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Make a Difference in Parkland

Join the Parkland Community Association Board! Are you passionate about keeping Parkland one of Calgary's best neighborhoods? The Parkland Community Association Board is looking for fresh ideas, new perspectives, and enthusiastic neighbors to help shape our future.

Whether you're interested in planning community events, leading local projects, or supporting neighborhood programs, there's a place for you to make a meaningful impact.

Curious if it's a good fit? We gather on the first Thursday of every month. To learn more or get involved, reach out to us at: parklandca@telus.net.

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News, Events, & More

Crime Statistics

Real Estate Statistics

UPCOMING EVENTS AND NEWS

Parkland's 2026 Halloween Party Recap
Thank you all so much for joining us at the Parkland Community Association's annual Halloween party on October 24! It was wonderful seeing such a full house—Christopher Cool's show was fantastic, the dance party was so much fun, and we loved seeing everyone's amazing and creative costumes!

We are deeply grateful for our incredible volunteers: Janice Schneider, Leanne Black, Marcia Birkigt, Erika Diaz, Darren Way, Jennifer and Liam Rocker, and Evan Stoesz. A huge, heartfelt thank you to Jenny Volman as well for baking those delicious cookies!

We're already planning next year's celebration, and we would love to welcome extra hands to make it even more special. If you'd like to join in and help make our next party even more spooktacular, please feel free to reach out to Jill at parklandca@telus.net.

Swap-A-Palooza | December 12, from 10:00 am to 1:30 pm
Swap-A-Palooza is a fun, waste-reducing event planned for December 12, just as the holiday season begins. Residents can bring a gently used item that still has value but is ready for a new home between 10:00 and 11:00 am. Then, at 11:00 am, the swap opens for browsing and "shopping." The event ends at 1:30 pm.

In addition to the swap, the event will feature ideas for zero waste gift wrapping, card-decorating activities using donated Christmas materials, light snacks, and hot chocolate for those who bring a reusable mug. Any items remaining at the end of the event will be donated to WINS.

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 twenty people, and there are four tables that can be moved around as need be. We have daytime spots available and some later evenings as well as Saturday afternoons.

For rental inquiries, email parklandca@telus.net.



What will you discover?

Coffee with Beethoven!
Enjoy an unforgettable evening of Beethoven's legendary Piano Sonatas, performed live by acclaimed pianist Roman Rabinovich.
Tuesday, December 1 at 2:00pm

Christmas in the Village
Enjoy festive decorations, fun activities, sweet treats and warm drinks! Keep an eye out for a very special guest!
Saturday, December 12 from 1:30-3:30pm



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PARKLAND HALL WEEKLY CALENDAR

MAIN ROOM :			
MONDAYS	8:00 am to noon	Parkland Preschool	403-225-0083, www.parklandpreschool.com
	11:30 am to 12:30 pm	Continuing Tai Chi	403-271-9658
	1:00 to 7:00 pm	Available for booking	
	7:30 to 9:30 pm	Karate	403-225-1894; www.albertarenshikan.org
TUESDAYS	8:00 am to noon	Parkland Preschool	403-225-0083, www.parklandpreschool.com
	1:00 to 2:45 pm	Bliss Yoga	403-271-7810; www.blissyogacalgary.ca
	5:30 to 8:00 pm	Girl Guides	
WEDNESDAYS	8:00 am to noon	Parkland Preschool	403-225-0083, www.parklandpreschool.com
	11:30 am to 12:30 pm	Continuing Tai Chi	403-271-9658
	11:30 am to 4:30 pm	Available for booking	
	5:00 to 6:30 pm	Thistle Dog Sports	www.thistledogsports.com
THURSDAYS	8:00 am to noon	Parkland Preschool	403-225-0083, www.parklandpreschool.com
	9:00 am to 5:00 pm	Available for booking	
	5:30 to 8:00 pm	Vanshaw Academy of Irish Dance	www.vanshawirishdance.ca
FRIDAYS	8:00 am to noon	Parkland Preschool	403-225-0083, www.parklandpreschool.com
	11:30 am to 12:30 pm	Continuing Tai Chi	403-271-9658
	11:30 am to 5:30 pm	Available for booking	
	6:00 to 9:00 pm	Baha'i Community of Calgary	403-278-7307, www.calgarybahai.ca
SATURDAYS	8:00 am to onwards	Available for booking	
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; www.kkmlsficanada.org

