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# PARKLAND news

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Stampede Breakfast is here! Grab your cowboy boots and join us for a fun-filled morning of pancakes, sausages, and good ol' Canadian cheer.

**Friday, July 3 from 7:30am to 9:00am**

## Stampede Barbecue Dinner

The sun is shining and the grills are hot, so grab your cowboy hat and join us for a fun filled outdoor barbecue!

**Tuesday, July 7 from 4:00pm to 6:00pm**



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# Parkland Community Association

## Board Members

|                   |                      |
|-------------------|----------------------|
| President         | Darren Way           |
| Vice-President    | Vacant               |
| Treasurer         | Renae Juravle        |
| Secretary         | Vacant               |
| Director at Large | Sunil Bagwe          |
| Director at Large | Allan Boswell        |
| Director at Large | Mari-Anne Godlonton  |
| Director at Large | Lisa Gallant         |
| Director at Large | June Losey           |
| Director at Large | Leanne Black         |
| Director at Large | Autumn Malsbury-Boag |



## TOUR DE FRANCE

*The Tour de France is one of the most famous cycling races of the past century. Did you know the route measures over 3,000 km and has riders on the road for 23 days!*



## A Warm Welcome to Our New Manager: Jillian Hatch



The Calgary Parkland Community Hall is thrilled to announce that Jillian has stepped into the role of Community Hall Manager. As we transition into a new chapter for our facility, we couldn't be more excited to have a leader who is already deeply rooted in the fabric of our neighbourhood.

Jillian joins the team not just as a recent board member, but as a dedicated local mom and community member. Her firsthand understanding of what makes Parkland a special place to live and raise a family gives her a unique perspective on how our hall can best serve its residents. She understands that the hall is more than just a building, but is the heart of the community.

With a background characterized by excellent administrative, writing, and project management skills, Jill is well-equipped to build upon the strong foundation left by her predecessor, Erika.

As we move forward with record rental revenues and beautiful new facility upgrades, Jillian's blend of professional polish and community heart is exactly what the hall needs to reach its next milestones. We are confident that her leadership will keep our community vibrant, welcoming, and well-managed.

Please join us in giving Jillian a warm Parkland welcome!

## UPCOMING EVENTS AND NEWS

### Prince of Wales School Playground

Thanks to our incredible community and partners, the Prince of Wales School has reached its funding goal for the new playground and community gathering area. Removal of the 29-year-old playground began the week of June 8, with construction and landscaping slated to kick off in August. This transformation would not have been possible without the generous support of the Alberta Government, Parks Foundation Calgary, Friends of Parkland Way Society, Cenovus, Field Law, Green Cities Foundation, Tree Canada, ChariTree Foundation, and Wildlife Habitat Canada. Thank you to everyone who helped bring this project to life!

### Canada Day Celebration

July 1, 10:30 am to 1:00 pm.

Come join us for our annual Canada Day Celebration! There will be lots to see and do for all family members! We will be hosting the antique car and kids bike parade.

The following games and activities will be offered at the Hall:

- Lawn games
- Prizes
- Spumbo's sausages
- Bouncy castle
- Pony Rides
- Live Music

### Farm Stand – Shirley's Greenhouse Is Back!

Located at the Parkland Hall from 10:00 am to 2:00 pm each Saturday.

Come and purchase fresh farm produce, locally grown, pesticide free. Support local!

### Cleanup Day

Scheduled for September 27.

### Halloween Party

October 24 at the Parkland Hall.

### 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.

For rental inquiries email [parklandca@telus.net](mailto:parklandca@telus.net).

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—Parkland.





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### Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit  
[gofund.me/31fdeef6f](https://gofund.me/31fdeef6f)

Any help is appreciated ♥





# SUPPORT YOUR COMMUNITY

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## Casino Volunteers Needed!

The Parkland Community Association is seeking volunteers for our scheduled AGLC Casino on **August 31 and September 1, 2026**.

Casino fundraisers are a vital source of revenue for our community. The proceeds directly support:

**Community Events:** Winterfest, Canada Day, and the Halloween Dance.

**Infrastructure:** Indoor/Outdoor Hall improvements and the Boulevard Planters.

**Engagement:** The Community Garden and local Art Projects.

We have various day and night shifts available. No prior experience is necessary to participate. If you can donate a few hours to help keep

Parkland vibrant, please contact us at **403-278-5330** or [parklandca@telus.net](mailto:parklandca@telus.net).

