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PARKLAND^{news}

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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)	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 9:00 pm	Available for booking	403-278-5330
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 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
	12:00 to 5:00 pm	Available for booking	403-278-5330
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	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	Thistle Dog Training	403-898-0047
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 8:00 pm	Available for booking	403-278-5330
	7:00 to 9:00 pm (First Thursday of each month)	Parkland board meeting	403-278-5330
	7:00 to 9:30 pm (One Thursday a month)	Bow View Ringette	www.bowviewringette.com
	6:00 to 8:00 pm (Last Thursday of each month)	Hatikyah Ministry	403-604-1244
FRIDAYS	9:00 am to 12:30 pm	Available for booking	403-278-5330
	1:00 to 3:00 pm (Third Friday of each month)	Parkland Book Club	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 Group	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.

Raising Non-Anxious Kids

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

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- **Pause Before Helping:** If your child asks for help, wait a few minutes. Encourage them to try first.
- **Make Things Just a Bit Harder:** Give challenges that require effort—like board games, chores, or puzzles.
- **Encourage Real-World Play:** Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- **Embrace Boredom:** Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- **Create Screen-Free Zones:** Mealtimes, bedtime routines, and family outings can be tech-free moments.
- **Model Healthy Habits:** Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- **Build Community:** Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

Parkland Cares

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



Sweater weather is better together. Parkland and Bonavista Cares have many upcoming opportunities to warm your heart.

We had a very productive planning meeting in September. There were lots of great ideas and helping hands.

Thank you, Calgary Parkland Community Association, for organizing the drop-off location for all the returnable donations at the Parkland Cleanup Day. We made just over \$260 at the depot and received several cash donations as well. These funds will go towards our winter and Christmas initiatives. Those volunteers worked hard!

Here are some great upcoming opportunities to make community connections.

November:

- November 1 to 20: Collecting new socks and toiletries for our Warm Feet Warm Hearts initiative.
- November 1 and 2 from 10:00 am to 4:00 pm: Christmas Craft Market at Park96. Look for our table.
- Warm Feet and Warm Hearts volunteer package assembly day is Saturday, November 22 from 1:30 to 2:30 pm at the LBCA.
- Senior Secret Service Teams and Gifts: We have requested five local seniors to sponsor and shop for this year.

December:

- Adopt-A-Family Christmas Gifts.
- Collecting grocery gift cards for local schools to support families in need.

Keep an eye out for upcoming information about a new initiative aimed at helping to reduce loneliness and isolation in our senior population. Let us know if you have ideas for combating this in Parkland.

Drop off locations at Lake Bonavista Community Association and Park 96. Reach out to us for more information or if you have ideas for making great community connections.

Parkland Cares Calgary
parklandcaresyyc@gmail.com
403-863-9927

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UPCOMING EVENTS AND NEWS

Wine Tasting

November 21 from 5:30 to 9:30 pm

Parkland Hall

Contact the hall at parklandca@telus.net or call 403-278-5330. Details will also be posted on Facebook and on our webpage at www.calgaryparkland.ca.

Knitting Group

10:00 am to Noon

Parkland Hall

Will meet on Saturday, November 1, 8 and 15. Cost is \$15 per drop-in or \$50 for the four classes.

If interested, please email the hall at parklandca@telus.net.

Cleanup Day

Parkland's 2025 Community Cleanup on September 28 was another smashing success, with about 300 vehicles passing through. We removed four full City garbage trucks totaling 12,000 kg of material, including decks and fences, mattresses, and large furniture. The metal bin was full to the brim, and 2,500 metric tons was collected by Technotrash. To round things off, the Women in Need Society filled a truck with donations.

Thanks to our volunteers - Josh, Brandon, and Patricia on 'Metal', our awesome greeters Steve M., Antoinette and Devin, and the many muscles helping remove items from vehicles and trailers: Gord, Mike M., Rose, Mike P., Jen and Steve W., and Stacey. Rich did an amazing job with behind-the-scenes event preparation work, including donations. Additional thanks go to our MLA, and Calgary Co-op and No Frills who donated gift cards to help fund the event with food and supplies.

Finally, thanks to the community and beyond who donated refundable beverage containers (\$250 worth) and cash for

the Parkland Cares Christmas initiative. And thank you to Park96 who gave us the use of their parking lot.

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.

Did You Know?

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.



