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PARKLAND news

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Learn more about your Calgary Catholic School District Board of Trustees!

Provincial Funding

The Calgary Catholic School District (CCSD) serves approximately 64,000 students in 118 schools and is the largest Catholic school district in Alberta. We are unique in that we represent the interests of over five municipalities which include rural, urban, and metro areas in Airdrie, Calgary, Chestermere, Cochrane, and Rocky View County. Since 2021, our district has experienced consistent and significant student growth. During this time, we have seen a 12 percent increase, approximately 6,800 students. In addition, CCSD has seen the number of students with complex needs grow significantly over the past few years. Approximately 20 percent of our students are English as an Additional Language (EAL) learners and approximately 20 percent of our students have significant diverse learning needs. These complex needs may include autism, significant dysregulation, cognitive disabilities, medical diagnoses, and mental health challenges. Since 2018, the district's fixed costs have also increased more than 50 percent. Fixed costs include utilities, maintenance, insurance, carbon taxes, internet fees, etc., all of which are necessary to student learning.

In the face of these challenges, provincial funding per student has not increased since 2018. It is crucial that we receive appropriate and sustainable funding to accommodate rising costs. Without significant additional funding in Budget 2025, our district will be forced to make difficult decisions which will negatively impact the educational success of our students.

Did You Know?

- Alberta spends the least on its students. In 2023-2024, Alberta Education spent the lowest per student, roughly \$10,000 compared to the Canadian provincial average of approximately \$12,000.
- In the 2024-2025 operating budget, the CCSD's operating costs will exceed \$700 million. Due to the increase in costs, the budget forecasts an operating deficit of \$21.5 million.
- The deficit in the approved 2024-2025 operating budget was funded using \$18.6 million of the CCSD's reserves. The \$18.6 million is equivalent to 215 teachers.

- Government funding accounts for 95 percent of the district's revenue and is based on student enrolment. Just over 80 percent of the district's costs relate directly to student learning.
- Per provincial government requirements, the CCSD must maintain an accumulated operating surplus to cover any potential funding shortfalls. However, in recent years, the district has elected to use our savings to fund budget shortfalls. This approach is not sustainable as our savings are at the minimum level required by the government.

We are grateful for the support of the Alberta government. As trustees, we are actively working to inform and educate the government about the district's financial pressures and the challenges that our students are facing. It is crucial that they are made aware that adequate and sustainable funding is needed to fully address our financial challenges and to ensure the long-term success and well-being of our students. Your Board of Trustees has been working diligently to advocate and shine a light on the areas in which our schools require additional support. Learn more about our efforts by reviewing our advocacy booklet at ccsd.ab.ca/advocacy. You can also reach out to your Member of the Legislative Assembly (MLA) to express concerns regarding education and funding. MLAs are your elected provincial government representative. They represent your needs and wants and work with other MLAs to enact policies that meet your needs. Visit the Legislative Assembly of Alberta website to find your MLA and their contact information.

Happy March everyone. May God hold you in the palm of His hand.



UPCOMING EVENTS AND NEWS

Update On the Hall's Outdoor Project

In March, weather permitting, the construction of the tiered structure will begin. The construction process should take about two weeks. The structure will provide outdoor seating in the form of two harvest tables, and string lights will be installed to provide illumination. In the fall of 2024, patio blocks were laid down and now there are accessible pathways leading from the back of the hall to the tiered structure!

In April – again weather permitting – the planting of the shrubs will take place. This will complete the project, which we hope will bring great benefits to our community in a variety of ways. An outside structure that can serve as a classroom, a wedding venue, and a place for neighbours and friends to gather. Additional benches have been placed on the pathways that offer a view to the fields and to the classroom area. There is a small toboggan hill intended for little children to safely careen down a gentle slope in the winter! And in the summer Pedalheads' participants (the kids' bike camp) can learn to ride a bike using the same hill!

Once complete, we hope to see residents, friends, and families enjoying the outside space. If you have any questions, please feel free to contact the hall at 403-278-5330.

Knitting at the Hall (March)

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

Dates: March 1, 8, 15, and 22.

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 for \$25.

Drop-in is now available. The cost is \$15 per drop-in. You don't have to sign up for all classes, doing 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.

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News, Events, & More



Crime Statistics



Real Estate Statistics



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*This advertisement is not intended to solicit properties already listed for sale.



Let's work together!

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Recognizing Eating Disorders

by Alberta Health Services

Eating disorders (ED) are complex mental illnesses that can affect people physically as well. They affect people of all genders, ages, socioeconomic class, abilities, race, and ethnic backgrounds. They can occur because of many factors like genetics, brain chemistry, one's environment, as well as stressful life events. This article will explain some common eating disorders and what to do if you suspect that you or someone you know has one.

