

MAY 2025

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PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

FRAUD PREVENTION

MAY 1

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JUNE 14



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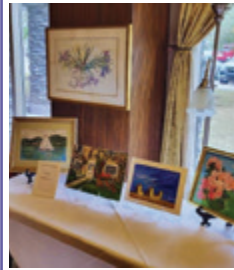
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Resident Art Show

Join us for an inspiring art show celebrating the creativity of our residents! Explore a variety of unique artworks displayed throughout our hallways and experience the talent that makes our community shine.

Friday, May 2nd
from 1:30pm to 3:00pm

Dance Alive Spring Performance

Join us for Calgary Dance Alive's Spring performance, where passion and talent take center stage! This exciting event highlights the hard work and dedication of young dancers, supported by a vibrant, parent-run community.

Friday, May 31st at 2:00pm



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News, Events,
& More



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Statistics



Real Estate
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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
	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 3:00 pm	Thistle Dog Sports	613-898-0047
	4:00 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 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 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	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 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.

UPCOMING EVENTS AND NEWS

- Fraud Prevention - May 1 from 7:00 to 8:00 pm
- 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

Casino

On behalf of the Calgary Parkland Community Association, I would like to extend my gratitude to the incredible community volunteers who dedicated their time and energy to support our recent AGLC casino fundraising event. Your contributions not only helped us raise crucial funds for the Parkland Community Association, but you also created a friendly and welcoming atmosphere to get to know your fellow community members. We are truly fortunate to have such a generous group of Parkland residents. The AGLC casino is a major fundraising event that helps keep the community hall on firm financial footing for the next two years. Thank you to the following residents: Rod Anderson, Erika Diaz, James Parakin, Pat Teed, Bill Garman, Dianne Peppinck, Jen Pedersen, Mike Brillon, Eric Leavitt, Kevin Langille, Rae Briggs, Frank Simfoni, Peggy Schellenberg, Sheralee Olsen, Rod Olsen, Steve Mulholland, Brandy Gaunt, Audrey Batke, and Kathy Parakin.

Did You Know

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.

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Thai Curry Chicken

by Jennifer Puri

Thai food is a blend of four cuisines – Indian, Chinese, Malay, and Thai.

Thai curry can be mild or spicy and contain meat, chicken, seafood, or vegetables, and is typically served with rice or noodles.

The “reddish” colour and flavour of the curry comes from the red chillies used to make the paste which would also include lemongrass, shrimp paste, ginger and garlic, turmeric, coriander, and cumin seeds.

Full fat coconut milk has been used in the Thai curry chicken recipe as it helps to offset the heat and give it a creamy consistency. The curry is actually quite mild, but you can increase the heat by stirring in the garnish of fresh, sliced red Thai chillies prior to serving.

Prep Time: 20 minutes

Cook Time: 35 minutes

Servings: 4 to 6

Ingredients:

- 3 lbs. boneless, skinless chicken breasts
- 1 medium size onion, finely sliced

- 3 garlic cloves, finely chopped
- 4 tbsp. vegetable oil
- 4 to 5 tbsp. Thai curry paste
- 3 tsp. fish sauce
- 1 tsp. sugar
- 2 ½ cups full fat coconut milk

Garnish:

- 3 Thai red chillies, deseeded and thinly sliced
- 10 to 12 fresh mint leaves or Thai basil leaves

Directions:

1. Cut the chicken breasts into small pieces.
2. Heat oil in a large pan or skillet (which has a lid), add the sliced onion and garlic and sauté for 2 to 3 minutes.
3. Add the chicken pieces to the pan and fry until they change colour and are no longer pink.
4. Add Thai curry paste, followed by the sugar, salt, and fish sauce, and blend in with the chicken.
5. Pour in the coconut milk and simmer on low heat until the chicken is tender, about 20 minutes.
6. Garnish with 2 to 3 thinly sliced Thai red chillies with seeds removed and fresh mint or basil leaves.
7. Serve with Jasmine or Basmati rice or rice noodles if desired.

Bon Appétit!

Parkland Cares

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



Happy birthday bags are here again!

With spring comes our favorite initiative, supplying Birthday Bags for the Calgary Food Bank. We will be collecting items from April 1 to 27 at Park 96 and the Lake Bonavista Community Association. The Birthday Bag assembly day will be Sunday, May 4 from 12:30 to 2:00 pm. There will be limited spots. Please go to the link to sign up: <https://www.signupgenius.com/go/60B0B4CA9AB23A4FC1-55746976-birthday>.

The Birthday Bag kits are made available for children who might not otherwise enjoy the luxury of a birthday party. Items we will be collecting include new or excellent condition medium/large gift bags, boxed cake mix, tub icing, balloons, and candles. New or excellent condition children's gifts, books/small toys/games, art and school supplies (ages 3 to 5, 6 to 8, 9 to 12) will also be accepted. Thank you for your support!

Once again Jamie Newton & Associates of RE/MAX First will be supporting Parkland Cares and Bonavista Cares during our Community Parade of Garage Sales. Parkland's event will take place on June 14. Participants and 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!

