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PARKLAND HALL WEEKLY CALENDAR

MAIN ROOM :

MONDAYS	9:00 to 10:00 am	Available for booking	403-278-5330
	10:30 to 11:30 am	My Tai Chi	403-271-9658
TUESDAYS	9:00 am onwards	Available for booking	403-278-5330
WEDNESDAYS	9:00 to 10:00 am	Available for booking	403-278-5330
	10:30 to 11:30 am	My Tai Chi	403-271-9658
	6:30 to 8:00 pm	Harvest International Baptist Church	403-616-7597 www.harvestinternationalbaptistchurch.com
THURSDAYS	9:00 am onwards	Available for booking	403-278-5330
FRIDAYS	9:00 to 10:00 am	Available for booking	403-278-5330
	10:30 to 11:30 am	My Tai Chi	403-271-9658
SATURDAYS	8:45 am onwards	Available for booking	403-278-5330
	12:00 to 5:00 pm	Light of Jesus - The Feast (Third Saturday of each month)	604-349-9573
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	AI Anon	403-266-5850
TUESDAYS	9:00 am onwards	Available for booking	403-278-5330
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	8:00 am onwards	Available for booking	403-278-5330
FRIDAYS	9:00 am onwards	Available for booking	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.

SCAN HERE TO VIEW ADDITIONAL PARKLAND CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



Stampede Breakfast!

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 4th from 7:00am 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 8th from 6:00pm to 8:00pm



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UPCOMING EVENTS AND NEWS

- Canada Day - July 1
- Cleanup Day - September 28, 9:00 am to 1:30 pm

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.

Canada Day Celebration – What Is Planned

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 having the antique car and kids bike parade. Bring your decorated bike and join the bike parade leaving the Parkland Community Hall at 10:30 am (505 Parkvalley Road SE).

Other games and activities will be offered at the hall!

- Lawn games
- Prizes
- Spolumbo's sausages
- Bouncy castle
- Pony rides
- Live music

Antique Car Parade

Registered participants will be meeting at 14540 Parkland Blvd SE, Calgary, AB, T2J 6L5 (Latter Day Saints Church), preferably parking at the north side of the lot.

Time: Arrive any time after 9:30 am.

Depart: 10:30 am

Return: 11:15 am or so

Route: From the church parking lot, departing south (clockwise), and returning to the church. We will be accepting non-perishable food donations to support the Calgary Food Bank.

Parkland Community Association and Park 96... What's the Difference?

Parkland is fortunate to have two associations that have independent boards and mandates that work for the benefit of all Parkland residents. To most community members, they see the Parkland Community Hall at the intersection of Parkland Blvd and ParkValley Drive, and the fenced in area on the other side, and believe they are the same entity. They actually operate independently, and the following describes how they came to be for the benefit of Parkland residents.

Parkland Community Association

The Calgary Parkland Community Association (CPCA), like many community associations in Calgary, represents the residents of Parkland at the neighbourhood and municipal level. The CPCA operates and maintains the community hall on land leased from the City of Calgary. The CPCA also has a volunteer board that is responsible for directing operations of the facilities and programs offered by the community association.

The CPCA is funded by facility rentals, an optional annual community membership (\$25), the AGLC Casino, and grants through various civic and provincial agencies. However, unlike Park 96, the CPCA can rent the hall facilities to any individual or group from anywhere in the city and is not restricted to Parkland residents. Some of the programs and events that the CPCA administers and supports are the Community Garden, Canada Day Celebration, Winterfest, Soccer Programs, Halloween party, Parkland Cares, monthly Parkland newsletter, and various beautification projects such as the mural mosaic at the hall and the Boulevard planters.

Website and contacts for Calgary Parkland Community Association is www.calgaryparkland.ca and parklandca@telus.net.

Park 96

Park 96 is a parcel of land that was set aside and sold to the residents of Parkland by developer Keith Homes in 1975 to create a private gated recreational area for the residents of Parkland. Park 96 is governed by a non-profit volunteer board and owned by the property owners of Parkland. A mandatory annual tax is levied per household to maintain and operate the park and its events. The fees collected are used to staff, maintain, and improve the facilities inside the park, and include a water park, tennis, pickleball and basketball courts, playgrounds, skating rinks, cook houses, disc golf, and a community building.