Types and Features of Common Eating Disorders

The purpose of outlining some common features is to highlight the importance of proper diagnosis and treatment.

- **Anorexia Nervosa:** People who have anorexia nervosa can weigh less than what is healthy for them. They often think they weigh too much even when they do not weigh enough to stay healthy. People may restrict their intake, engage in excessive exercise, and/or engage in purging behaviours such as vomiting, misuse of laxatives, diuretics, or enemas.
- **Bulimia Nervosa:** This is eating large amounts of food within a specified time, feeling out of control during eating, and compensatory behaviours to prevent weight gain (like vomiting or laxatives). Bulimia can occur for anyone, regardless of what they weigh.
- **Binge Eating Disorder:** Eating large amounts of food, feeling out of control, and can include eating rapidly until uncomfortably full, eating alone, eating when not hungry, and negative feelings after binge eating.
- **Avoidant Restrictive Food Intake Disorder (ARFID):** People with ARFID avoid certain foods due to their sensory characteristics, fear of adverse consequences such as choking or vomiting or general lack of interest in food or eating.

What to Do if You Think Someone Has an ED or if You Think You May Have an ED?

If you think your loved one has an ED, tell them you are worried and let them know you care. It is important to show support. Listen to their feelings and remember the



big picture. Eating disorders happen for many different reasons. Many people who have an eating disorder come from families in which other members have eating disorders or have other conditions such as depression. This doesn't mean that a family member caused the disorder. It simply means that these conditions seem more likely to happen in that family.

If you think you have an ED, speak with a primary care provider immediately and explain why you may suspect this. Early intervention is crucial. The primary care provider may ask you to describe any physical or emotional changes you have noticed or experienced that are concerning you.

You can also reach out to the Recovery Alberta Mental Health Helpline at 1-877-303-2642. Remember you are not alone, and help is available. Full recovery from an eating disorder is possible with proper treatment.

For more information about eating disorders, visit the Eating Disorder Support Network of Alberta at edsna.ca or National Eating Disorder Information Centre at nedic.ca.



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Parkland Cares



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

"Love has nothing to do with what you are expecting to get—only with what you are expecting to give, which is everything." - Katharine Hepburn

Upcoming Initiatives

- 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

403-863-9927



Pancake Tuesday

Celebrate Pancake Tuesday with us! Enjoy stacks of delicious, fluffy pancakes topped with your favourite toppings. It's the perfect way to treat yourself before Lent. Come indulge and make it a fun, tasty tradition!

**Tuesday, March 4th
at 11:00am**

St. Patrick's Dancers

Join us for a fun event where Keepin' It Country will come do some fun dance moves. Celebrate St. Patrick's Day with a live performance from talented dancers! Watch the energy and artistry of traditional Irish dance as they bring the spirit of the holiday to life.

Monday, March 17th at 2:00pm



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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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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 9:30 pm	Karate (private booking)	
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
	1:00 to 2:00 pm	Introduction to Tai Chi	mval@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
FRIDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	11:30 am to 12:30 pm	My Tai Chi	403-271-9658
	2:00 to 4:00 pm	Thistle Dog Sports	613-898-0047
	4:00 to 6:00 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 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
SUNDAYS	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:

MONDAYS	9:00 am to 6:30 pm	Available for booking	403-278-5330
	7:00 to 8:00 pm	Al 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	POSA	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
THURSDAYS	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
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.

Epilepsy Awareness Month

Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!

MARCH 26
Purple Day



Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.



Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com

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Peter Demong

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🌐 www.calgary.ca/ward14

Greetings Ward 14!

Just like property assessment notices, spring-related topics are usually a multi-month thing. We will get warmer weather, the snow will melt, we will get more snow. Then it will happen all over again. So, after I have mentioned the Assessment Customer Review Period for the third and final time this year, I will move on to the first round of City-related topics to help you out as the weather warms and the roads clear. I will also mention the Youth Hiring Fair.

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

Sincerely,

Councillor Peter Demong



SPACE ODDITY

On March 18, 1965, cosmonaut Alexei Leonov became the first person to conduct a spacewalk. Leonov floated outside his spacecraft, Voskhod 2, for twelve minutes. Talk about a cosmic journey!

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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 ✉️ stephanie.kusie.c1@parl.gc.ca
 🌐 stephaniekusiemp.ca

Dear Constituents,

Parliament is finally set to return on March 24 after Justin Trudeau prorogued it in early January. Over the past few months, the Liberals have undertaken the internal process of allowing a select few to elect a new leader and ultimately Prime Minister.

While our federal government has sat in limbo for the past three months, I've been attending local community events, meeting with constituents, and delivering remarks to various communities across the country on behalf of Pierre Poilievre.

