

JANUARY 2026

DELIVERED MONTHLY TO 2,500 HOUSEHOLDS



PARKLAND^{news}

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

WINTERFEST
FEBRUARY 21
DETAILS TO FOLLOW SOON



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2022, 2023, 2024

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Keys of Joy!

Get ready to tap your toes! Keys of Joy is taking the stage with their dynamic dueling pianos—packed with nostalgia, talent, and plenty of surprises. Come experience the music you love in a vibrant community setting!

Tuesday, January 6th at 7:00pm



Robbie Burns Night!

Join us for an evening of Scottish spirit, poetry, music, and fun with the Calgary Burns Club! Enjoy traditional Burns festivities, meet our wonderful residents, and share in a lively gathering filled with culture and connection.

Thursday, January 29th at 7:00pm

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



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Giant Snowflake

On a cold winter's day in Fort Keogh, Montana, on January 28, 1887, a snowstorm created something truly magical and massive. Witnesses reported the world's largest snowflake at a whopping 38 cm wide and 20 cm thick! Snow kidding!



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PROMO: PARKLAND10
Promo ends 01/31/26

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PIZZA PASTA WINGS DONAIRS SALADS

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	144 Lake Bonavista Scout Group	
	7:30 to 9:00 pm	Karate (private booking)	403-225-1894, essential@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 6:00 pm	Available for booking	403-278-5330
	6:00 to 7:00 pm	Thistle Dog Sports	403-614-2040
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
	7:00 to 9:30 pm	Baha'i Community of Calgary	403-278-7307
SATURDAYS	8:45 to 9:45 am	Pilates	engagemobilepilates@gmail.com
	10:00 am onwards	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 pm onwards	Available for booking	
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 7:00 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
	7:00 to 9:30 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.



SUPPORT YOUR COMMUNITY

LAST NAME: _____

FIRST NAME: _____

ADDRESS: _____

POSTAL CODE: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

DROP OFF AT THE COMMUNITY HALL OR MAIL TO:

PARKLAND COMMUNITY ASSOCIATION

505 PARKVALLEY ROAD SE, CALGARY, T2J 6M4

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☐ ENCLOSED IS A CHEQUE FOR \$25

☐ PAYMENT WILL BE MADE BY E-TRANSFER

Word of the Month

Zenith: noun (zee-nith, zen-ith)

The highest point of something.

Their career reached its zenith in the 1970s.



**BRAIN
GAMES**

SUDOKU

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	3	7					1	2

SCAN THE QR CODE
FOR THE SOLUTION



Caring for an Aging Parent: Strategies for When the Going Gets Tough

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



Emotional Strategies (Inner Work and Regulation)

1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

Situational Strategies (Practical Boundaries and Care Structures)

1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t

handle daily visits." Say it out loud, write it down, and share with other family members if needed.

2. Establish Firm Communication Boundaries

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: "I'm not willing to be spoken to that way. I'll come back when you're ready to talk respectfully."

3. Use Neutral, Brief Responses

When provoked, respond with calm neutrality ("I hear you," "That's your opinion," "Okay"). Avoid arguing, explaining, or defending—it fuels conflict.

4. Set Structured Routines

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

5. Engage Outside Help When Possible

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

6. Protect Your Physical Space

If your parent lives with you, designate "off-limits" areas or private times. If you live separately, establish boundaries around unannounced visits or excessive calls.

7. Use Written Communication for Sensitive Topics

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

8. Plan for Respite and Breaks

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

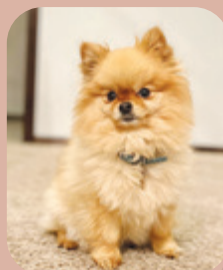
9. Involve Professionals for Tough Conversations

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

10. Prepare for Emotional Pushback

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."

