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PARKLAND^{news}

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

**HALLOWEEN PARTY
AT THE HALL
SATURDAY, OCTOBER 25
DETAILS INSIDE**



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Devin Elkin

— WARD 14 —

Rooted in Community

Hello Ward 14 residents, Devin Elkin here.

With this being the last opportunity before we head to the polls on October 20th, I wanted to just take a moment to thank you. For the past 10 years, it has been my joy to serve the residents of Ward 14 as your Ward 14 community assistant. When I reflect on what we have accomplished together it's hard to believe we did this all in that time frame.

To the countless community volunteers that have served on their community association boards, thank you. It was a pleasure working together to make each of your communities the best version of themselves. To those that I have disappointed, know that I tried and sometimes you just can't deliver on the ask. "Your Ward, Your Way" is not as easy as it sounds. In my time serving the ward, I have learned that you will find yourself having to deal with issues that will make some people happy and some will want to tar and feather you in the town square, but know that I wear these failures on my sleeve as reminders to never take this job for granted.

In closing, all I ask is that you have a look at what I have done, and what I will continue to do for those that call Ward 14 home. If you are undecided just make sure you ask one question of all candidates, "How?" How do you plan to accomplish your vision? It's easy to reuse what you hear from residents as policy but truly understanding how to execute vision into reality is so important. Lastly some important dates, advance polls are open October 6th – 11th and election day is the 20th.

Please visit www.electionscalgary.ca to find your voting location and all other related info. If you need a ride to the polling station closest to you, please let my team know at delkin@telus.net and we will make sure you get there and back. Thank you again and here's to getting back to simple civic governance.

Devin Elkin

Rooted in Community

devinelkin.com



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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
	6:15 to 7:15 pm	Bonavista 167 Scout Group	
	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
	10:00 am to 12:00 pm	Guides of Canada	403-283-8349
	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	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 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.

Halloween Safety

by Alberta Health Services

As a member of Calgary's Child Magazine Partners for Safety initiative, AHS EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.



Craft and Bake Sale!

Join us for our Craft & Bake Sale, featuring a wonderful selection of handmade goods and tasty treats from both our talented residents and local vendors. Find unique gifts, enjoy delicious baked goods, and support our vibrant community—there's something for everyone!

Saturday, October 18th from 10:00am to 2:00pm



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Parkland Cares



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

We are looking forward to another great year of providing small but mighty ways to help others and share in community acts of kindness and generosity.

In August, we ran our annual Backpacks for Back-to-School Drive, collecting donations and using funds to give backpacks and school supplies to kids in need. This year we partnered with the organization "Closer to Home" through Planet Youth. They will help to get the supplies to schools in high-needs communities. We also designated 24 bags to go to local schools in Deer Run and Queensland. We collected/contributed over \$2,500 in backpacks and supplies. The schools are all very grateful to receive these donations. Thank you very much to all the generous donors and volunteers for all the amazing donations of time, money and supplies.



As always, we look forward to inviting community members to join our planning team and look forward to more exciting initiatives in 2025! Please contact us for more information. There is no minimum commitment - you can volunteer as much or as little as works for you!

Parkland Cares Calgary

parklandcaresyyc@gmail.com

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SCAN ME

Quirky QWERTY

Have you ever wondered why keyboards are not in alphabetical order? Before modern keyboards, typewriters were the way to go! Typewriters were mechanically slower so when the keys were typed too fast, the mechanics could get jammed. To slow down typing speed and prevent such jams, Christopher Sholes designed the QWERTY keyboard to keep commonly used letter combinations separate.



UPCOMING EVENTS AND NEWS

Knitting Group

We meet each Saturday from 10:00 am to noon. Cost is \$15 per drop and \$50 for four classes. A current membership is required; however, one is easily purchased from the office. You don't have to live in Parkland to purchase a membership.

The upcoming dates are October 4 and October 11. Come meet other knitters whilst getting excellent assistance from our award-winning Carolyn Joels!

Halloween Party

Saturday, October 25 from 6:00 to 8:30 pm

Parkland Hall

More details to come. Follow us on Facebook or call the hall at 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 needed. 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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YOUR CITY OF CALGARY

The 2025 General Election Is Here

by The City of Calgary

Eligible voters can cast their ballots for the 2025 General Election starting October 6, 2025.



During Advance Vote, from October 6 to 11, voters can vote at any of the Advance Vote stations, regardless of the ward in which they reside.

On Election Day, October 20, voters must vote at their designated voting station.

Voters can use the "Where Do I Vote?" tool on the Elections Calgary website to find their nearest Advance Vote location, as well as their designated voting station on Election Day.

Special (mail-in) ballots are available for request for voters who cannot vote during the Advance Vote or on Election Day for any reason. The last day to request a mail-in ballot to be mailed to you is October 3. The last day for in-person pick-up is October 20 at 10:00 am. All mail-in ballots must be received by the Elections Calgary office by 12:00 pm (noon) on October 20. Mail-in packages can be requested online or by calling 403-476-4100.