Some of the annual events that occur at Park 96 are Summerfest, Movie in the Park, Summer Sunday Music, and skating events. The hall and cookhouse facilities within Park 96 are available for rental, however rentals are limited to Parkland residents only.

Website and contacts for Park 96 are www.park96.com and park96@telus.net.

Parkland Cares

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



Join Us for the Parkland Parade of Garage Sales!

Once again Jamie Newton & Associates of RE/MAX First. will be supporting Parkland Cares and Bonavista Cares during our Community Parade of Garage Sales. Parkland's Parade of Garage Sales will be on June 14 from 9:00 am to 3:00 pm.

Participants and neighbours will have the opportunity to give back to the community by sending an e-donation from the proceeds of their sale to Bonavista Cares or Parkland Cares. All donations will then be matched up to \$500 by Jamie Newton & Associates!

To donate a portion of your profits from your sale, please e-transfer them directly at the information below. *Please note that tax receipts will not be issued for any donations made.

• Parkland Cares – parklandcaresyyc@gmail.com

The donations go directly towards supporting initiatives like: Back Packs Back-to-School, Senior Secret Service, Warm Feet for the Street Cares Kits, Birthday Bags for the Food Bank... and more!

For any further information or questions please email info@jamienewton.ca. jamienewton.ca/map/.

During the months of June and July, Parkland and Bonavista Cares will be collaborating with hey buddie organization to help raise money and awareness for our community initiatives. Stay tuned for more announcements on how.

As always, we invite community members to join our planning team, don't be shy – we welcome your collaboration and shared ideas for other great community building initiatives.

We look forward to having you join any of our upcoming events.

Parkland Cares Calgary

parklandcaresyyc@gmail.com

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We've all had the annoying experience of being chased around by a housefly, but you probably didn't realize that they were actually playing music! Well...not really, but the noise they make when flying is always in they key of F! Isn't that neat? Maybe next time, see if you can harmonize!



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What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

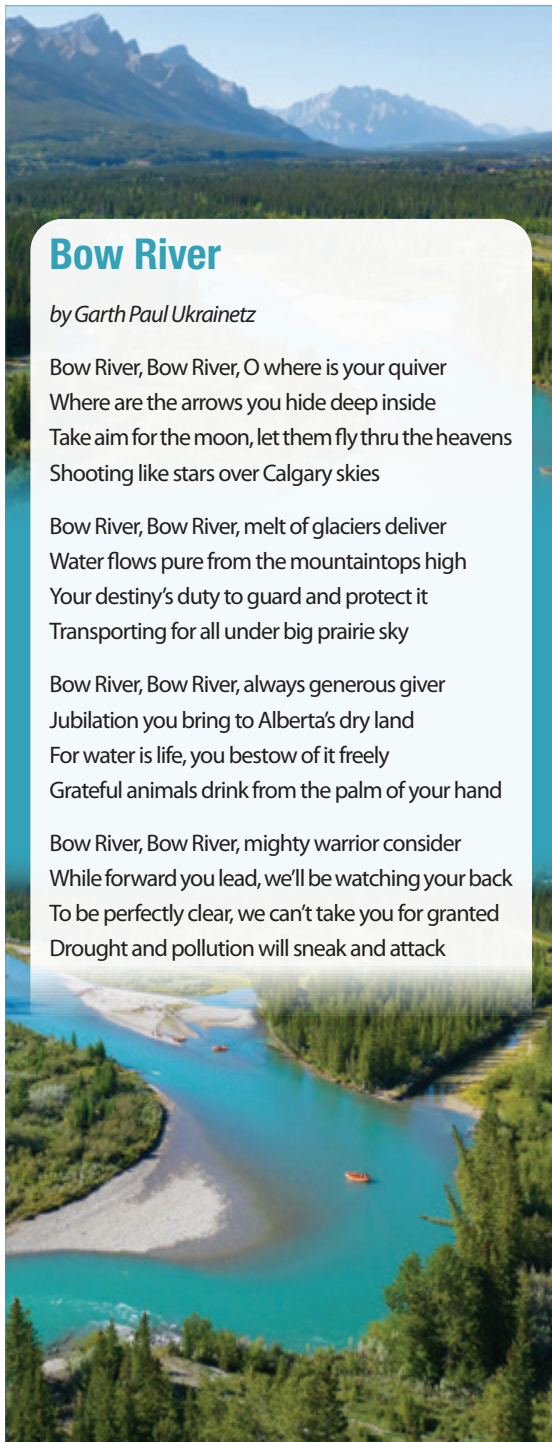
An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.