## Parkland Cares



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

On June 13, Jamie Newton and Associates of RE/MAX First supported Parkland Cares during the Community Parade of Garage Sales. Participants and neighbours had the opportunity to give back to the community by sending an e-donation from the proceeds of their sale to Parkland Cares. All donations were then matched by Jamie Newton and Associates!

*Parkland Cares Calgary*

[parklandcaresyyc@gmail.com](mailto:parklandcaresyyc@gmail.com)

403-863-9927.



## PARKLAND HALL WEEKLY CALENDAR

### MAIN ROOM :

|                   |                      |                                      |                                                                                                                        |
|-------------------|----------------------|--------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| <b>MONDAYS</b>    | 10:00 am to 11:00 am | My Tai Chi                           | 403-271-9658                                                                                                           |
|                   | 11:30 am to 10:00 pm | Available for booking                |                                                                                                                        |
| <b>TUESDAYS</b>   | 9:00 am to 10:00 am  | Available for booking                |                                                                                                                        |
| <b>WEDNESDAYS</b> | 10:00 am to 11:00 am | My Tai Chi                           | 403-271-9658                                                                                                           |
|                   | 11:30 am to 10:00 pm | Available for booking                |                                                                                                                        |
| <b>THURSDAYS</b>  | 9:00 am to 10:00 am  | Available for booking                |                                                                                                                        |
| <b>FRIDAYS</b>    | 10:00 am to 11:00 am | My Tai Chi                           | 403-271-9658                                                                                                           |
|                   | 11:30 am to 10:00 pm | Available for booking                |                                                                                                                        |
| <b>SATURDAYS</b>  | 9:00 am onwards      | Available for booking                |                                                                                                                        |
| <b>SUNDAYS</b>    | 8:30 am to 3:00 pm   | Harvest International Baptist Church | 403-616-7597, <a href="http://www.Harvestinternationalbaptistchurch.com">www.Harvestinternationalbaptistchurch.com</a> |
|                   | 3:30 to 6:30 pm      | Keys of Kingdom Church               | 403-370-5604                                                                                                           |

### MEETING ROOM:

|                   |                                                 |                                      |                                                                                                                        |
|-------------------|-------------------------------------------------|--------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| <b>MONDAYS</b>    | 9:00 am to 6:30 pm                              | Available for booking                |                                                                                                                        |
|                   | 7:00 to 8:00 pm                                 | Al Anon                              | 403-266-5850                                                                                                           |
| <b>TUESDAYS</b>   | 9:00 am to 10:00 pm                             | Available for booking                |                                                                                                                        |
| <b>WEDNESDAYS</b> | 9:00 am to 6:00 pm                              | Available for booking                |                                                                                                                        |
|                   | 6:30 to 8:00 pm                                 | Harvest International Baptist Church | 403-616-7597, <a href="http://www.Harvestinternationalbaptistchurch.com">www.Harvestinternationalbaptistchurch.com</a> |
| <b>THURSDAYS</b>  | 9:00 am to 10:00 pm                             | Available for booking                |                                                                                                                        |
| <b>FRIDAYS</b>    | 9:00 am to 12:30 pm                             | Available for booking                |                                                                                                                        |
|                   | 1:00 to 3:00 pm<br>(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                                                                                                           |
| <b>SATURDAYS</b>  | 10:00 am to 12:00 pm                            | Knitting Group                       | 403-278-5330                                                                                                           |

Please contact Jill at [parklandca@telus.net](mailto:parklandca@telus.net) or 403-278-5330 for Hall Rental information or to view. Remember: Parkland Community Association members receive a discounted rental rate.

## Mariana Trench

Did you know the Mariana Trench reaches a depth of over 35,000 ft? That's the height of 63 CN Towers!





# 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

<http://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: <http://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](http://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. <https://www.emergencyalert.alberta.ca/content/about/signup.html511>

### Alberta Website and App

Please visit <https://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. <https://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



# Finding the Right Therapist: How to Search for the Help You're Actually Looking For

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

Searching for a therapist can feel overwhelming. A quick online search can bring up hundreds of profiles, all using different titles, specialties, and approaches. If you're already struggling with anxiety, depression, relationship issues, trauma, or another challenge, figuring out where to start can feel like another burden.

