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PARKLAND^{news}

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER



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Calgary



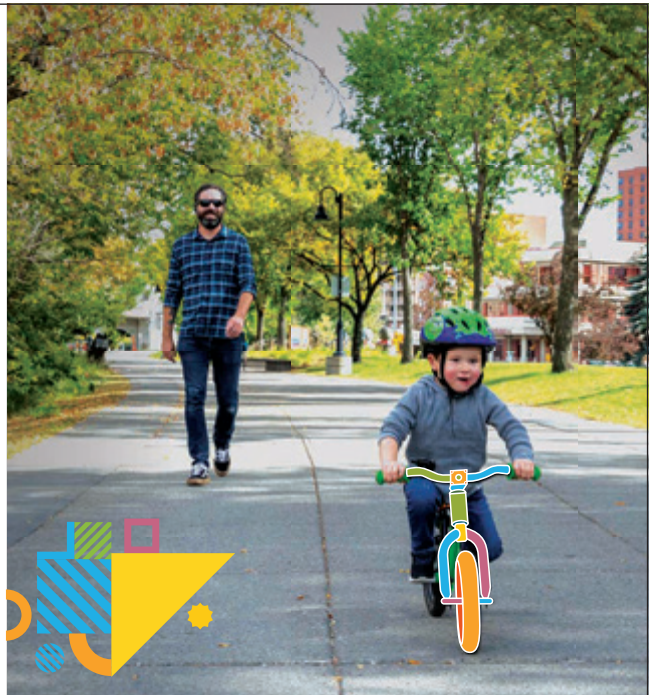
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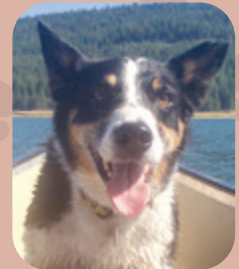
Chet, Auburn Bay



Chet, Erlton



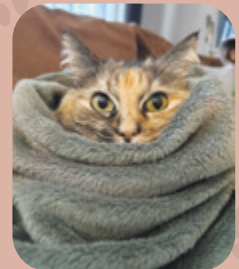
Georgia Bell, Auburn Bay



Jack, Dalhousie



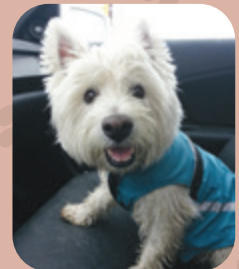
Pete, Rosemont



Rear Admiral Zao,
Crescent Heights



Theodore, Cranston



Tokio, Crescent Heights

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

UPCOMING EVENTS AND NEWS

School's Back!

Please be mindful of school zones and crossings. Safe roads lead to bright futures.

Curbside Treasure Hunt—September 12 and 13

On the weekend of Sept 12 and 13, join the city-wide Curbside Treasure Hunt! Set out gently used items on your curb and label them with a sign saying "free" for neighbours to take and/or explore the city for free finds as well. It is a fun and easy way to give your things a second life and keep useable items out of the landfill. Please check out their webpage for more info: www.calgary.ca/treasurehunt.

Parkland Cleanup Day—September 27, from 9:00 am to 1:30 pm at the Park 96 Parking Lot

We will be accepting:

- Refundable beverage containers. The proceeds will go to Parkland Cares.
- Black bin garbage including baby car seats, mattresses, painted and stained wood (no railway ties), etc. This is handled by The City of Calgary dump trucks.
- Metal (except for propane tanks and appliances containing freon). To save us time and space, please empty your lawn mowers, and break down your BBQs and lawn chairs.
- Old electronics including TVs, monitors, telephones, cell phones, computers, laptops, keyboards, and wiring. Again, this year, we are participating in the Alberta Government recycling program.

We cannot accept:

- Paint cans.
- Tires.
- Blue and green bin waste.
- Confidential shredding.
- Hazardous waste including batteries, chemicals, or appliances that contain freon.

Women In Need Society (WINS) will be accepting donations including:

- Sporting goods, clothing, gently used toys, and some small appliances.
- Please see their webpage, www.winsyyc.ca/donation-information for more information.

Halloween Party—October 24, at the Parkland Hall

Please stay tuned for more information!

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.



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Let's have a
conversation

FRIENDS *of* Fish Creek

Making Your Calgary Garden More Drought Tolerant

In partnership with the City of Calgary, we're expanding our Grow with Us program to include native plant plug giveaways starting this September. Thank you to the City and to our partner, the Alberta Native Plant Rescue Foundation (ANPRF), who this wouldn't be possible without. Read on to find out more about native plants, the ANPRF, and how you can sign up to get free native plant plugs.