MEETING ROOM:			
MONDAYS	8:00 am to 6:30 pm	Available for booking	
	7:00 to 8:00 pm	Al Anon	403-266-5850
TUESDAYS	8:00 am to 5:00 pm	Available for booking	
	5:30 pm to 8:00 pm	Girl Guides	
WEDNESDAYS	8:00 am to 10:00 pm	Available for booking	
THURSDAYS	9:00 am to 10:00 pm	Available for booking	
	6:30 to 8:00 pm	Harvest International Baptist Church	403-616-7597, www.Harvestinternationalbaptistchurch.com
FRIDAYS	9:00 am to 12:30 pm	Available for booking	
	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, www.calgarybahai.ca
SATURDAYS	10:00 am to 12:00 pm	Knitting group	403 278-5330

Please contact Jill at parklandca@telus.net for Hall Rental information or to view.
Remember: Parkland Community Association members receive a discounted rental rate.

Peppermint Cookies

by S. Law



This was a staple in my household growing up. Every year my mom and I would bake a huge batch of these cookies, and we'd pass them out as little gifts to my class before everyone went away on winter break. Needless to say, while I'm no longer in school, we've kept the tradition going, so if you're looking for a light, buttery snack to go with your hot chocolate this year; these cookies never fail.

Ingredients

- 1/2 cup butter
- 1 1/2 cups powdered sugar
- 2 cups flour
- 1 tbsp peppermint extract
- 1 tsp salt
- A few drops of different food colours. (We always use pink and green)

Directions

1. In a large bowl combine your flour, powdered sugar, peppermint extract, and salt.
2. Add the butter in chunks and then begin kneading everything together. The kneading is important as it allows everything to be mixed into a smooth dough that still holds its shape.
3. At this stage if the dough either looks too dry, or too sticky, add more butter or flour respectively.
4. Separate your dough into three or more even piles and dye each one a different colour. Typically, I leave one the original white because I like the way it looks. You only need a few drops of food colouring to get a soft pastel shade.
5. Once you have your desired colours, roll each section into a log, and then form a bigger log with your three sections. Roll them slightly so everything sticks together and the colours blend gently, then wrap in saran wrap and set in the fridge for a few hours.
6. Once everything is cooled slice your log into 1-inch-thick pieces and place on a sheet pan.
7. Bake in a 350° F oven for 8 to 12 minutes, or until they begin browning on the bottom.
8. Let them cool and enjoy with family and friends!





Parkland Community Association
Crime Prevention Dashboard

When to Dial 9-1-1
The Calgary Police Service uses two telephone contact numbers:

- Emergency: 9-1-1
- Non-emergency: 403-266-1234

When to Call Non-Emergency
- Crimes that have already happened and there is no injury or bodily harm
- Crimes that do not require immediate police response
- Suspicious vehicles and/or people
- All other non-emergency calls

Online Reporting
www.calgary.ca/cps/pages/report-a-crime.aspx

These reports are not reviewed in real time.

Reports You Cannot Submit Online
- Robbery (theft with violence)
- House break-in and enter
- Domestic disputes
- Theft of a vehicle
- Incidents where there is a known suspect offender
- Any type of fraud resulting in the loss of fund /personal information or property
- Incidents that involve lost/stolen citizenship cards, permanent resident cards, immigration documents, government cheques, or cash from the government

These crimes may require a dispatched call. Please phone the police non-emergency line at 403-266-1234.

Reports You Can Submit Online
- Damage to property
- Damage to vehicle
- Lost property (excluding government ID)
- Theft
- Theft from vehicle
- Car prowling
- Online telephone scams
- Online email scams

9:00 pm Routine
The Calgary Police Service are encouraging Calgarians to establish a 9:00 pm routine to help secure their property before heading to bed.