More information on where, when and how to vote, voter identification requirements and other important information about the 2025 General Election can be found at electionscalgary.ca/vote or by calling 403-476-4100.

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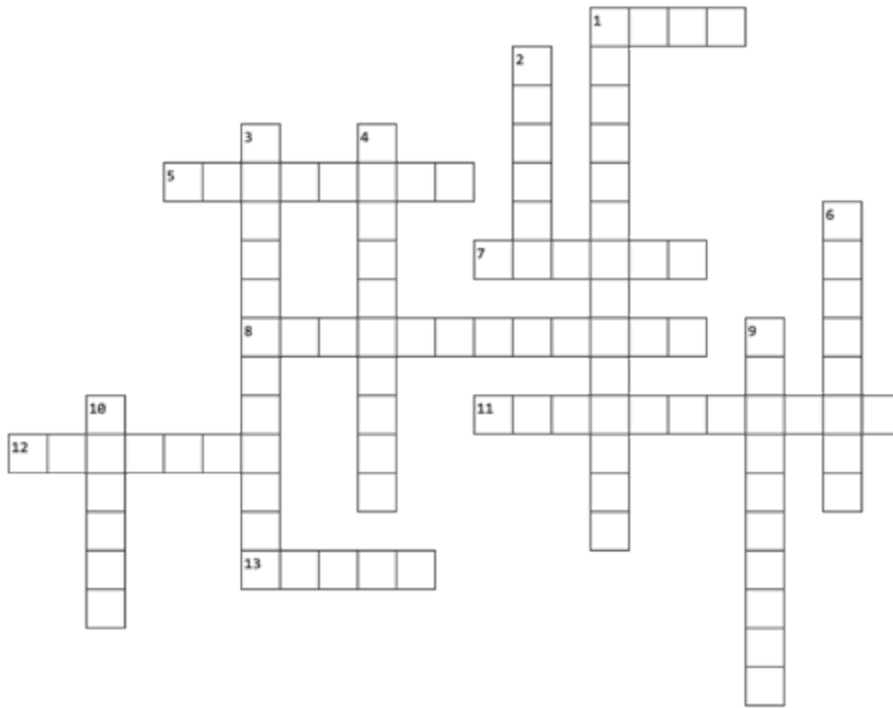


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October Crossword



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answers or
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Across

1. This Andrew Lloyd Webber musical debuted on Broadway at the Winter Garden Theatre in October 1982.
5. On October 5 World _____' Day is celebrated to honour those who educate us.
7. Queen Elizabeth II officially opened this iconic Opera House on October 20, 1973.
8. Canadians celebrate this holiday on the second Monday of October.
11. The vibrant hues of autumn leaves are due to a lack of what pigment.
12. This iconic single by John Lennon was released on October 11, 1971, in the United States.
13. On October 8, 2004, Wangari Maathai was awarded the _____ Peace Prize, making her the first African woman ever to receive the award.

Down

1. The Orient Express departed on its first journey from Paris on October 4, 1883, to this city now known as Istanbul.
2. Stock markets crashed worldwide on October 19, 1987, and became known as Black _____.
3. NHL star Glenn Hall, nicknamed Mr. Goalie, was born on October 3, 1981, in Humboldt, _____.
4. Canadian filmmaker James Cameron released the sci-fi action hit, *The _____* in October 1984.
6. This beloved Canadian Ryan was born on October 23, 1976, in Vancouver, B.C.
9. The dystopian novel where books are banned and burned, _____ 451 by Ray Bradbury, was published on October 19, 1953.
10. The "Thrilla in _____" on October 1, 1975, saw Muhammad Ali beat Joe Frazier after 14 rounds.

How You Can Support an Emotionally Avoidant Partner

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

Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that. It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.



4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.



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The Birth of Ballet

On October 15, 1581, Catherine de' Medici, the Queen Mother of France, commissioned "Ballet Comique de la Reine" in Paris. The performance depicted the myth of Circe from Homer's *Odyssey* and is believed to be the first true ballet, combining music, dance, plot, and staging.



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Should You Buy a Starter Home or Invest in Your Forever Home?

by Virginia Cooper

For many Canadian homebuyers, the tension between buying a modest starter home and stretching for a forever home isn't just about square footage or location. It's about timing, risk tolerance, personal growth, and how you want your living space to evolve alongside your life. The decision runs deeper than budgets or bedrooms—it's a test of how well you know your own trajectory.

Leverage Smart Savings Before You Choose

First-time buyers often don't realize how much leverage they can gain from strategic tax shelters. With the introduction of the First Home Savings Account (FHSA), Canadians can now contribute up to \$8,000 annually—up to a lifetime max of \$40,000—while gaining the dual benefits of tax-deductible contributions and tax-free withdrawals. That's a rare pairing. Used properly, tax-deductible accounts help Canadians buy faster by accelerating down payment growth without pushing you into a higher tax bracket. If your choice between starter and forever hinges on readiness, the FHSA can close the gap faster than you'd expect.