Bow River

by Garth Paul Ukrainetz

Bow River, Bow River, O where is your quiver
Where are the arrows you hide deep inside
Take aim for the moon, let them fly thru the heavens
Shooting like stars over Calgary skies

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Water flows pure from the mountaintops high
Your destiny's duty to guard and protect it
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BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look "gourmet" as shown in the BBQ Beef Patties on Buns recipe below.

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.
2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression



in the centre of each patty which helps to keep them in shape while cooking.

3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

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You're Invited: Second Annual Stampede BBQ – July 5

My second Annual Stampede BBQ is just around the corner!

Join us on Saturday, July 5, from 11:00 am to 1:00 pm at the Bonavista Downs Community Hall (1418 Lake Ontario Rd SE).

This family-friendly event is a great opportunity to celebrate community spirit, enjoy delicious food, and connect with your neighbours. We'll be serving up Spolumbos sausages, enjoying live music, and hosting several local community associations and non-profits, who will be on hand to share the incredible work they're doing across Calgary-Fish Creek. Whether you're a longtime resident or new to the area, I'd love to see you there! And don't forget to bring a non-perishable food item for the Calgary Food Bank. All constituents—including your four-legged friends—are welcome.

I'm also honoured to share that I've been named the new Minister of Advanced Education. I look forward to working with my colleagues in Cabinet and contributing to Alberta's future through this important portfolio. Our new Cabinet brings together experienced and newly appointed ministers, reflecting the diversity and strength of our province. Together, we are committed to building a stronger Alberta for all.

Have Your Say

The Government of Alberta is seeking feedback on the draft Plan for Parks—a strategic direction for recreation and conservation across sites managed under the Provincial Parks Act. This includes provincial parks, provincial recreation areas, and wildland provincial parks.

Please take a few minutes to complete the online survey by July 26, 2025, at www.alberta.ca/plan-for-parks-engagement.

The survey takes just 10 to 15 minutes and is a valuable opportunity to help shape Alberta's future.

Wishing everyone a safe, joyful, and fun-filled Stampede week—and I hope to see you at the BBQ!

If you have any questions or input, feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca.

Cats, Canines, & Critters of Calgary



Lily and Fern, Calgary



Enzo, Calgary



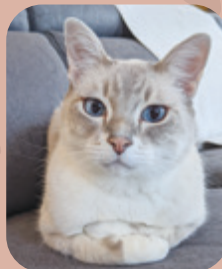
Molly, Elbow Scene



*Roscoe,
McKenzie Towne*



*Stella,
Elbow Scene*



*Tigger,
Elbow Scene*



*Willow,
McKenzie Towne*

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



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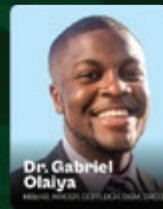
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The Community of Parkland



Parkland Stats

January 1 - May 31, 2024

Bungalows		2 Storey/2 Storey Split		4 Level Splits	
Average Price	\$928,317	Average Price	\$1,061,263	Average Price	\$768,000
Number Of Sales	6	Number Of Sales	12	Number Of Sales	2
Bi-Levels		Apartment/Condos			
Average Price	/	Average Price	\$415,000		
Number Of Sales	/	Number Of Sales	1		

January 1 - May 31, 2025

Bungalows		2 Storey/2 Storey Split		4 Level Splits	
Average Price	\$956,250	Average Price	\$1,020,625	Average Price	\$750,100
Number Of Sales	11	Number Of Sales	10	Number Of Sales	1
Bi-Levels		Apartment/Condos			
Average Price	\$837,500	Average Price	/		
Number Of Sales	4	Number Of Sales	/		

NEW LISTINGS CONTINUED TO RISE THIS MONTH COMPARED TO SALES, RESULTING IN FURTHER GAINS IN INVENTORY LEVELS. HOWEVER, THE MONTHLY GAIN IN BOTH INVENTORY AND SALES PREVENTED ANY SIGNIFICANT CHANGE IN THE MONTHS OF SUPPLY COMPARED TO APRIL.

WITH 2.6 MONTHS OF SUPPLY, CONDITIONS ARE STILL RELATIVELY BALANCED.

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