Cats, Canines, & Critters of Calgary



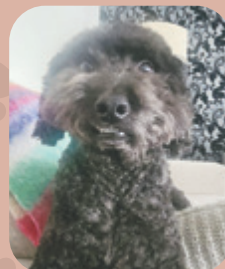
Betty White, Cranston



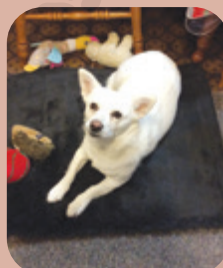
Dazi, North Glenmore Park



Jack, Seton



Leo, Nolan Hill



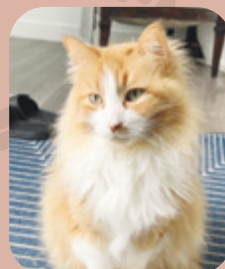
Rosie, Renfrew



Tango, Palliser



Teffy, Mount Pleasant



Toulouse, Killarney

To have your pet featured, email news@mycalgary.com



On Deerfoot Trail

by Garth Paul Ukrainetz

On Deerfoot Trail the potholes grow
A little larger every day
They never seem to fill them in
We zig and zag along the way

On Deerfoot Trail bad tempers show
The need for speed in rush hour mess
The faster lane ain't always faster
The quicker route ain't always best

On Deerfoot Trail the snow plows blow
They clear the slushy slop away
But cars still slide into the ditch
On icy road there's hell to pay

On Deerfoot Trail the tail lights glow
Like blood cells flow within a vein
The city's major artery
Bright Stampede Red this freeway train

On Deerfoot Trail a rodeo
Corralled commuters, Calgary
Bronc riding on this road together
Until we exit, until we're free

Parkland Cares



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

Our December initiatives brought cheer to many local families this year.

Warm thanks to all our Parkland and Bonavista neighbours. All ages came together to assemble over 200 Warm Feet Warm Hearts care packages. Included in the packs were warm socks, toiletries, hand warmers, mittens, coffee gift cards, and chocolate. The packs were topped off with handmade Christmas cards made by local students. The Drop-In Centre of Calgary was grateful to receive the care packs, and they will distribute them to unhoused community members. Thank you to everyone, including our MLA Myles McDougall for donating and participating, Lake Bonavista Community Association for the space, Park96, and Calgary Parkland Community Association for the continuous support all year long.

We also adopted local families through Fish Creek United Church. Our volunteer team members bought, wrapped, and dropped off Packages of Joy to these families and made their season a little bit brighter.

Additionally, we were once again able to deliver grocery gift cards to Wilma Hansen Jr. high and Deer Run elementary schools. They made sure that the cards went to families that are experiencing food insecurity this season.

We are proud to be supporting Basically Babies once again this year. From mid-January to mid-February, you can drop off donations of clean, good quality, gently used or new baby clothing (sized 0 to 24 months) and small baby supplies or items. This Calgary charity helps families with newborns in extreme need. They provide these families with a beautiful first-year layette. Donation boxes will be placed at Park 96 and Lake Bonavista Community Centre.

As always, the end of the year is a wonderful opportunity to express gratitude. Parkland Cares is very grateful for the continued support of our amazing community. Thank you!

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

UPCOMING EVENTS AND NEWS

Thank you to all who attended the Parkland Community wine tasting event!

We wanted to extend a big thank you to the 30 wonderful community members who joined us for our recent wine tasting event at the Parkland Community Hall. You all helped make the atmosphere vibrant, fun, and memorable.

A huge thank you to our brilliant wine expert, Gayle Zarbatany, who guided us through six distinct and amazing wine selections. And, of course, a special mention to our volunteers: Rhonda, Ford, and Chase! We couldn't have done it without your efforts. You were all truly incredible.

Parkland would like to continue events like these to engage the community, we need your support and hopefully can look forward to seeing you at the next event!

Knitting Group

Meets at the hall on Saturdays from 10:00 am to noon.

Sessions: January 17, 24, 31, and February 7.

Cost is \$50 for the four sessions or \$15 per drop-in.

Membership can readily be purchased from the office and is required for attending the group.

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

Parkland's Annual Winterfest Celebration – Make It a Date! February 21

Details to follow.