Tame the Paperwork with Mobile Tools

Homebuying in 2025 isn't just showings and signatures. It's paperwork across email chains, lender portals, insurance approvals, sometimes all in a single day. If you're working remotely or buying in a different province, keeping track of every document becomes critical. One overlooked friction-solver? Scanning key paperwork from your phone. There are features of a free scanner app that lets you digitize everything instantly—mortgage pre-approvals, pay stubs, even handwritten notes from a home inspector, without needing a clunky printer-scanner setup.

Flexibility Often Beats Square Footage

Real estate markets don't wait for you to get settled. That's part of the problem, and the potential. If you're watching interest rates shift or waiting for new inventory, smaller homes can function as strategic footholds. They let you get in, observe from within, and make sharper decisions down the line. There's power



in mobility. In fact, many financial planners argue that starter homes offer agility that can't be matched by a long-term commitment too early.

What Business Owners Should Watch For

If you're running a business—especially from home—housing decisions take on a different shape. It's not just about what you can afford; it's about how your home supports your work. Zoning laws, workspace comfort, client meetings, even write-offs. Founders and freelancers need to think beyond mortgage rates and ask what their home enables. A valuable breakdown of housing considerations for self-employed buyers highlights how the home you choose affects everything from tax planning to burnout risk. Entrepreneurs can't afford to misread the fine print on this decision.

Short-Term Moves, Long-Term Wealth

One of the most misunderstood advantages of a starter home is how it compounds wealth, not just saves money. Instead of viewing it as "throwaway square footage," consider how appreciation, modest renovations, and timing the next sale could become a lever. Buying low doesn't mean thinking small, it often means moving smart. Experts suggest that moving twice can build equity more efficiently than stretching into a forever home you can barely afford upfront. The second move is an upgrade backed by value.

There's no universal answer—only alignment. Starter homes buy you time, options, and mobility. Forever homes offer roots and rhythm. The right move depends on where you are, what you value, and how steady your vision feels. Be honest about that. Then act accordingly. That's not just buying smart; that's building a life.

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Gratitude, Community, and Looking Ahead

Happy Thanksgiving!

As we take time this month to gather with loved ones and reflect on what we're grateful for, I want to extend my heartfelt thanks to the residents of Calgary-Fish Creek. Your engagement, ideas, and support continue to inspire me every day.

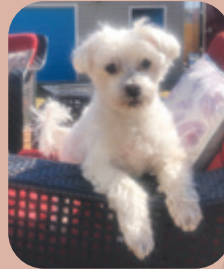
I'm looking forward to connecting with many of you at our upcoming Townhall Meeting on Wednesday, October 22 at 7:00 pm, held at Parkland Community Hall (505 Parkvalley Road SE). These gatherings are a chance for us to have real conversations about the issues that matter most to you—from local concerns to provincial policy. I hope you'll join me to share your thoughts, ask questions, or simply listen in.

As we head toward the end of October, I'm also preparing for the next legislative session. There's important work ahead, and I'm committed to bringing your voices into the discussions that shape our province's future. Whether it's healthcare, education, infrastructure, or community safety, your feedback helps guide the decisions made by government.

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.

Wishing you and your family a joyful and restful Thanksgiving.

Cats, Canines, & Critters of Calgary



Charlie, Copperfield



Cody, Glenbrook



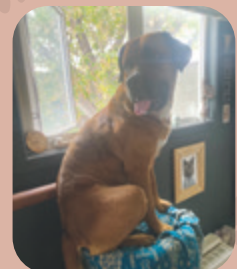
Dobby, Huntersen Place



Guzel, Huntersen Place



Nelly, Dalhousie



Poppy, Tuxedo Park



Sugar, Signal Hill



Todd, Lake Chaparral

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The Community of Parkland

REAL ESTATE UPDATE JULY 31 - AUGUST 31, 2025

Currently 11 homes listed: 6 Bungalows; 4 2-Story/2-Storey Splits; 1 Apartment/Condo
August Days on Market: 45 Days (from 6 days - 96 days)

August Sales: 4

Average Days on Market: 28 Days (from 8 days - 51 days) | 2 homes sold at full price; 2 sold at an average of \$45,500 below list price

Citywide Benchmark Prices:

Detached: \$755,600 (last month \$761,800)
Semi-Detached: \$687,200 (last month \$697,500)
Apartments: \$326,500 (last month \$329,600)

On a positive note: Though, "Sales have slowed compared to the high levels reported over the past four years, activity is still above long-term trends" – Meaning, we have a more balanced market and we have strong demand, that do lead to transactions.

CALGARY HOUSING STATISTICS AUGUST 2025



DO YOU KNOW THE ORIGIN OF HALLOWEEN?

Halloween originates from the ancient Celtic festival of Samhain, celebrated on October 31st to mark the end of summer and harvest and the start of winter. Celts believed this was a time when the boundary between the living and the dead blurred, and they lit bonfires and wore costumes to ward off spirits. The holiday was later Christianized by the Catholic Church, which established All Saints' Day on November 1st, with the preceding night becoming All Hallows' Eve and eventually the modern Halloween.



Have Fun Everyone!

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