

APRIL 2016

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# PARKLAND **news**

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

**VIN GOGH  
PAINT NIGHT**  
SATURDAY, APRIL 9





**BARRY & CYNTHIA**

*Korpatnisky*

**TEAM PERFORMANCE**

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Women's Only Investment Seminar	April 5, 12, 19 or 20 at 7pm
Tax Advantaged Investing	April 5, 6 or 7 at noon
Cash Flow Management	April 6 at 7pm
Estate Planning	May 10 at noon
Do You Pay Too Much Tax?	May 12 at noon
Transitioning Through Divorce	May 17 at noon
Do You Need a Financial Plan? (two session workshop)	May 18 and 25 at noon

Bring a friend or relative and join us!

Call 403-271-1905 to reserve your seat, or email [jennifer.jamieson@raymondjames.ca](mailto:jennifer.jamieson@raymondjames.ca)

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Parkland Community Association  
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Alberta T2J 6M4  
[parklandhall@telus.net](mailto:parklandhall@telus.net)  
[parklandcommunityassociation.org](http://parklandcommunityassociation.org)

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# PARKLAND COMMUNITY ASSOCIATION

**Parkland Hall**  
 505 Parkvalley Road S.E., T2J 6M4  
 Phone: 403-278-5330  
 parklandca@telus.net  
 www.parklandcommunityassociation.org



The Parkland Community Association is a volunteer organization that represents the municipal interests of the residents within Parkland. It's your voice in city planning decisions and environmental issues that affect the neighbourhood. Memberships support affordable, local programs and the cost of maintaining the Parkland Hall. Yearly fees are \$25.00.

## Board of Directors:

President	Vacant
Vice President	Adam Feuchuk
Past President	Cindy Ross
Secretary	Erika Diaz
Treasurer	David Caskenette
Membership and Civic Director	Laura Di Lello
Directors-at-Large	Stefanie Caskenette Shaun Darragh Leanne Black
Hall contact	Laurie Bradley
Editor, news collection	Janice Schneider

**Board meetings** Please telephone for date and time of next board meeting. All members are welcome.

## Parkland Hall office hours:

General inquiries and rental information: 403 278 5330 or parklandca@telus.net. Viewing by appointment.

This newsletter is edited by the Community Association.

Editor, news collection Caroline Hart 403 278 5462  
 Delivery and Great News Publishing 403 263 3044  
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 Park 96

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# PARK 96 PARKLAND CENTRE

14660 Parkland Blvd. S.E., T2J 6L5  
 Phone: 403-271-7516 • Fax: 403-271-7517  
 park96@telus.net • www.park96.com

Park 96 is a private gated facility owned by the property owners in Parkland who have paid all fees owing and are deemed to be "Members in Good Standing" or the designate of such owner. The current fee is \$200.00 due annually on January 1st, part of which is a \$96 encumbrance on each property or residence. This fee is used to maintain operations, support social and recreational programs and finance park improvements. The Park is managed by an elected Board of Directors of up to 15 members. This Board meets at 7:00 pm on the fourth Tuesday of each month, excluding July and August. Members with questions or concerns are welcome to attend these meetings, with prior notice of their desire to be added to the agenda, or may contact the Board President, Keith Watson, directly at park96@telus.net.

## OTHER COMMUNITY REPRESENTATIVES

Parkland Baby Sitting Registry	Eleanor Molina	403 271 2668
Parkland Babysitting Co-op	Jessie Drevenak	403 764-6730
	parklandbabysittingcoop@gmail.com	
Kyokushin Karate		403 225 3516
Parkland Guides	Michelle Martin	403 273 3968
Scouts Canada	Leanne Black	403 254 6339
Parkland Housesitting Registry	Dave Wiebe	403 271 9230
Ringette		bowviewringette.com
Foothills Soccer		gofoothills.ca
Parkland Preschool		(day) 403 225 0083
Bonavista Hockey Program		www.lbbreakershockey.ca
LDS Church, Parkland State Centre		403 278 8565
Prince of Wales Elementary		403 777 6880
St. Philip Elementary		403 500 2072
TRICO Centre	Anna Poulin	aepoulin@gmail.com
Colts Football		southcalgarycolts.ca
Community Resource Officer		
Cst. Andrew Morton		403 428 6800