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



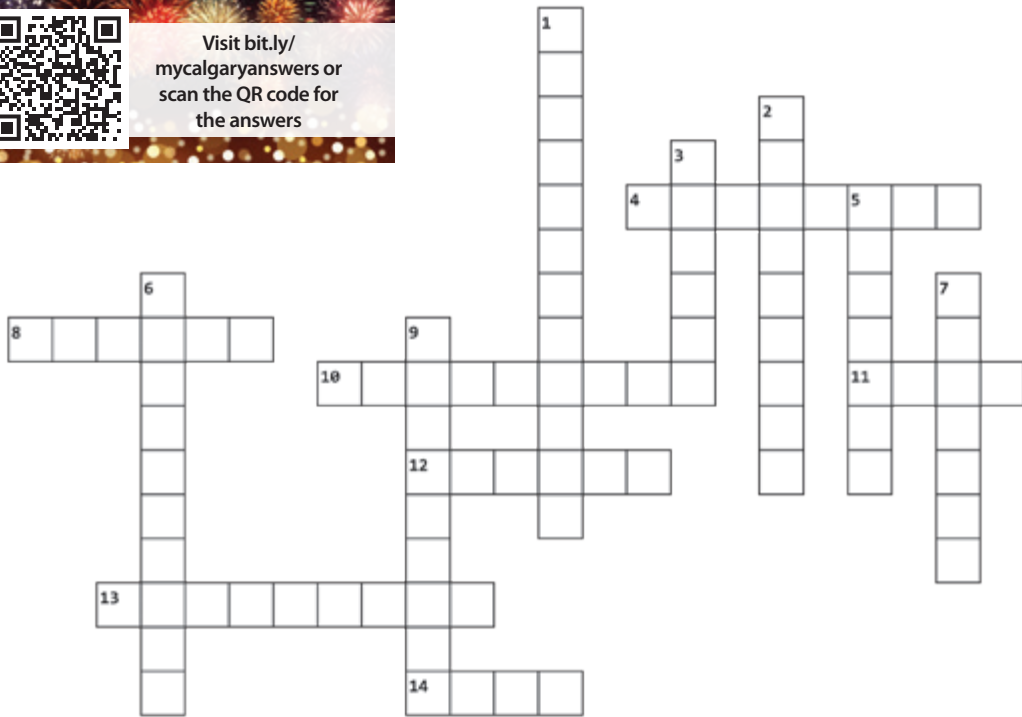
Real Estate Statistics



January Crossword



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



Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an _____ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World _____ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, _____ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in _____, Scotland.
6. The crime drama series, *The Sopranos*, starring James _____ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in _____, Alberta.
9. Jane Austen's romance novel *Pride and _____* was originally published on January 28, 1813.

FRIENDS *of* Fish Creek

It's a Great Time to Start Thinking About Your Native Plant Gardens!

There's nothing like a chilly January to make you look forward to spring. Something we like to do when winter seems to drag on is to start planning our gardens, and at the Friends, that means starting seeds for a ton of different native plants! If you're interested in starting your own native plants from seed, there are a lot of species that are beginner-friendly, even if you don't have any experience growing plants from seeds at all. We're highlighting two species that are easy to get started with and how you can germinate and grow them this winter!

Did you know that the Friends have a native plant growing program called 'Grow with Us' that also acts as a native species seed bank? Learn more and sign up at friendsoffishcreek.org/grow-with-us/.



Plant 1: Smooth Blue Aster

These beautiful blue flowers are a cheery addition to any garden, plus, they support native pollinators and insects. Easy to germinate and grow, you could easily see the plants flower their first year when grown from seed, and they may even produce seed to harvest the first season too!

To grow this native species, sprinkle seeds on top of a pot of soil at least 6" deep then cover with a handful of soil, about ½ cm. Lightly press down on the top layer of soil and then mist the top of the soil with a sprayer to moisten the seeds and begin the germination process. Germination can take up to a few weeks, so check back often to make sure the soil (and most importantly, the seeds) is still damp.



Plant 2: Prairie Coneflower

The prairie coneflower is a classic native species that often comes to mind when we think of the word "wildflower". It can be found growing all across the North American Great Plains North America, so why not bring the sunny yellow hues of this native plant to your garden bed?