### Start With the Problem You Want Help With

Many people begin their search by simply typing "therapist near me" into Google. While this can generate a list of providers, it's often more effective to search based on the specific issue you're experiencing.

For example:

- Depression counselling
- Couples counselling
- Trauma therapist
- ADHD therapist
- Grief counsellor
- Intimate betrayal trauma therapist
- Addiction therapist

### Look Beyond the Therapist's Credentials

A therapist's designation tells you they have completed certain educational and licensing requirements. However, it doesn't tell you what they actually spend their time helping clients with.

When reading therapist profiles, pay attention to:

- Their areas of specialization
- Their experience treating your concerns
- Additional training or certifications
- Whether their approach resonates with you

### Understand That Not All Therapy Is the Same

Some therapists focus on helping you understand patterns from your past. Others teach practical skills for managing symptoms in the present. Some specialize in relationship dynamics, while others focus on trauma recovery or behavioural change.

You don't need to become an expert in therapeutic modalities, but it can be helpful to ask questions such as:

- What does treatment usually look like?
- What can I expect in the first few sessions?
- Do you have experience helping people with situations similar to mine?

### Read the Therapist's Website

A therapist's website often tells you much more than a directory profile.

As you read, ask yourself:

- Do I feel understood?
- Does this therapist seem knowledgeable about my concerns?
- Do they explain things clearly?

Sometimes a therapist's personality and communication style are just as important as their credentials.

### Don't Ignore the Importance of Fit

Research consistently shows that the relationship between therapist and client is one of the strongest predictors of successful therapy.

After a consultation or first session, consider:

- Did I feel heard?
- Did I feel comfortable enough to be honest?
- Did this therapist seem to understand what I'm going through?

### Ask Questions Before Booking

Many therapists offer a brief consultation. Use this opportunity to ask questions such as:

- Have you worked with concerns similar to mine?
- What is your experience with this issue?
- What does therapy usually look like?
- How often do clients typically attend sessions?
- Do you offer virtual or in-person appointments?

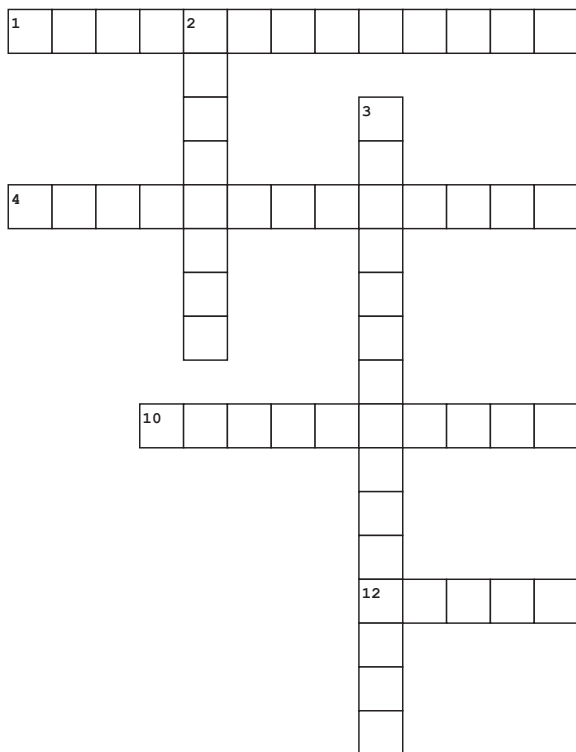
You are interviewing the therapist just as much as they are assessing whether they can help you.

### Trust Your Gut

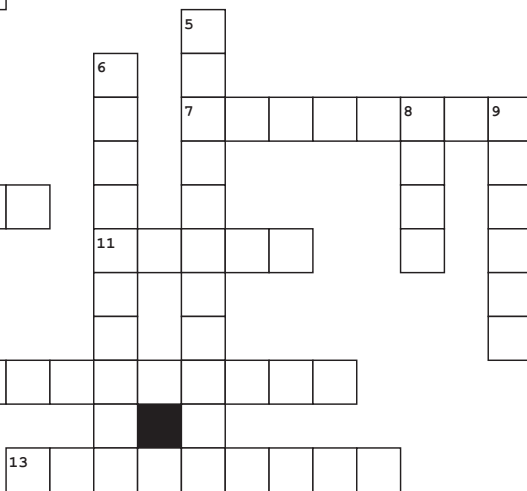
Credentials, experience, and training are important, but so is the feeling that you're sitting across from someone who genuinely understands you and knows how to help.

