

AUGUST 2023

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PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

**FARM STAND EACH
SATURDAY FROM
10:00 AM TO 2:00 PM**



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Come join us with outdoor games and sweet treats as we celebrate National Banana Split Day.
Thursday, August 10th @ 2:00pm



Dog Agility Show
Join us in cheering, laughing, and having a blast watching as Tomlin Trick Dogs showcase all of their many talents.
Wednesday, August 23rd @ 2:00pm



Please call to reserve your space today!
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PARKLAND HALL WEEKLY CALENDAR

MAIN ROOM :

MONDAYS	10:00 to 11:00 am	My Tai Chi	403-271-9658
TUESDAYS	9:00 am	Available for booking	403-278-5330
WEDNESDAYS	10:00 to 11:00 am	My Tai Chi	403-271-9658
	6:15 to 8:00 pm	Harvest International Baptist Church	403-616-7597
THURSDAYS	9:00 am	Available for booking	403-278-5330
FRIDAYS	10:00 to 11:00 am	My Tai Chi	403-271-9658
	1:00 to 7:00 pm	Available for booking	403-278-5330
SATURDAYS	9:00 am	Available for booking	403-278-5330
SUNDAYS	8:30 am to 3:00 pm	Harvest International Baptist Church	403-616-7597

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**

DO NOT ENCLOSE CASH

PAYMENT IS BY CHEQUE

OR

E-TRANSFER TO [PARKLANDCA@TELUS.NET](mailto:parklandca@telus.net)

ENCLOSED IS A CHEQUE FOR \$25 PAYMENT WILL BE MADE BY E-TRANSFER

Parkland Cares

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



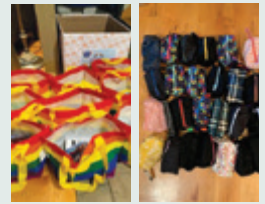
Have a sensational summer, Parkland!

It was wonderful to be able to organize and participate in so many great initiatives this year, from Backpack for Back-to-School, Seniors' Secret Service, Warm Feet for the Street, Adopt-A-Family, Gift Cards for Schools, Basically Babies Layettes, to Skipping Stone Care Kits. It has been heartwarming to have so many caring neighbours and friends participate in helping so many others in our area and city. Thank you. We are looking forward to giving you more opportunities to share and give after our summer break.



In June, we were able to collect enough toiletries and supplies to fill 30 small care kits and 10 larger care kits for Skipping Stone. Bonavista Cares contributed coffee cards to the bags and Parkland Cares added candy and topped up whatever items were needed to complete the kits. The Skipping Stone Foundation was very grateful for this support.

On June 17, Parkland had their Parade of Garage Sales which was once again sponsored by Jamie Newton & Associates of RE/MAX First. Participants had the opportunity to give back to the community by sending an e-donation from the proceeds of their sale to Parkland Cares. We raised \$280 dollars in donations, and this will be matched by Jamie Newton & Associates. These funds will go towards our Backpacks for Back-to-School initiative which will take place in late August and our Christmas campaigns. Community support like this is priceless.



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.

Take care,

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

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Farm Stand in Parkland

Parkland is host to Shirley's Greenhouse! Shirley's Greenhouse sells vegetables grown in their 36,000 square foot greenhouse and 12 acres of fields near Didsbury, Alberta. They grow their produce without the use of synthetic pesticides. Shirley's also sells grass-fed and grass-finished beef on behalf of Love Grows Wild Ranch, located near Millarville, Alberta.

- Dates: August 5, 12, and 26
- Note: On August 19, Shirley's Greenhouse will be at the Park96 parking lot
- Times: 10:00 am to 2:00 pm
- Location: Parkland Hall

Parkland Community Association's First Annual Volunteer Tea

Without the time and effort of our volunteers, our events could not take place. In recognition of our volunteers, the community association hosted a volunteer tea at the hall on June 10. Sandwiches, tea, coffee, and desserts were served to the attendees followed with a thank-you speech given by our board President, Darren Way. Thank you to the organizing committee of Erika Diaz, Janice Schneider, Pat Teed, and Karen Connolly who donated their time, china, and silverware to make this a special occasion.

Parkland Parade of Garage Sales

The recent parade of garage sales held on June 17 was sponsored by Jamie Newton and Associates. We had 45 registrants who raised \$280 for Parkland Cares. This amount was matched by Jamie Newton and Associates for a total of \$560. Thank you to those who participated and donated.

Parkland Community Enhancement Projects

Your Parkland Community Association has embarked on a couple of beautification projects in conjunction with the City of Calgary for 2023. The community applied for and was awarded two grants, the first being the Inspired Neighbourhoods Grant, which was used to update the planters along Parkland Boulevard. The planter project was initiated as a pilot project a few years ago and was so well received by the community that the board elected to go with a more permanent planter option. The second grant was the Arts and Culture Microgrant.

This grant was used to apply graphic art to ten garbage receptacles throughout the community, concentrating on the ridge walk areas. I would like to thank the Parkland community board for their support on these grants as well as the volunteers who provided their time and expertise in making these projects a reality.

Community Casino Volunteer Recognition

Volunteers do not get paid, not because they are worthless, but because they are priceless, and a community cannot thrive without them. Parkland is fortunate to have so many community volunteers as we hosted our primary fundraising casino and our Canada Day event.