Sticky Purple Geranium (Geranium viscosissimum)

Why Native Plants?

Native plants are not only beautiful and great for native pollinators and all our other native wildlife—they're also highly drought tolerant. Since Alberta often has long stretches without much precipitation, and these plants evolved alongside its dry climate, they have ways of making it through long dry periods that other, non-native species don't have. A great example is long roots that can tap into water reserves deep below the ground's surface.

This means that once native plants are established, whether in their native grasslands or in your garden, they're extremely resilient. Perennial native plants can not only weather our hot and dry summer conditions;

they make it through our winters to pop back up in spring to show off beautiful foliage and flowers each year. I'm sure many of the gardeners reading this have lost a perennial or two (or more, with some of the particularly frosty winters we've had here) to the cold Southern Alberta climate. While native species aren't totally immune to the effects of the cold, their deep roots are often safe from the deep freeze, and you'll see them coming back strong in spring after some of our colder winters.

Looking For Free Native Plant Plugs?

Sign up for our Grow with Us mailing list at www.friendsoffishcreek.org/gwu. We'll email you letting you know when we're running giveaways and provide a registration link for each giveaway.

When you register for a giveaway, we'll ask you to complete a short survey about your experience with native plant gardening and why you're interested in getting free native plants. We'll be in touch later in the year with a follow-up survey.

Show up, grab your plugs, and get them into your garden! Once you've claimed your plugs, you'll need to wait until our next round of giveaways in 2027 to participate again. If you're interested in sourcing more plugs or mature plants than what were giving away, you can follow our partner, the Alberta Native Plant Rescue Foundation and sign up for their email list to go out to a plant rescue! Follow @albertanativeplantrescue on Instagram for more information.

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

Any help is appreciated ♥



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
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
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
	12:30 to 5:00 pm	Available for booking	
	5:30 to 6:30 pm	Thistle Dog Sports	403-614-2040
	7:00 to 10:00 pm	Available for booking	
THURSDAYS	8:00 am to noon	Parkland Preschool	403-225-0083, www.parklandpreschool.com
	12:30 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
	1:00 to 3:00 pm	Available for booking	
	3:00 to 4:00 pm	Strength and Mobility Training	team.beautyinflow@gmail.com
SATURDAYS	All Saturdays in September are booked with private events		
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	
	7:00 to 8:00 pm	Al Anon	403-266-5850
TUESDAYS	9:00 am to 10:00 pm	Available for booking	
WEDNESDAYS	9:00 am to 10:00 pm	Available for booking	
THURSDAYS	9:00 am to 6:00 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

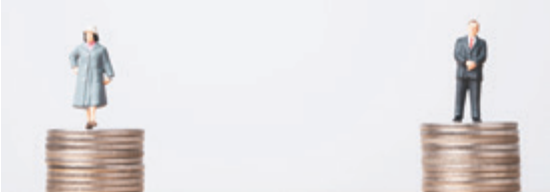
Abuse/Violence/Sexual Numbers to Call

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

Broken Hearts and Broken Investment Portfolios

by Christopher Bungay, Divorce Lawyer



Divorce does not just break your heart. It also breaks up your investment portfolio. According to Alberta law, investments that were acquired during a marriage are defined as family-owned property. This means that, after most divorces in Alberta, each spouse is entitled to 50% of any investments that were purchased during the marriage. There are two important points to remember about this 50/50 splitting rule:

- It applies regardless of which spouse purchased the investments.
- It applies to the initial investment purchase, plus any growth in the investment that occurred during the marriage.

The following scenario of a fictional couple demonstrates how this works: The Johnsons were married in 1990. They did not live together until after the marriage started. Unfortunately, things did not work out, and they separated in May 2026. Shortly after their 1990 wedding, Mr. Johnson bought \$100,000 in shares in the popular fast food chain McDonald's. These shares were bought in his own personal name. His wife, Mrs.

Johnson, was not listed as a shareholder. On the date when this couple separated, the McDonald's shares grew in value from \$100,000 to \$4 million dollars. In this scenario, as part of their divorce, Mrs. Johnson would be entitled to 50% (\$2 million) of the total \$4 million in McDonald's shares.

50/50 Applies to RRSP Investments

Even if Mr. Johnson had purchased the McDonald's shares within an RRSP, his wife would still be entitled to 50% of the value. While RRSPs protect your investments from being taxed while they grow over the years, RRSPs do not protect you from the consequences of divorce. If the \$4 million in McDonald's shares were held in Mr. Johnson's RRSP, he would likely be required to transfer \$2 million of these shares into Mrs. Johnson's RRSP account as part of the divorce proceedings.