Save the Date! Sunday, September 28 is the 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 to come together, make friends, and build 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

RESIDENT PERSPECTIVES

Embracing May: A Season of Growth and Connection

by Chima Akuchie

With the arrival of May, Calgary bursts into life with longer days, warmer temperatures, and fresh opportunities to connect. It's a time for renewal—not just in nature but within our communities. Whether you're stepping outside to enjoy the city's parks, joining local initiatives, or simply spending quality time with loved ones, this month invites us all to embrace the season's energy.

Spring is the perfect reminder of the power of small actions. Supporting local businesses, volunteering, or lending a helping hand to neighbours can create a ripple effect of kindness. As the cost of living continues to challenge many, community support plays a vital role in ensuring no one feels left behind. Even simple gestures, like participating in a charity event or attending a neighbourhood cleanup, contribute to a stronger and more connected city.

Beyond acts of service, May is filled with opportunities for fun and discovery. From cultural celebrations to outdoor markets and live performances, there's no shortage of ways to engage. Exploring new events, trying different cuisines, or joining creative workshops can introduce fresh experiences while fostering a deeper connection to the city and those around us.

As the season blooms, so do new possibilities. May is an invitation to step outside your routine, meet new people, and take part in activities that enrich both personal and community life. Whether through attending events, picking up a new hobby, or simply appreciating the beauty of the changing season, every small moment of engagement adds to the collective spirit of the city.

Let's welcome May with open arms, embracing the opportunities it brings to grow, connect, and create lasting memories. Here's to a month filled with positivity and meaningful experiences!





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Alcohol and Youth

by Alberta Health Services



Alcohol continues to be the most used substance in Canada among youth. Brains continue to develop up to the age of 25. Our brain works extra hard during later stages of development focusing on abilities to problem solve, and abstract think. Early use of alcohol or substances can alter this process and increase risk taking among youth. Here are some ways to support young people when it comes to alcohol:

Role Model: We know that the young people in our lives are watching and learning from us. Be mindful of your own habits and set examples you would want a young person in your life to follow.

Talk and Listen: It is important for your young person to know they can talk to you about anything, including substance use. Your role as a natural support is to check in with your youth often, let them know how much you care, and advocate for them.

Support Healthy Decisions: Self-esteem is important as this will help youth make decisions. Critical thinking is important, and a skill that youth are still learning as their brain continues to develop.

Affirm: Consider what routines and checks and balances can be built in for your child. Do not forget to celebrate all your child's gifts and strengths! Affirm the effort they are making.

Create a Beautiful and Resilient YardSmart Yard This Spring!

by The City of Calgary

A YardSmart yard stays beautiful longer during hot and dry weather compared to yards completely planted with grass. The City's YardSmart program provides helpful resources that show you how to plan, build, and maintain your yard, including:

- Layouts and plant lists for all over your yard – wet, full sun, partial sun, and shade areas.
- Easy to follow information on planting, watering, and maintenance.
- How-to videos including how to garden on a budget and creating a pollinator-friendly yard.

Remember, new plants need lots of water to get established, especially during the heat of summer. You can do your part to reduce your water consumption and help your yard and garden retain moisture by:

- Installing a rain barrel to use in your yard and garden. It is a simple, yet effective way to reduce your water use by acting as a backup source of water.
- Only giving plants the water they need.
- Mowing less often to keep your grass five to seven cm (two to three inches) high to shade the soil.
- Replacing portions of your lawn with garden features that use less water and help absorb rainwater such as low water-use perennials and shrubs, lawn alternatives, or groundcovers.
- Adding good quality soil to help retain moisture and mulch on top to reduce evaporation.

To learn more about how to create a beautiful, resilient yard and garden that uses less water, visit calgary.ca/YardSmart.



Six Ways to Stand Up for Yourself

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

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



5. Learn to Tolerate Guilt and Discomfort

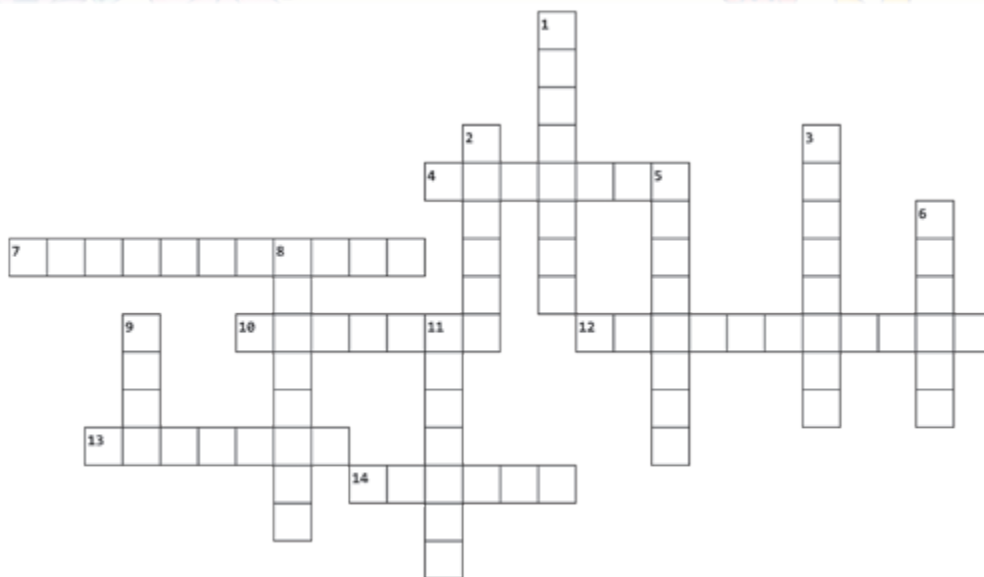
It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.