I would like to recognize the following volunteers for their commitment to the community association in volunteering their time to our casino this year: Antoinette Ferrari, Kirsten Brandon, Jen Pedersen, Mike Brillon, Ryan Heagy, Jenn Heagy, Erika Diaz, Bill Garman, Kyra Baki, Rob Longay, Laurie Longay, Rod Anderson, Kim Semeniuk, James Parakin, Kathy Parakin, Lorrie Goulder, Pat Teed, Eric Leavitt, Launi-Ann Elliot, Peggy Schellenburg, Jim Haycock, Leanne Black, Steve Mulholland, Frank Simonfi, Leanne Leeds, Audrey Batke, Mari-Anne Godlonton, Jenna Godlonton, Kathleen Hagan, Sandy Krahn, Lisa Rivas, Mark Pollard, Sandie Melvin, Dianne Wilkinson, Derek Wilkinson, Dianne Kynaston, Lawrence Gordon, Chris Stoesz, and Lisa Gallant.

Your volunteer time will ensure that the community association can continue to operate for the next two years.

Canada Day

Parkland's annual Canada Day went fabulously! At 10:30 am, the parades started. The kids' bike parade started at the community hall at 10:30 am with Pedalheads bike camp volunteers leading the way. For the adults, the vintage car parade started at the Mormon church at the same time. Residents lined the route and watched from their chairs to see the cars and bikes pass by!

After the parade, people came to the hall and we had activities for the kids, a mock rodeo put on by Chutes and Boots, a bouncy castle, Canada Day face tattoos,

bubbles with Josh and Antoinette, and great food (Spolumbo's sausages, hot dogs, and refreshments).

Thank you to our elected officials and local businesses who joined our event. MLA Myles McDougall came and set up a table with bottled water, cupcakes, and cookies, which were hungrily devoured by many! MP Stephanie Kusie attended and visited with our attendees. Green Door Preschool came and helped with the bike parade, set up a stand, and had freezies and colouring activities for the kids.

We would like to extend a big thank-you to our volunteers who planned and advertised the event; they got up early, shopped for supplies, cooked, set up the hall, and basically working tirelessly behind the scenes. They are as follows: Organizers: Erika Diaz, Lana Bedard, and Mary Simon Johnston. Volunteers: Mari Anne Godlonton, Royce Leal, Darren Way, Antoinette Ferrari, Josh Allen, Sunil Bagwe, Michael Vaters, Pat Teed, Michelle Haist, Karen Connolly, Krista, Colton, and Connor Haight, Blake Robinson, Ryan Gaudet, Steve Mulholland, Lisa Gallant and Jay, Carolyn Kaytor and Jayne, Kate and Mike Benham. Car Parade Organizers: Leanne Black and Chris Stoesz. And last, a thank-you to our parade participants; the cars were wonderful and everyone had fun. See you next year!

Knitting in September at the Hall!

Knitting Lessons on Saturday mornings from 10:00 am to noon.

- Dates: September 9, 16, 23, and 30
- The cost is \$50 and community membership is required.
- Drop-in is now available. If you want to come for partial attendance, the charge is then \$14 per drop-in. If you do not have a membership, one can be readily purchased from the office. The cost is \$25.
- To register, email the hall at parklandca@telus.net.

If you have any questions regarding suitable projects, or any questions at all, feel free to email the hall at parklandca@telus.net or call 403-278-5330.



When it Roars, Stay Indoors

from the City of Calgary



Summer is a beautiful time of year to spend outside under the warm sun, but it's also Calgary's most active storm season. While storms can be mesmerizing and exciting, they can also be dangerous.

Summer storms often bring hail which can damage property and cause injuries. Plan ahead by parking under shelter, securing items that might blow away, removing weak branches from trees, and clearing debris from your yard.

During a storm, it's best to stay in an enclosed building or hard-topped vehicle. Stay away from high ground, trees, telephone poles, picnic shelters, and open spaces, to avoid being hit by lightning.

Sign up for emergency alerts and learn more about how you can prepare by visiting calgary.ca/getready.

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Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



101 Ways to Reduce Stress

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

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory, write it down
- Practice preventative maintenance
- Make duplicate keys
- Say 'no' more often
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important papers
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly cat or dog
- Remember you don't have to know all the answers
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to yourself
- Visualize yourself winning
- Develop your sense of humour
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- Dance a jig
- Say 'hello' to a stranger
- Ask a friend for a hug
- Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- Watch a ballet
- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others
- Ask someone to be your sounding board
- Do it today
- Work at being optimistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Strive for excellence, not perfection
- Stretch your limits a little each day
- Look at a work of art
- Hum a tune
- Maintain your weight
- Plant a tree
- Feed the birds
- Practice grace under pressure
- Stand up and stretch
- Always have a plan B
- Learn to draw
- Memorize a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Tell someone to have a good day
- Throw a paper airplane
- Exercise everyday
- Learn the words to a new song
- Get to work early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early
- Put an air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a faraway friend
- Go to a sports event and cheer loudly
- Cook a meal and eat by candlelight
- Recognize unconditional love
- Remember that stress is an attitude
- Keep a journal
- Have a support network of people, places, and things
- Quit trying to fix other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people
- Relax, take each day as it comes

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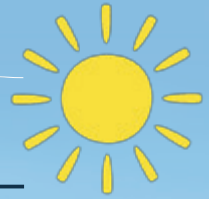
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The Community of Parkland



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Parkland Stats (April 1st - June 30th, 2023)

Bungalows		2 Storey/2 Storey Split		4 Level Splits	
Lowest Price	\$567,000	Lowest Price	\$969,500	Lowest Price	\$760,000
Highest Price	\$1,125,000	Highest Price	\$1,300,000	Highest Price	/
Number of Sales	7	Number of Sales	2	Number of Sales	1
Bi-Levels		Condos		Notes:	
Lowest Price	\$632,500	Lowest Price	\$369,000	* Record Low Supply & High Demand (though equalizing)	
Highest Price	\$850,000	Highest Price	\$601,500	* Inventory is 36% below last year's level	
Number of Sales	2	Number of Sales	2	* MLS Benchmark price is \$564,700 (Detached avg. \$685,100)	



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