The routine recommends:

- Removing valuables from vehicles
- Ensuring vehicles are locked and if possible, parked in a garage
- Vehicle windows are closed
- Closing garage doors and windows
- Locking garage doors including those leading into a house
- Checking that all house doors are locked
- Ensuring all windows are shut
- Turning on an exterior light

Submit a Tip to Crime Stoppers
Crime stoppers is a separate entity that takes anonymous tips about criminal activity that is then passed onto CPS.

Contact Numbers:

- Talk: 1-800-222-8477
- Text: tttTIPS to 274-637
- Online: ttttips.com/home

Please note that not all tips submitted to crime stoppers are investigated.

Submit a Drug Tip
If you have information about a drug house, or people who are selling drugs, you can report this information online. Please note if you want to remain anonymous, you must submit your information to www.crimestoppers.org.

Report Graffiti or Vandalism
If you observe graffiti; call 3-1- 1. Include the location, description of the object the graffiti is on, and a photo of the graffiti.

Alberta Emergency Alert
Alberta emergency alerts are issued by the communities where a disaster or emergency is occurring. www.emergencyalert.alberta.ca/content/about/signup.html511

Alberta Website and App
Please visit 511.alberta.ca/ and/or the 5-1-1 app to stay up to date with current highway conditions, roadwork, major incidents, weather alerts, and much more. 511.alberta.ca/map

Abuse/Violence/Sexual Numbers to Call
If you are experiencing domestic abuse or violence, reach out for help:

- Immediate danger: call 9-1-1
- Experiencing domestic abuse: call 403-234-SAFE (7233)
- Experiencing sexual abuse: call 403-237-5888
- To report domestic abuse or violence: call 403-266-1234

Fats, Oils, and Grease



Put fats, oils, and grease (FOG) in their place this holiday season. When FOG goes down the drain, it builds up in your pipes and can lead to messy and time-consuming sewer backups. Remember to cool it, scrape it and compost it instead. Learn more at calgary.ca/protectyourpipes.

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Why Do the Holidays Bring Up So Much Emotion?

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



Understanding family dynamics, grief, expectations, loneliness and the pressure to be happy.

The holiday season can bring joy and connection, but it can also stir up anxiety, grief, family conflict, and loneliness. Understanding why Christmas can feel emotionally challenging, and learning how to manage expectations, establish healthy boundaries, and cope with difficult family dynamics—can help us approach the season with greater compassion for ourselves and others.

Common Questions About Holiday Stress:
Why do I feel sad or anxious during the holidays? How can I manage difficult family relationships at Christmas? How do I cope with grief during the holiday season? How can I set healthy boundaries with family without feeling guilty? What can I do when Christmas no longer feels the same?

These are common experiences, and understanding them is an important first step toward navigating the holidays in a healthier way.

Why Can the Holidays be Emotionally Challenging?
Christmas often carries expectations about how we should feel and how our families should behave. We may feel pressure to create meaningful memories, maintain traditions, buy the perfect gifts, or ensure everyone is happy. When reality doesn't match these expectations, disappointment and stress can follow.

Family gatherings can also bring old patterns to the surface. Spending time with parents, siblings or other relatives may reactivate familiar feelings of being criticized, misunderstood, or overlooked. Even as adults, we can find ourselves slipping into childhood roles or reacting to family members in ways that surprise us. Recognizing these patterns can help us respond more intentionally rather than automatically repeating them.

For others, the holidays highlight what has changed. The death of a loved one, divorce, family estrangement, illness, or children leaving home can make familiar traditions feel painfully different. Grief doesn't follow a calendar, and the expectation to be cheerful can make it even harder to acknowledge what we are missing.

Financial pressures, social comparison and loneliness can add to the burden. Seeing images of seemingly perfect celebrations can leave us questioning why our own lives look different. However, what we see of others is rarely the whole story.

How Can we Make the Holidays More Manageable?
Start by giving ourselves permission to experience the holidays as they are, rather than how we believe they should be. Consider these practical steps:

Adjust Our Expectations
We don't have to recreate the perfect Christmas or make everyone happy. Choose what matters most to us and let some things go.

Set Healthy Boundaries
We can limit the time spent at difficult gatherings, decline invitations or take breaks when needed. Saying no respectfully is not the same as rejecting someone.