May Crossword



Down

1. Cory _____, famous for his role as Finn Hudson on *Glee*, was born on May 11, 1982, in Calgary, Alberta.
2. The first _____ Awards were held on May 4, 1959, with Ella Fitzgerald winning the award for Best Jazz Vocal Performance.
3. *Astrophysics for People in a Hurry* by Neil _____ Tyson was originally published in May 2017.
5. On May 8, 1980, the World Health Organization declared that this disease, caused by the variola virus, had been eradicated.
6. Fashion designer, Coco _____, released her eponymous perfume, _____ No. 5, on May 5, 1921.
8. Canadians celebrate the birthday of this Queen on May 19.
9. The month of May is named after _____, the Greek goddess of growth, fertility, and spring.
11. The Canadian government established the North-West _____ Police on May 23, 1873.

Across

4. This popular TV sitcom aired its series finale "The Last One" on May 6, 2004, in the United States.
7. Pyotr Ilyich _____ was a guest conductor for the opening of Music Hall (now Carnegie Hall) on May 5, 1891.
10. On May 16, 1929, the first _____ Awards were held with the silent film *Wings* winning Best Picture.
12. The first-ever race of the Formula 1 World Championship was held on May 13, 1950, at this iconic English circuit, which is still used today.
13. Amelia _____ started her first transatlantic solo flight on May 20, 1932, departing from Harbour Grace, Newfoundland.
14. *The _____ Reloaded* was released on May 15, 2003, starring Canadian actor Keanu Reeves and Canadian actress Carrie-Anne Moss.



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Happy Mother's Day to all the incredible moms, grandmas, and caregivers! Your love, strength, and wisdom inspire us every day. Thank you for being the heart of our families and communities! As spring arrives and the legislature heads into its final session of the year, I've had the chance to hear from many of you about your top concerns—affordability and economic uncertainty, especially with the U.S. becoming an increasingly unreliable trade partner.

At the time of my writing this article, the U.S. has upheld most of CUSMA, ensuring zero tariffs on key Canadian exports like energy, minerals, agriculture, and more. Diplomacy has proven to be the best tool for protecting our interests, and we must continue advocating for reduced tariffs while supporting affected workers.

Now is the time for Canada to break free from harmful policies that have left us overly dependent on the U.S. We must fast-track national resource corridors, empower provinces to develop their resources, and position our country as a global economic and energy leader.

Budget 2025 strengthens the Alberta Advantage by keeping taxes low. If Alberta had the same tax system as B.C., Albertans and businesses would pay \$20.1 billion more in taxes. Instead, thanks to this year's tax cuts, the average family will save \$750 more in income taxes while continuing to pay no provincial sales tax.

Alberta's legacy of low taxes and free enterprise remains strong—let's keep building a competitive, prosperous future.

I want to congratulate all the successful candidates in our recent federal election. Democracy is the foundation of our nation, and I look forward to the future we will build together.

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

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"Call your Mother. Tell her you love her. Remember you're the only one who knows what her heart sounds like from the inside" - Rachel Wolchin

"Moms are like buttons. They hold it all together" - Unknown

"Life doesn't come with a manual, it comes with a mother" - Unknown



Limoncello Ricotta Cake

Ingredients:

- 3 large eggs
- 1 cup white sugar
- 1½ cup ricotta cheese (approx. 15 oz or 470 ml)
- ¼ cup limoncello
- 4 tbsp lemon zest

- 3 tbsp fresh lemon juice
- 1 tsp vanilla
- 1½ cups cake flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt

Icing:

- 1 cup powdered sugar
- 4 tbsp limoncello
- 1 tsp heavy cream
- 2-3 tsp fresh lemon juice
- 2 tbsp lemon zest
- ¼ tsp salt

Directions:

Beat eggs and sugar until dissolved, light and fluffy (6-7 mins). Then add the remaining wet ingredients and mix. In a separate bowl, add flour, baking powder, baking soda, salt and mix. In 2-3 equal parts, fold the dry ingredients into the wet. Pour batter into a greased spring pan. Bake for 35 min at 350°F, toothpick will come out moist. Add blueberries or raspberries to taste. Mix icing ingredients together and pour over cooled cake! Yummy!



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