

OCTOBER 2026

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PARKLAND^{news}

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2022, 2023, 2024

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**Saturday, October 17 at
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Director at Large	Gwen MacEwan
Director at Large	Breanna Hill
Director at Large	Diane Peppinick



Winged Creatures

Did you know that bats are the only mammal that can fly? This is possible because of their elongated finger bones and thin skin that stretches across their bodies creating a wing.



YOUR CITY OF CALGARY

Keeping Bus Zones Clear Near Schools

by The City of Calgary



School and transit buses rely on clear bus zones to safely load and unload passengers. When vehicles stop or park in bus zones, buses may be forced to stop in traffic, putting children and passengers at risk. Bus zones are designated safety areas that must remain clear at all times. Respecting these zones helps protect children, supports accessible transit, and keeps traffic moving predictably. Parking legally and avoiding bus zones—even for short stops—helps create safer school environments for everyone. Learn more: calgariyparking.com/safeschools.

The School Patrol Program helps improve safety in school zones by focusing on education first.

School zones are designed to protect children. Parking rules help:

- Keep crosswalks and corners visible.
- Reduce congestion and sudden stops.
- Support safer crossings for kids and families.

Parking safety and compliance officers attend schools during busy dropoff and pickup times to:

- Remind drivers about safe and legal parking.
- Explain why certain rules exist.
- Answer questions from parents, caregivers, and school communities.

With over 150 elementary schools across the city, patrols can't be everywhere every day. Unsafe parking, like blocking crosswalks, doubleparking or stopping in no parking zones makes it harder for drivers to see children and for children to see cars.



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

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Joke of the Month

How do you repair a broken jack-o'-lantern?

Use a pumpkin patch!



BRAIN GAMES

SUDOKU

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	5		7			2	8	
	7	2			1		4	
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3			9		4			6
	8						9	

SCAN THE QR CODE
FOR THE SOLUTION



UPCOMING EVENTS AND NEWS

Thank You Casino Volunteers!

A huge thank you to the following people for volunteering on August 31 and September 1 at the Parkland Casino. Your hard work and community spirit are what makes Parkland so special.

Bill Garman	Stacey Schaub-Szabo
Drew Fell	Stephanie Whyte
Eric Leavitt	Steve Mulholland
Erika Diaz	Viktoria Shabanova
Joanne Oczkowski	Wendy Oczkowski
Kirsten Brandon	Crystal Cochrane
Peggy Schellenberg	Lili Cochrane
Mari-Anne Godlonton	Jen Petersen
Paul Wierzba	Bradford Rashley
Rod Anderson	Lawrence Gordon
Rod Olsen	Donna McLenaghan
Audrey Batke	Sandy Krahm
Sophia Hill	Kathleen Hagan
Mike Brillon	Christine Campbell
Kyra Baki	Jennifer Kingdon
Ryan Heagy	Elaine Mew
Sheralee Olsen	



Starting October 1 — New Recycling Guidelines

Beginning on October 1, you can start to recycle even more household packaging than ever before, including:

- Flexible bags like chip bags, granola wrappers and coffee bags
- Foam packaging like cushion blocks, meat trays, and egg cartons
- Tubes like lotion tubes, deodorant and toothpaste

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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

- Food and body aerosols like cooking spray, hair spray and sunscreen

Halloween Party

October 24 from 5:00 to 7:30 pm at the Parkland Hall.

Please join us for a family-friendly Halloween party with magician Christopher Cool! Doors open at 5:00 pm, the show will begin at 5:30 pm, and a dance party at 6:15 pm!

Swap-A-Palooza—November 2026 | TBD

Swap-A-Palooza is a fun, waste-reducing event planned for the end of November, 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 2:00 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

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 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.

SCAN HERE TO VIEW ADDITIONAL PARKLAND CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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
	12:30 to 7:00 pm	Available for booking	
	7:30 to 9:30 pm	Karate	403-225-1894; www.albertarenshekan.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
	3:00 to 5:00 pm	Available for booking	
	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 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	vanshawacademy@gmail.com
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
	11:00 am to 5:30 pm	Available for booking	
	6:00 to 9:00 pm	Bahai Community of Calgary	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 10:00 pm	Available for booking	
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 (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 Jill 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.



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: tttips.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.html

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

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SCAN ME

Healthy Relationship for our Children

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



How Does My Relationship with My Partner Affect My Children?

Children learn about relationships long before they begin having relationships of their own. They watch how their parents speak to one another, handle disagreements, show affection, repair hurts, and navigate life's challenges. The relationship between parents becomes one of the first models children have for understanding what love, safety, trust, and partnership look like.

A healthy marriage does not mean a marriage without conflict. In fact, children can benefit from seeing that disagreements are a normal part of relationships when those disagreements are handled with respect and ultimately repaired.

Children Feel Safer When Their Parents' Relationship Feels Secure

A strong parental relationship can provide children with an important emotional foundation. When children

experience their parents as a team who care about one another and are committed to working through difficulties, they are more likely to experience their family as a safe and predictable place.

This sense of security gives children room to focus on the important work of childhood: learning, exploring, developing friendships, making mistakes, and discovering who they are.

Children Learn How Healthy Relationships Work

Children are constantly observing. They notice whether parents listen to each other, express appreciation, apologize when they are wrong, and respect one another's boundaries.

When parents demonstrate healthy communication, children learn that it is possible to express difficult feelings without attacking or humiliating another person. They learn that differences do not have to

threaten a relationship and that problems can be discussed and resolved.