# MAY APRIL AUG

## Parkland Community Hall Weekly Calendar

### Main Room:

<b>Mondays</b>		
9:00 AM – 5:00 PM	Parkland Preschool	403 225-0083
7:45 PM – 9:00 PM	Private booking	
<b>Tuesdays</b>		
9:00 AM – 5:00 PM	Parkland Preschool	403 225-0083
8:00 PM – 9:00 PM	Yoga (call for drop-in)	403 281-7553
<b>Wednesdays</b>		
9:00 AM – 5:00 PM	Parkland Preschool	403 225-0083
7:00 PM – 8:00 PM	Zumba (Drop-in)	bodybeat.ca
<b>Thursdays</b>		
9:00 AM – 5:00 PM	Parkland Preschool	403 225-0083
6:00 PM – 9:30 PM	Calgary Kyokushin Karate	403 225-3516
<b>Fridays</b>		
9:00 AM – 5:00 PM	Parkland Preschool	403 225-0083
7:00 PM – 9:00 PM	Private booking	
<b>Saturdays</b>		
9:30 AM – 10:30 AM	Fit Families	fitwelltraining.com
1:00 PM – 2:00 AM	Available for private bookings	
<b>Sundays</b>		
9:00 AM – 1:00 PM	Redeemed Christian Church of God- all welcome	
1:00 PM – 8:00 PM	Available for private bookings	
<b>Meeting Room:</b>		
<b>Mondays</b>	Bonavista Figure Skating Club	1st Monday of the month
<b>Tuesdays</b>		
4:30 – 5:30	Coding 4 Kids	587.969.3009
6:00 – 8:00 PM	Parkland Brownies	403-273-3968
<b>Wednesdays</b>		
Noon – 2:00 PM	Bridge & Canasta Club	403 278-5330
<b>Thursdays</b>		
7:00 – 9:00 PM	Avon Leadership Meetings	(1st Thursday of the month)
	Progressive Conservative Meetings	(2nd Thursday of the month)
	Fish Creek Wild Rose Meetings	(3rd Thursdays of the month)
	Parkland Board Meeting	403 278-5330 (4th Thursday of the month)

### Fridays

1:00 PM – 3:00 PM Parkland Book Club 403 278-5462  
 (Third Friday of the month)  
 For Parkland Hall booking information please contact  
 Laurie Bradley at 403 278-5330 or parklandca@telus.net.

### APRIL MOON CALENDAR

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# PARKLAND HOUSE SITTING REGISTRY

The House Sitting Registry matches home owners looking for a house sitter with those wishing to offer house sitting services. This is a great job for a teen, with some parental supervision or a home owner wishing to exchange with another. House sitting duties could include: emptying the mail box, picking up the paper, clearing away flyers, watering plants and generally keeping an eye on things. All service arrangements and remuneration are determined by the owner and house sitter.

This registry service is free of charge and only available to Parkland residences. To have your name included in the registry or to obtain a number of a sitter near you, please phone Dave Wiebe at 271-9230.

## Park 96 APRIL MONTHLY CALENDAR

### Mondays

Strength and Restore Yoga  
Info: Jane Sponiar at 403.281.7553 or janesponiar@gmail.com or www.livingtaichi.ca

Monday – Friday Classes

WOW! Women on Weights

Info: www.WomenOnWeights.com, or call Susan 403.660.4194

Music Jam

**Tuesday April 5 & Thursday April 21**

Board Game Club

**Tuesday April 19**

Ball Machine Tutorial

**Thursday, April 28**

6:30pm

**Sunday, May 1**

Art Jam and First Day of Early Bird Summerfest Tickets

**Monday, May 2**

Start of Spring Tennis Lessons

**Saturday, May 14**

Westwinds Music Society Performance

**Saturday, May 28**

Movie Night in the Park

Last Day for Summerfest Early Bird Tickets

**Thursday, May 26**

Parkland Community Centre Annual General Meeting

**Sunday, June 12**

Parkland Recycling Day

**Saturday, June 25**

SUMMERFEST

**July 11 to July 15**

Playwriting Camp

**July 18 - 22**

Basketball Camp

**July 25 - 28**

Junior Tennis Camp

For more information on the monthly calendars contact:  
Jennifer Stone, Park Administrator park96@telus.net  
403.271.7516

**CGA**  
Aneth Sanchez  
CGA, CPA (Delaware, USA)  
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# June 25

## Parkland SUMMERFEST

**It's your party**  
Who are you inviting?

Reward your staff  
Thank coaches & teachers  
Entice your neighbours  
Reunite with family  
Visit with old friends  
Get the team together

**Early Bird Ticket Pricing**  
May 1 - 28

**Purchase your tickets @ Park96**  
During office hours

af Alberta Foundation for the Arts | Follow us on Facebook | Annual Parkland Summerfest

	Parkland Summerfest Tickets		
	Early Bird Prices	Regular Prices	Price at the Gate
Sale Dates	May 1 to May 28	May 29 to June 24	June 25
Park 96 Member	\$30.00	\$40.00	\$50.00
Guests	\$40.00	\$50.00	\$50.00

Presented by Park 96 "Our Big Backyard". Tickets are limited.

