth to “pump the brakes” when making decisions.

This is one of the many things that are happening during brain development. Understanding the process will assist with supporting youth to help them thrive at an individual, relationship, school, and community level.



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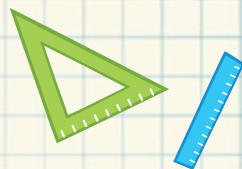
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Mark your calendars!

I'm thrilled to invite you and your family to my second Annual Stampede BBQ on Saturday, July 5, from 11:00 am to 1:00 pm at the Bonavista Downs Community Hall (1418 Lake Ontario Rd SE).

This family-friendly event is a great opportunity to celebrate community spirit, enjoy some great food, and connect with your neighbours. We'll be serving up delicious Spolumbos sausages, playing live music, and hosting several local community associations who will be sharing information about their incredible work across Calgary-Fish Creek. Whether you're a longtime resident of Calgary-Fish Creek or new to the area, I'd love to see you there. All constituents are welcome — including your four-legged friends!

As we head into June, I want to take a moment to congratulate all the students finishing the school year. Whether you're transitioning from elementary to junior high, graduating from high school, or completing a college or university program, your hard work and determination deserves to be celebrated.

I also want to recognize the invaluable role that teachers and school staff play in shaping the future of our students. Their knowledge, dedication, and unwavering support has been instrumental in helping students learn, grow, and achieve their goals. Through their guidance and encouragement, they inspire a lifelong love of learning and make a lasting impact on every student's educational journey. Congratulations on another successful school year!

With summer just around the corner, I look forward to attending many community events and having more opportunities to connect with constituents in person. Wishing everyone a safe, joyful, and fun-filled summer — and I hope to see you at the BBQ!

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

Longest Day

Mark your calendars - this year's summer solstice will take place on June 20. Calgary will experience approximately 16 hours and 35 minutes of daylight. That means there is plenty of time to play, relax, and maybe even forget what bedtime is!

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- | | |
|--|--|
| <input type="checkbox"/> 1 1/2 cups ketchup | <input type="checkbox"/> 1 tsp salt |
| <input type="checkbox"/> 3 tbsp apple cider vinegar | <input type="checkbox"/> 3 tbsp molasses |
| <input type="checkbox"/> 2 tbsp worcestershire sauce | <input type="checkbox"/> 2 tsp mustard |
| <input type="checkbox"/> 1/4 cup brown sugar | <input type="checkbox"/> water - as needed, optional |
| <input type="checkbox"/> 1 tsp paprika | |
| <input type="checkbox"/> 1/4 tsp cayenne pepper | • Whisk together |
| <input type="checkbox"/> 1 tsp garlic powder | • Simmer for 5 minutes |
| <input type="checkbox"/> 2 tsp onion powder | • Spread over ribs, chicken, pork, almost anything! |

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong" - Charles Wadsworth

"A father carries pictures where his money used to be" - Steve Martin

Dads, sometimes you're not told & sometimes you forget, so let me remind you that You are Awesome!!!
- Yoki Nichol



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