These lessons become part of their developing understanding of relationships.

Children Learn Resilience by Watching Parents' Repair

One of the most powerful lessons parents can provide is not perfection, it is repair.

Parents will sometimes become frustrated, misunderstand each other, or say something they wish they had said differently. When children see their parents take responsibility, apologize, listen, and reconnect, they learn an important message: relationships can experience difficulty without falling apart.

This is a foundation for resilience.

Children begin to understand that mistakes are not necessarily disasters, conflict can be managed, and difficult emotions can be worked through.

A Healthy Relationship Creates Emotional Space for Parenting

When parents feel connected and supported by one another, they often have greater emotional resources available for their children. A strong partnership can make it easier to share parenting responsibilities, problem-solve together, and support one another through the inevitable stresses of raising a family.

This doesn't mean parents must agree on everything. Healthy couples can have different perspectives while still communicating respect and presenting a united commitment to their children's wellbeing.

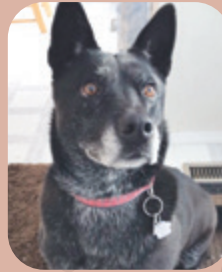
Children Don't Need Perfect Parents

Perhaps most importantly, children don't need a perfect marriage. They need parents who are willing to keep learning, growing, communicating, and repairing.

A healthy relationship between parents can teach children that love is not simply about getting along when everything is easy. It is about showing up, listening, taking responsibility, extending compassion, and finding your way back to one another after difficult moments.

When parents invest in the health of their relationship, they are not only strengthening their marriage, they are helping their children develop the emotional security, relationship skills, and resilience they will carry into the rest of their lives.

Cats, Canines, & Critters of Calgary



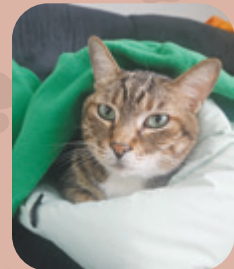
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Peaches, Tuscany



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As October arrives, our community is once again surrounded by the colours of autumn and the familiar rhythms of a new season. For many families, this month brings Thanksgiving gatherings, school activities, harvest celebrations, and opportunities to spend time with loved ones before winter arrives.

Thanksgiving is an important reminder to reflect on the people and organizations that make our communities strong. I am continually inspired by the volunteers who dedicate their time to local charities, youth sports, cultural organizations, seniors' programs, and community events. Their contributions often take place behind the scenes, but their impact is felt every day by neighbours across our constituency.

October is also a time when many local organizations begin preparing for the colder months ahead. Food banks, shelters, and community support agencies, often experience increased demand during this season. As we celebrate Thanksgiving, I encourage those who are able to consider supporting these organizations through donations, volunteer work, or simple acts of kindness. Even small contributions can make a meaningful difference in someone's life.

As your MLA, I remain committed to hearing directly from you about the issues that matter most. Whether your concerns involve health care, education, transportation, affordability, public safety, or provincial services, your feedback helps inform my work and advocacy on your behalf. With the fall sitting of the Alberta Legislature set to begin on October 27, I look forward to bringing the priorities and concerns of our community back to Edmonton as work resumes on provincial legislation and policy. My constituency office is always available to help connect residents with government programs and services and to assist in resolving concerns whenever possible.

As we gather with family and friends this Thanksgiving season, let us take a moment to appreciate the people who support us, the communities we call home, and the shared values of kindness, generosity, and neighbourliness that bring us together.

Myles McDougall



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The Community of Parkland

CITY OF CALGARY HOUSING STATISTICS AUGUST 2026



YOKI'S BEST EVER CARROT CAKE

MIX IN LARGE BOWL:

1 cup sugar
1 cup canola oil or olive oil
3 eggs
1 tsp. vanilla
1½ tsp. orange extract
Electric beat one egg at a time
1½ cup of flour (whole wheat/all purpose)
1½-2 tsp. cinnamon
½ tsp. salt
1 tsp. each cardamom and coriander
1½-2 tsp. nutmeg
1 tsp. all spice
1½ tsp. baking soda
1½ tsp. baking powder

MIX TOGETHER

Then add 2½-3 cups of coarsely grated carrots & 1 cup each of raisins and walnuts.

Bake in 9" x 13" pan for 30-45 minutes at 300 degrees.
(use toothpick should still be slightly moist - not wet)

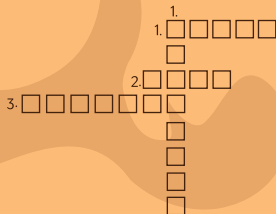
ICING:

8 oz. cream cheese
3-4 tbsp. softened butter
2 tsp. vanilla extract
1-2 tsp. frozen concentrate orange juice
1 tbsp. grated orange peel
1-1½ cups icing sugar to smooth & firm

Garnish with walnuts

Variation: add pineapple or mandarins

CROSSWORD PUZZLE



Use **code with caution**

Across

1. A mythical woman with a broomstick and a cauldron.
2. The personification of death is known as the _____.
3. A nocturnal creature that transforms into a _____.

Down

1. A shape-shifter who transforms into a wolf during a full moon.

Answer Key
Across
1. Witch
2. Grim
3. Vampire
Down
1. Werewolf

QUOTES



"Never trust anything that can think for itself if you can't see where it keeps its brain."
— J.K. Rowling, Harry Potter

"Shadows of a thousand years rise again unseen,
Voices whisper in the trees, 'Tonight is Halloween!'"
— Dexter Kozen



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