Make Room for Grief
If we are missing someone, we can consider a meaningful way to honour their memory. We can appreciate moments of happiness while still acknowledging our sadness.

Protect our Relationships
When disagreements arise, we can aim for respectful communication rather than winning an argument. Sometimes, stepping away and returning to a conversation when emotions settle is the healthiest choice.

Seek Genuine Connection
A quiet visit, a meaningful conversation or time with

someone who makes us feel understood may be more nourishing than a crowded celebration.

We are Allowed to Have a Different Christmas This Year.
Life changes, and our traditions and expectations may need to change with it. A meaningful holiday doesn't have to be elaborate, expensive or filled with constant happiness.

Perhaps the healthiest Christmas is not the one that looks perfect from the outside, but the one that feels authentic, connected and manageable on the inside.

If holiday-related distress feels persistent or difficult to manage, speaking with a mental health professional can help us understand our emotions and develop healthier ways to cope.

We don't have to make this Christmas perfect. We can simply make room for what is real, honour what matters and treat ourselves and others with compassion.

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"First public Christmas tree in Central Park, Calgary, Alberta.", 1914-12-24, (CU1122821) by unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

The History of Calgary's First Public Christmas Tree

In 1914, during the hardships of the First World War, several Calgary citizens led by Mr. E.J. Riley began a movement to organize a local branch of the Canadian Christmas Tree League. Their goal was to bring the community together through a public celebration and spread happiness during a difficult time.

The Calgary branch of the league was successfully launched on December 12, 1914. Soon afterward, plans were made to raise a public Christmas tree approximately 40 feet tall in Central Park, which is now known as Central Memorial Park.

According to *The Calgary Albertan* on December 21, 1914, the tree "will be prettily lighted and surmounted with a large cross or star." The newspaper also described how "that traditional old guest, Santa Claus, will arrive on the scene in a sled drawn by the best team of reindeer Calgary can produce." The tree was planned to be illuminated every night during Christmas week.

The celebration aimed to do more than mark the holiday. The league's members wanted to plan an open-air celebration that would bring joy to people of all ages. They hoped the event would "gladden hundreds of children and parents, and help them to forget, during the Christmas season at least, the sorrow spread over the land by the war." At a time when many families were worried about loved ones and the effects of the war, the celebration offered a welcome opportunity to experience joy, hope, and togetherness.

The modern Christmas tree originated in 16th-century Germany, blending ancient winter solstice evergreen customs with medieval religious symbolism. Introduced into England in the 19th century, the Christmas tree was popularized by German-born Prince Albert, husband of Queen Victoria. Brought to North America by German settlers as early as the 17th century, Christmas trees were the height of fashion by the 19th century.

The first Christmas Tree League in Canada had been organized in St. Lambert, Quebec in 1913. Similar public Christmas tree celebrations were also held annually in larger American cities. Calgary followed this growing tradition by electing officers and appointing a programme committee to help organize the event.

Although Calgary's public Christmas tree tradition was interrupted later during the war, it returned to Central Park in 1922. Annual Christmas light-ups became a familiar part of the city's holiday season. After Olympic Plaza opened for the 1988 Winter Olympics, it became another home for Calgary's public Christmas tree until the plaza closed for renovations in early 2025. What began as a wartime effort to spread happiness grew into a lasting Calgary tradition.

Learn more about Central Memorial Park on the Inventory of Evaluated Historic Resources: https://www.heritagecalgary.ca/explore-inventory.



Councillor, Ward 14
Landon Johnston
ward14@calgary.ca
403-268-2430 ward14yyc.ca
@LandonForWard14
@Ward14LandonJohnston

As we come to the end of another busy year, I want to take a moment to thank everyone who helps make Ward 14 such a great place to call home. From the neighbours who look out for one another, to the volunteers, community associations, local businesses, and organizations that bring people together, your contributions help make our communities stronger.

Whether you're celebrating with a full house, travelling to see family and friends, or enjoying a quieter Christmas at home, I hope you have the opportunity to take a break, enjoy some good company, and make a few great memories along the way.