The right therapist won't have all the answers immediately. They won't promise quick fixes. What they will offer is a safe, supportive relationship, a clear path forward, and the expertise to help you navigate whatever challenges brought you to therapy in the first place.

# July Crossword



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers



## Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

## Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.



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[contact@jacksonjackson.ca](mailto:contact@jacksonjackson.ca)



**[www.jacksonjackson.ca](http://www.jacksonjackson.ca)**



**Councillor, Ward 14**  
**Landon Johnston**

✉ ward14@calgary.ca

☎ 403-268-2430

📱 @LandonForWard14

📷 @Ward14LandonJohnston

Hello Neighbours!

We're already halfway through 2026! Springtime means a lot is going on within our beautiful and thriving city. Warmer weather means increased pedestrians, cyclists, and motorcyclists. Construction will be predominant within our communities, as well as workers beginning to fix potholes, trim trees, cut grass, and clean our streets. A reminder to be aware of your surroundings and share the road. Together we can make sure everyone returns home safely!

Stampede and summer festivities have already started within our beautiful communities. We want to send out a special thank you to our Community Associations and volunteers for taking the time to host these amazing events. Without our volunteers, events such as these would not be possible!

We are looking forward to continuing to work with our fellow residents. Stay tuned for our upcoming Ward 14 webpage and be sure to check in on my social media pages for updates at this time.

#### **Contact Our Office**

General inquiries: Ward14@calgary.ca.

Community information and events: CLWard14@calgary.ca.

Following up on an issue?: CAWard14@calgary.ca.



**MLA Calgary - Fish Creek**  
**Myles McDougall**

7 – 1215 Lake Sylvan Drive SE

✉ Calgary.FishCreek@assembly.ab.ca

☎ 403-278-4444 | 📷 MLAFishCreek

📱 MylesMcDougallYYC | 📺 MylesYYC

I would like to congratulate the class of 2026 from Centennial High School! Graduating high school is an amazing milestone and I wish you all the best of luck on your future endeavours. I would also like to congratulate all the K to 11 students for successfully completing the 2025 to 2026 school year! I hope you will all enjoy your summer, whether it is working at your summer job, enjoying the various community lakes and Fish Creek, or vacationing with your families.

I would also like to recognize all CBE and CSSD teachers and school staff for your hard work throughout the school year. I hope you have a relaxing summer!

I plan to participate in many of the events being held in our constituency over the summer, and I look forward to visiting with as many of you as I can.





# BUSINESS CLASSIFIEDS

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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](http://www.communitymediation.ca), 403-269-2707.

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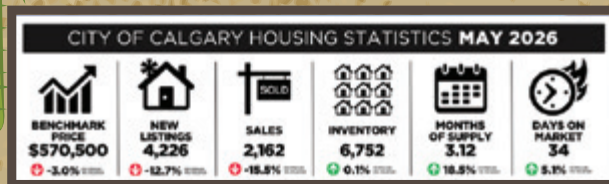
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# The Community of Parkland



156 Park Estates PI SE

**SOLD**

## CALGARY STAMPEDE RIBS

### INGREDIENTS:

4 Pounds pork baby back ribs, cut into serving-size pieces  
3 Garlic cloves, minced  
1 tablespoon sugar  
1 tablespoon paprika  
2 teaspoons each salt, pepper, chili powder, and ground cumin.

### BARBECUE SAUCE:

1 Small onion, finely chopped  
2 tablespoons butter  
1 cup ketchup  
1/4 cup packed brown sugar  
3 tablespoons lemon juice  
3 tablespoons Worcestershire sauce  
2 tablespoons cider vinegar  
1-1/2 teaspoons ground mustard  
1 teaspoon celery seed  
1/8 teaspoon cayenne pepper.

### DIRECTIONS:

1. Rub ribs with ingredients, place in a shallow covered roasting pan. Bake at 325 for 2 hours. Cool slightly. Cover and refrigerate for 8 hours overnight. 2. In a small saucepan, saute onion in butter until tender. Stir in the remaining ingredients. Bring to a boil. Reduce heat; stir until thickened, about 10 minutes. Remove from the heat. Set aside 3/4 cup. Brush ribs. 3. Grill, covered, over medium heat for 12 minutes, turning and basting with sauce. \*Serve with reserved sauce (3/4 c).

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