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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News, Events, & More



Crime Statistics



Real Estate Statistics



Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an emergency vehicle approaches with lights and siren activated:

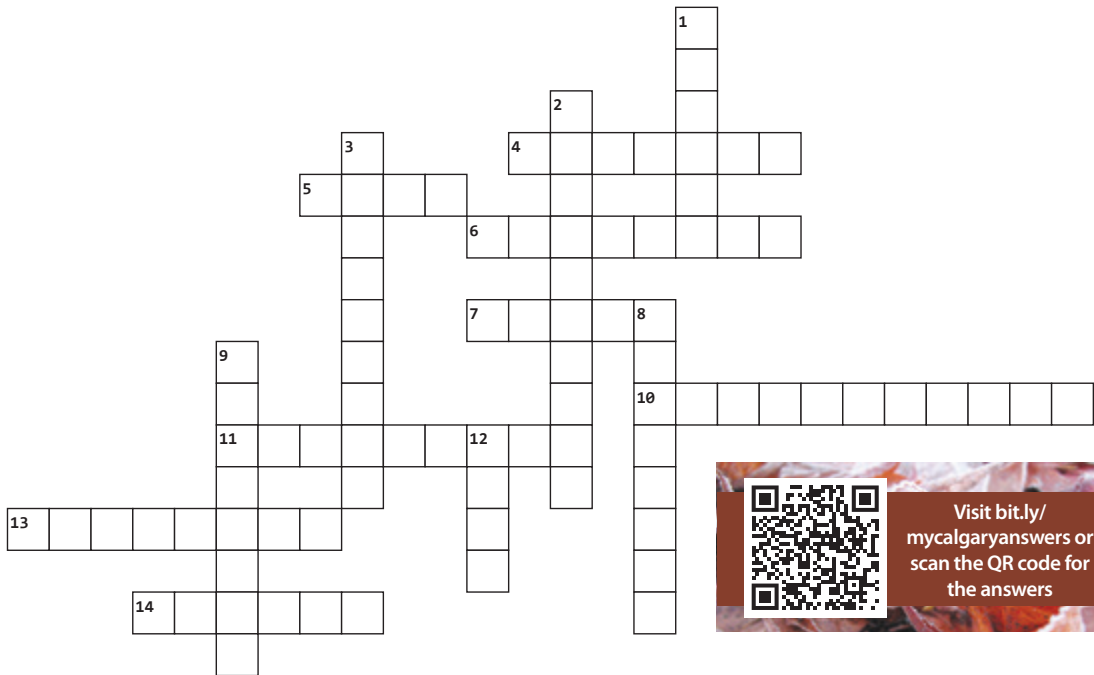
- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection; be prepared to pull over.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

4. In November 1896, the hydroelectric powerplant at _____ Falls started operating.
5. "Novem" is the Latin word for what number?
6. The sci-fi novel, _____ *Park*, by Michael Crichton was published in November 1990.
7. World _____ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharaoh.
11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
13. On November 30, 1982, Michael Jackson released his hit album "_____".
14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
2. Jacques Plante became the first NHL goalie to wear a _____ protective face mask on November 1, 1959.
3. Canadian Music Hall of Fame inductee Gordon _____ was born on November 17, 1938, in Orillia, Ontario.
8. Stars of the romantic film *The _____*, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
9. On November 15, 2020, Lewis _____ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
12. One of the most complete early human ancestor skeletons (*Australopithecus afarensis*), nicknamed _____, was discovered in Ethiopia on November 24, 1974.

Stuffed Red and Yellow Bell Peppers

by Jennifer Puri

Red bell peppers belong to the capsicum family. All bell peppers start out green and progress through the yellow and orange stages before reaching their most flavourful red stage.

Red bell peppers are considered the healthiest because they contain high levels of vitamins like C and A, and antioxidants. All bell peppers offer nutritional benefits but the red, yellow, and orange are the most flavourful.

Bell peppers can be used in every aspect of cooking, but the hollow insides of the peppers make them ideal for stuffing with ground meats, cheeses, and grains as shown in the stuffed red and yellow bell peppers recipe below.

Prep Time: 10 minutes

Cook Time: 25 minutes

Bake Time: 35 minutes

Servings: 4

Ingredients:

- 4 red and yellow bell peppers
- 1 lb. lean ground beef
- 2 tbsp. olive or canola oil
- 1 tsp. minced garlic
- ½ cup chopped yellow onion
- 1 tsp. minced ginger
- 2 bay leaves
- 1 cinnamon stick
- ¼ tsp. ground cloves
- ½ tsp. salt
- ½ tsp. black pepper
- 2 cups cooked long grain rice
- 2 cups shredded mozzarella or cheddar cheese

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Wash and dry the bell peppers, then slice in half and remove the pith and seeds.
3. Brush the bell peppers with a little oil and sprinkle some salt and black pepper. Place the peppers cut side up on a baking tray and roast in the oven for about 10 minutes.



3. While the peppers are baking, prepare the filling by heating the remaining oil in a skillet. Then add onions and sauté for a few minutes until softened.
4. Next add the garlic, ginger, bay leaves, cloves, cinnamon stick, and the ground beef. Sauté the mixture until the beef turns brown then add a cup of water, cover and cook for about 12 to 15 minutes or until the beef is cooked and the liquid dries up.
5. Remove from heat and discard the bay leaves and cinnamon stick before adding the cooked rice and half the cheese.
6. Arrange roasted bell pepper halves in a baking dish and spoon the beef and rice mixture into them. Bake on middle rack of oven for about 20 minutes then sprinkle remaining cheese and bake peppers uncovered for about 5 minutes or until cheese is melted.
7. Serve with mashed potatoes, garlic bread, or cornbread if desired.