I'm grateful for the many conversations and connections I've had with residents throughout the year, and I look forward to continuing that work in the year ahead. Your feedback and involvement are important to me, and I encourage you to stay connected with our office. Visit our website for Ward 14 updates, community information, and ways to get in touch with us.

From my family and the entire Ward 14 team, I wish you and your family a very Merry Christmas and a happy, healthy New Year. I look forward to seeing you around Ward 14 in 2027!



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

As December arrives and the holiday season begins, many of us look forward to gathering with family and friends, reflecting on the year behind us, and celebrating the traditions that bring us together. It is a special time to create new memories, appreciate those around us, and look ahead with hope and optimism.

This season serves as an important reminder of the values that strengthen our communities: kindness, generosity, and connection. Whether you are spending time with loved ones around the dinner table, volunteering in the community, supporting a local charity, or simply taking a well-deserved moment to rest and recharge, I hope you find joy in the moments that matter most.

As I reflect on the past year, I am incredibly grateful for the opportunity to serve the residents of Calgary-Fish Creek and to meet so many people who care deeply about our community and the future of Alberta. I am especially thankful for the dedicated volunteers, community associations, and local organizations that work tirelessly to foster the strong sense of belonging that makes Calgary- Fish Creek such a wonderful place to call home. I am equally grateful to the many businesses that proudly serve our neighborhoods with commitment, innovation, and community spirit.

On behalf of my constituency office staff and myself, I would like to extend our warmest wishes to you and your loved ones for a very Merry Christmas and a happy, healthy, and prosperous New Year.

Thank you for helping make Calgary-Fish Creek the remarkable community it is today. We look forward to continuing to work with you in the year ahead.

Merry Christmas and Happy New Year!

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ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Parkland? Our unified team of expert practitioners have one common goal - to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

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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.

PAINTER SERVICING PARKLAND: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

CYPRESS ELECTRIC LTD: Are you looking to have some electrical work done? Local Master Electrician. WCB insured. Specializing in home renovations, basement developments, electrical panel replacements, electrical vehicle chargers, aluminum to copper conversion, bathfan and hoodfan replacements, pot lights, ceiling fans, new circuits, and receptacles. Call Grayson at 403-466-8733 or email cypresselectricltd@gmail.com.

JOHN'S HOME REPAIR AND MAINTENANCE LTD.: A long-term community member and Journeyman Tile Setter/Carpenter who specializes in handyman services. I also do fencing, decking, gazebos and interlocking stone, yard cleanup, dump-runs, and pressure washing services. Licensed, insured BBB member. I offer seniors' discounts and below industry rates. Call 587-437-9446 or email johnyungblut@me.com.

REYNOLD'S & SPACKMAN ELECTRIC LTD: Fully licensed and insured with a master electrician committed to quality, honesty, and dependable electrical service. Whatever the job, we're here for all your electrical needs. Feel confident the job will be done right, with a master electrician on site. Call Travis, your neighbour, at 403-813-6932.





The Community of Parkland



One of the greatest pleasures of the Holiday Season is to exchange greetings with those whose friendship we value so highly. In this spirit it is a pleasure to say

Thank You

and extend our sincere appreciation for the pleasant experiences we have enjoyed with you.

We wish you all a very Merry Christmas and an amazing New Year filled with happiness and good health.

CITY OF CALGARY HOUSING STATISTICS **OCTOBER 2026**

BENCHMARK PRICE
$564,200
-0.35% VS. OCT 2025

SALES
1,592
-15.27% VS. OCT 2025

NEW LISTINGS
2,928
-9.41% VS. OCT 2025

INVENTORY
6,173
-4.62% VS. OCT 2025

MONTHS OF SUPPLY
3.88 12.57% VS. OCT 2025

DAYS ON MARKET
43 2.23% VS. OCT 2025

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



Yoki & Jeff Nichol

FROM ONE GENERATION TO THE NEXT
"Both of us working for you"

Over 70 Years Combined Experience
CHAIRMANS CLUB LIFETIME MEMBER RATIONAL TOP 1%

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



403-852-1992 | 403-870-1892

Not intended to solicit properties already listed for sale