To grow prairie coneflower from seed, you'll start by "cold stratifying" the seed. This means putting seeds outside in cold weather, or in the fridge in a moist substrate (like sand or paper towel) for a few weeks to a month. Then, plant seeds in sandy, well-draining soil in a pot at least 6" deep and water daily until germination. From there, you can move your seedlings outside or gradually transition them by bringing them outside for increasing durations during the day in April or May.



Wondering where to get seeds for native species? Sign up for our 'Grow with Us' program for smooth blue aster seeds, prairie coneflower seeds, and more. Plus, be a part of our circular seed economy and increasing species diversity in Fish Creek Provincial Park and beyond. You can find more information on our website.





MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

✉ Calgary.FishCreek@assembly.ab.ca

☎ 403-278-4444 | 📷 MLAFishCreek

📘 MylesMcDougallYYC | 📺 MylesYYC

Happy New Year! I hope your holiday season was filled with joy, peace, family, and friends.

Last fall's legislative session was busy. Bill 3: The Private Vocational Training Act, my first piece of legislation, was passed with unanimous support from all parties.

As Minister of Advanced Education, passage of this bill was an important milestone. Alberta's private career colleges play a vital role in training workers for in-demand jobs; however, the previous regulatory framework was no longer adequate for today's realities. Bill 3 modernizes the regulatory system, strengthens protections for students, and ensures programs remain aligned with the needs of our labour market.

I'm proud of the collaboration that made this possible. Students, institutions, employers, and partners across the province provided valuable feedback throughout the process. Their insights helped shape a stronger, more effective piece of legislation.

Thank you for your continued support. I look forward to building on this momentum as we keep expanding opportunities for Albertans and ensuring our post-secondary system remains responsive, innovative, and focused on results.

I look forward to continuing my work as your MLA in 2026.



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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.

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.

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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.

RELIABLE LADY IS ABLE TO CLEAN YOUR HOME: Weekly or bi-weekly, move in, or move out. Monday to Friday. I charge by the job. Telephone Mrs. Batti at 403-720-8689 or 403-617-5534. Please leave a message if I am not at home.

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SPORT
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Sport Calgary

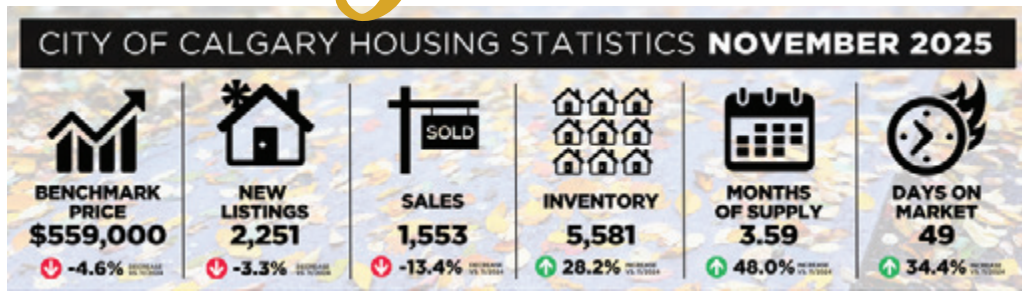


The Community of Parkland

Real Estate Update

HAPPY
New Year

Best wishes for a Happy & Healthy 2026!!



Detached Nov/25 Benchmark Price \$733,000 | -2% Nov/24 | +1% YTD
 Semi-Detached Nov/25 Benchmark Price \$671,700 | -2% Nov/24 | +3% YTD (Strongest Sector)
 Row/Townhouse Nov/25 Benchmark Price \$424,400 | -6% Nov/24 | -2% YTD
 Apartment/Condo Nov/25 Benchmark Price \$309,300 | -7% Nov/24 | -2% YTD

Inventory levels: 28% higher year-to-date and 15% higher than Nov/24
 As of Dec 2/25 Parkland Inventory For Sale: 6 | Average Days on Market: 54
 As of Dec 2/25 Past 30 days, Parkland Sales: 5 | Average Days on Market: 37

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

Yoki & Jeff Nichol

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