50/50 Does Not Apply to Investments Before Marriage

The 50-50 split rule does not apply to investments made by one spouse before the relationship began. For example, let's say Mr. Johnson bought \$100,000 in McDonald's shares in 1989, the year before he married Mrs. Johnson. In this scenario, the original \$100,000 investment would belong exclusively to Mr. Johnson alone after the couple separated/divorced. However, Mrs. Johnson would still be permitted to share in any growth in value of the McDonald's shares which occurred after the day they were married. In other words, of the total \$4 million, Mr. Johnson would get \$4.1 million and Mrs. Johnson would get \$3.9 million to account for the initial \$100,000 investment made by Mr. Johnson before their marriage, which belongs exclusively to Mr. Johnson.

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When Grief Becomes Complicated: Strategies for Dealing with Complex Grief

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



Grief is a natural response to loss, but it does not follow a fixed timeline. For many of us, the pain slowly softens and life begins to open up again. For others, grief stays intense, persistent, and disruptive long after the loss. This is often called complex grief.

Complex grief is more than missing someone. It can feel as if time has stopped. Months or even years after the loss, we may still feel as though the death happened yesterday. You may struggle with intense longing, difficulty accepting the loss, or trouble imagining a meaningful future without the person who died. Everyday reminders can bring overwhelming pain, making it hard to work, maintain relationships, or enjoy activities you once valued.

Complex grief can sometimes be mistaken for depression because both can involve sadness and withdrawal. The difference is that grief is centred on the loss of a specific person and the longing for that relationship. Depression usually involves a broader loss of pleasure, ongoing hopelessness, and negative beliefs about oneself. It is also possible to experience both at the same time.

Six Coping Strategies for Complex Grief:

While complex grief can feel overwhelming, there are

approaches that can help. Evidence-based treatment often includes grief-focused therapy, which offers a safe space to process the loss, explore painful emotions, and gradually rebuild meaning and connection. Some people also benefit from cognitive behavioural strategies, which can help identify unhelpful thoughts such as guilt, self-blame, or the belief that life can never feel meaningful again.

Other helpful coping strategies include:

- **Maintaining routines:** Create a simple daily structure that adds predictability, even in small ways. For example, wake up at the same time each morning, eat breakfast before checking your phone, or take a short walk after lunch.
- **Allowing space for grief:** Set aside time to feel, remember, or express your grief instead of holding it in all day. You might journal before bed, light a candle on a certain day, or look through photos and write down a memory.
- **Staying connected to supportive people:** Reach out to people who can listen without trying to fix your feelings. You might text a trusted friend, attend a grief support group, or invite a family member for coffee.

- **Caring for your body:** Focus on one or two basic physical needs each day, since grief can make self-care harder. You might drink a glass of water when you wake up, eat something with protein at breakfast, stretch for five minutes, or go to bed at a consistent time.
- **Practicing self-compassion:** Notice harsh self-talk and replace it with a more understanding response. If you think, "I should be over this by now," try reminding yourself, "I am grieving something important, and healing takes time."

These strategies do not erase grief, but they can make it more manageable and support healing over time.

When to Seek Professional Help

It may be time to seek professional support if your grief feels stuck or overwhelming for a long period, especially if it is affecting work, relationships, sleep, or daily functioning. You may also benefit from help if you are avoiding reminders of the loss, struggling to imagine a future, or experiencing intense guilt, numbness, or hopelessness that does not ease with time.

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The Calgary Cottonwoods

by Garth Paul Ukrainetz

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Drink the Calgary Cottonwoods
Thirsty trees of the prairies
Swill their fill on high plains

Lined along their trough flowing
Massive tree trunks for bar stools
Guzzling grog of the glaciers
Mixed with snowmelts and rains

Another round for the woodlands
Another round for Bow Valley
West Alberta's fine water
To the mountains they toast

Mammoth roots, gentle giants
Anchored tightly to city
Drink the Calgary Cottonwoods
With their Bow River host

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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.

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A Word with Two Worlds

The word **amphibious** comes from the Greek words **amphi** ("both") and **bios** ("life"). Together, they mean "double life"—a fitting name for animals like frogs and salamanders that spend part of their lives in the water and part on land.