As I spoke to residents, I heard loud and clear that they want a government which will truly address their needs. This includes:

- Axing the punishing carbon tax for good to lower the cost of food, home heating, and gas.
- Forcing municipalities to adopt common sense policies which will build more homes and ensure an affordable housing market that our children and grandchildren can enter.
- Removing harmful regulatory burdens like Bill C-69 on energy projects which discourage investment and growth in our nation's most powerful industry.
- Taking real action to balance the budget and pay off our national debt.
- Addressing soft on crime policies which have led to a 39% increase in violent crime across Canada since 2015.

As Parliament resumes, I will continue to advocate for our city and province in the House of Commons and bring your concerns to the seat of power.

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

It remains the honour of my life to serve the people of Calgary Midnapore in Parliament.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore



MLA Calgary - Fish Creek
Myles McDougall
 7 – 1215 Lake Sylvan Drive SE
 📞 403-278-4444
 ✉️ Calgary.FishCreek@assembly.ab.ca
 🌐 @MylesYYC | 📷 MLAFishCreek

Thank you to everyone who attended my town hall last month! It was great to see such a strong turnout and have honest conversations. Your input helps me represent our community effectively in Edmonton.

I'm also excited to join Ministers Schultz, Fir, Jones, and McIver for a joint Town Hall on the newly released budget. Join us on Tuesday, March 4, at 7:00 pm at the Delta (135 Southland Dr SE). I look forward to seeing you there!

Growing Alberta's Heritage Fund to \$250 Billion

I was honoured to be part of the Alberta government's announcement to grow the Alberta Heritage Savings Trust Fund to over \$250 billion by 2050. This plan ensures financial stability for future generations while reducing reliance on volatile resource revenues.

A world-class board and corporation will be established to oversee investments using strategies from top sovereign wealth funds. Strong governance will ensure independent decision-making, maximizing returns for Albertans. The Heritage Fund Opportunities Corporation will also enhance the fund's global profile, fostering key partnerships and investment opportunities.

This commitment secures a lasting financial legacy for Alberta's future.

\$15-a-Day Child Care for Families

Starting April 1, 2025, Alberta will introduce flat monthly parent fees for licensed childcare, ensuring affordability. Parents will pay \$326.25 per month for full-time care and \$230 for part-time, with the government covering about 80% of costs. This will save families an average of \$11,000 per child annually.

The Child Care Subsidy Program will be phased out, redirecting funds to affordability grants. About 85% of licensed providers will receive increased funding, creating a more sustainable system.

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

Burns and Scalds

by Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over-the-counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.



- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.



Birthday Sunflowers

On Vincent van Gogh's 134th birthday, March 30, 1987, his painting "Sunflowers" sold for a whopping £22.5 million! Talk about a priceless birthday tribute. Van Gogh, born in 1853 in Groot-Zundert, Netherlands, never saw fame in his lifetime, but his art now blooms in value like his beloved sunflowers.

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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, 403-269-2707.

continued on next page

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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. References supplied.

LANDSCAPING PARKLAND: Landscape Gardener Journeymen living and working in Lake Bonavista. Consultation and installation of all landscape construction: fencing, decks, paving stones, retaining walls, hot tub base prep, fire pits, sod, hedge/shrub/tree pruning, shaping, and planting. 10% discount for seniors. Please call or text Scott at 403-860-0337. Let's make your yard sing. Sbrightconstruction.net.






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Calgary - January 2025 Stats

***Total residential benchmark price in January: \$583,000, 3% higher than January 2024**

Unadjusted Benchmark Prices:

Detached - \$750,000, Up 7% Y/Y

Semi-Detached - \$673,000, Up 8% Y/Y

Row Houses - \$444,900, Up 5% Y/Y

Apartment/Condo - \$331,400, Up 5% Y/Y

***Inventory rose across all property types; largest gain in apartments. Expectation is for a more balanced market**

Lemon Bars

Crust Ingredients:

- 1 cup flour
- 1/2 cup butter
- 1/4 cup sugar
- Pinch of salt



Custard Ingredients:

- 1 cup sugar
- 2 tbsp. flour
- 1/4 tsp. baking powder
- Zest of 1 lemon
- Juice of 1 lemon
- 2 eggs, beaten
- Sprinkling of icing sugar

Directions:

Crust: Add butter into dry ingredients and press into ungreased 9" square pan. Bake at 350 degrees F for 20 minutes.

Custard: While crust is baking, beat all ingredients together. Pour over crust and bake at 350 degrees F for 25 minutes. Cool and sprinkle with icing sugar. Cut into squares.

Excerpted from The Complete Best of Bridge Cookbooks, Volume 1

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