Bon Appétit!

Stay Connected to Your Community!

by Recovery Alberta – Community Health Promotion Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong in your school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends.

Connection reduces feelings of loneliness and isolation. Connecting to resources and support can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and create belonging in our larger community. Forming connections in our daily lives is important for good mental, emotional, spiritual, and physical health.

One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid

of distractions allows us to be fully with others and increases our appreciation of social connections in the community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities—food, events, hobbies!
- Get to know your community! Who are your neighbours? Are they locally owned? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself—make “you” a priority. Filling your own cup gives you the energy to connect with others!



MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

✉ Calgary.FishCreek@assembly.ab.ca

☎ 403-278-4444 | 📷 MLAFishCreek

📘 MylesMcDougallYYC | 📺 MylesYYC

Honouring Our Past

On Remembrance Day, we pause to honour the courage and sacrifice of the men and women who served our country in times of war, conflict, and peacekeeping. Their bravery secured the freedoms we enjoy today, and their legacy reminds us of the importance of unity, resilience, and service to others.

Across Alberta and Canada, ceremonies will bring communities together to reflect, remember, and express our gratitude. We owe it to our veterans and fallen heroes to build a future worthy of their sacrifice—one that is strong, prosperous, and inclusive. Let us take this time to listen to their stories, learn from their example, and recommit ourselves to the values they fought to protect.

Building Our Future

Alberta's government is stepping forward to lead a project of national significance: a new pipeline to the West Coast. This initiative goes beyond infrastructure—it's about securing Canada's energy future and unlocking our full economic potential.

Indigenous communities in Alberta and British Columbia are engaged from the outset as partners. Their leadership and perspectives will guide every stage of development, ensuring the project reflects shared values and long-term vision.

With \$14 million committed to early planning and a technical advisory group that includes South Bow, Enbridge, and Trans Mountain, Alberta is showing real leadership in advancing responsible energy development. This project will create jobs, drive economic growth, and open up new opportunities for Canadians across the country. It is our intention that any future pipeline costs will be covered by the private sector.

If you have questions, concerns, or ideas you'd like to share before the townhall or session begins, please don't hesitate to reach out to my office at Calgary.FishCreek@assembly.ab.ca. I always appreciate hearing from you.

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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.

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A Minute Lost in Silence

by Garth Paul Ukrainetz

A minute lost in silence

Loud the roar of wartime years

Sacred poppies of November

In remembrance of their tears

In our minute lost in silence

We must listen close together

Lest we all forget to hear it

Lest the silence lasts forever

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Harmonicas Tableau

This lively group of senior musicians has been spreading joy through music since 1992! With toe-tapping tunes and feel-good vibes, they're a community favourite—don't miss your chance to sing, smile, and sway along!

Tuesday, November 25th at 7:00pm

Resident Art Show

Join us for our resident art show! Enjoy beautiful artwork created by our talented residents while sipping wine and sampling fine cheeses. Celebrate community, culture, and inspiration in every brushstroke.

Thursday, November 28th from 1:30pm to 3:30pm



**A UNITED ACTIVE LIVING
COMMUNITY**

Please call to reserve
your space today!

Seats are limited. If you have any
questions or would like to book a tour,
please call

403-258-1849

11800 Lake Fraser Drive SE, Calgary
unitedactiveliving.com/communities/lake-bonavista-village





The Community of Parkland

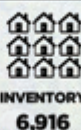
3rd Quarter - Real Estate Update - Jan. 1-Sept. 30/25

Bungalows/Bi-Levels	Lowest Price	\$682,500
	Highest Price	\$1,373,000
	Number Of Sales	22
2 Storey/2 Storey Split	Lowest Price	\$765,500
	Highest Price	\$1,400,000
	Number Of Sales	15
4, 5 Level Split	Lowest Price	\$767,500
	Highest Price	\$1,230,000
	Number Of Sales	2
Apartment/Villa	Price	\$395,000 \$630,000
	Number Of Sales	1/1
*As of Oct. 1/25 For Sale – 8 Homes (3 c/s) *1 Apartment; 1 Townhouse; 6 Detached Homes		



Calgary Benchmark Price: \$572,800
 Detached Homes: \$749,900 | Semi-Detached Homes: \$684,800 | Row Homes: \$437,100 | Apartments: \$322,900

CITY OF CALGARY HOUSING STATISTICS SEPTEMBER 2025



In the current turbulent times, it's difficult to see beyond the wars of today, so "Lest We Forget", November 11th, we honour the sacrifice and the legacy of those who served to preserve freedom and democracy - the very freedom we in Canada enjoy! Thank you to the brave men and women who make the ultimate sacrifice.

**IF YOU ARE THINKING OF BUYING OR SELLING,
 LET US HELP GUIDE YOU THROUGH THE PROCESS**

Yoki & Jeff Nichol

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"To give real service you must add something which cannot be bought or measured with money-sincerity and integrity"

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Not intended to solicit properties already listed for sale