A photograph of a crowd of people running a race, many wearing colorful onesies. The text "THE FUN RUN OF THE YEAR!" is overlaid in large, bold, orange letters. Below it, "Supporting" is written above a logo for the Calgary Humane Society. Further down, "1KM & 5KM" and "INCREDIBLE RIVER VIEWS" are displayed. At the bottom, a blue banner contains the date "SATURDAY, NOVEMBER 14TH" and the website "ONESIERUN.CA". In the bottom right corner, there is a logo for "ev east village".



Councillor, Ward 14
Landon Johnston

✉ ward14@calgary.ca

☎ 403-268-2430

📘 @LandonForWard14

📷 @Ward14LandonJohnston

Hello neighbours,

Summer is in full swing, and there's plenty happening across Ward 14. I'm pleased to share that street sweeping was completed on schedule throughout our communities, helping keep our roads clean and safe. As always, if you spot a pothole or another roadway/sidewalk issue, please report it to 311 so crews can address it as quickly as possible.

I'm also proud to share that my Supercharged Sidewalks Notice of Motion was successfully passed by Council. At its core, this initiative is about safety—making it easier and safer for residents to walk to schools, parks, transit stops, and local destinations. Even better, work is already underway. It's exciting to see momentum behind a practical solution that will improve connectivity and help make Calgary's communities safer for everyone.

In the months ahead, you'll see more engagement opportunities and information related to the Calgary Plan. This is one of the most important discussions shaping Calgary's future, and I want to hear directly from residents before key decisions come to Council. Your feedback helps me better understand the priorities, concerns, and opportunities you see in our communities, and ensures I can be a strong voice for Ward 14 when these decisions are made.

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

As summer begins to wind down and a new school year approaches, I want to extend my very best wishes to all students, teachers, educational support staff, and families in our community. I hope everyone has enjoyed a safe, relaxing, and memorable summer break and is returning refreshed and ready for the opportunities that a new year will bring.

One of the highlights of my summer was spending time in beautiful Fish Creek Provincial Park. Whether walking the trails, enjoying the natural scenery, or simply taking a moment to appreciate one of Alberta's greatest treasures, it was a wonderful reminder of how fortunate we are to live in such a vibrant and connected community. I regularly meet residents in the park, and those conversations always reinforce the importance of listening to and learning from the people I am privileged to represent.

The Legislature will not resume sitting until October, which means I will be spending the coming weeks here in the constituency. I always welcome the opportunity to hear from residents about the issues that matter most to them. Whether you have concerns, ideas, questions about provincial programs, or simply want to share your perspective, my office and I would be pleased to connect with you.



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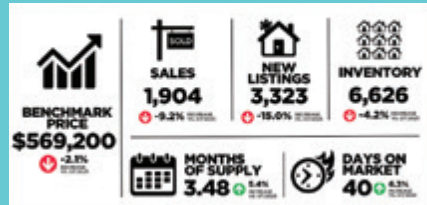
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Parkland Real Estate Report

January 1/26 - July 31/26 Activity

	2026 (22 Sold)	2025 (35 Sold)
Bungalows/Bi-Levels		
Lowest Price	\$690,400	\$682,500
Highest Price	\$1,155,000	\$1,373,000
Number Of Sales	9	19
2 Storey / 2 Storey Split		
Lowest Price	\$770,000	\$772,000
Highest Price	\$1,579,000	\$1,400,000
Number Of Sales	9	13
4-5 Level Splits		
Lowest Price	705,000	\$750,100
Highest Price	860,000	\$1,230,000
Number Of Sales	4	3
Apartment / Villas		
Number Of Sales	22	35

City Of Calgary Housing Statistics July 2026



Calgary - 2026 Stats

Unadjusted Benchmark Prices:

Detached	\$743,900	2% Lower than 2025
Semi-Detached	\$691,000	Similar to 2025
Row Houses	\$418,500	6% Lower than 2025
Apartment/Condo	\$297,600	8% Lower than 2025

I have sincere, qualified buyer for a home on the ridge, PLEASE CALL IF INTEREST IN SELLING.

LEMON BARS

Ingredients

- 1 cup flour
- 1/2 cup butter
- 1/4 cup sugar
- pinch of salt
- 1 cup sugar
- 2 tbsp. flour
- 1/4 tsp. baking powder
- zest of 1 lemon
- juice of 1 lemon
- 2 eggs beaten
- sprinkling of icing sugar

Directions

Cut butter into dry ingredients and press into ungreased 9" square pan. Bake at 350 degrees for 20 minutes. While crust is baking beat all ingredients together. Pour over crust and bake at 350 degrees for 25 minutes. Cool and sprinkle with icing sugar. Cut into squares.

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