Kids 17 and under and seniors 65 and older on the day of the event are admitted free

**Share the date with family and friends**

# Nellie McClung District Guider News



Sparks – 5 to 6 years of age

Brownies – 7 to 8 years of age

Guides – 9 to 11 years of age

Pathfinders – 12 to 14 years of age

Senior Branches – 15 to 17+

For more info about registration or about guiding, please call Michelle Martin at 403-273-3968

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<p><b>Cork</b></p>  <p>From \$1.99 Psf</p>	<p><b>Linoleum</b></p>  <p>From \$0.99 Psf</p>	<p><b>Luxury Vinyl</b></p>  <p>From \$0.99 Psf</p>	



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**Vin Gogh**

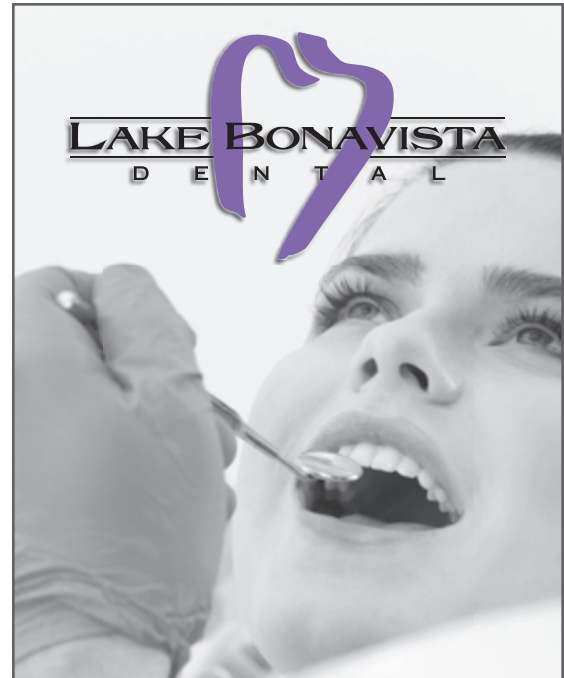
## Paint Night in Parkland!

Grab your friends and head on down to the Parkland Community Hall for a night of painting, sipping, laughing, and fun. An artist from Vin Gogh Paint & Sip Studio will be guiding us step by step as we create the beautiful "Poppies in a Vase" painting. No experience necessary; all materials provided.

Saturday, April 9, 2016  
Doors open at 6PM – Painting starts at 7PM  
\$40 per person. Includes painting, one glass of wine and appetizers.  
Cash wine bar available.

Seats are limited, and must be purchased in advance. Please call the Parkland Hall at 403-278-5330 or parklandca@telus.net.

Another great event brought to you by the Parkland Community Association!



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**Dr. Eric Van Bergeyk**  
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## PARKLAND CA NEWS

### Parkland Community Spring Soccer 2016

With an emphasis on fun and community, Parkland Soccer aims to provide a recreational league for our children to enjoy the game of soccer. Parkland Soccer is a cooperative program with parent involvement required. All games are played on the Parkland Hall soccer fields, Monday and Wednesday evenings, May 2<sup>nd</sup> until June 22<sup>nd</sup>. Registration is on-going until program begins. Please email [parklandca@telus.net](mailto:parklandca@telus.net) for information.

- U6 Preschool/Kindergarten aged children  
Mixed boys and girls  
6 - 7 pm  
Registration fee: \$50 plus a valid community membership
- U8 Grades 1 & 2  
Mixed boys and girls  
Times to be determined  
Registration fee: \$75 plus valid community membership
- U10/ Grades 3 & 4 (U10)
- U12 Grades 5 & 6(U12)  
Mixed boys and girls  
Separate U10 and U12 if registration numbers warrant  
Games played Mondays and Wednesdays, times to be determined  
Registration fee: \$75 plus valid community membership

This program is run entirely by volunteers. Please be one of them! Our most critical volunteers are COACHES.

**Interested teens are welcome and encouraged to join the group as trainers or co-coaches. Gain work experience and have fun!!**

Parkland Soccer is sponsored by the Parkland Community Association.

### Vin Gogh Paint Night in Parkland!

Grab your friends and head on down to the Parkland Community Hall for a night of painting, sipping, laughing, and fun. An artist from Vin Gogh Paint & Sip Studio will be guiding us step by step as we create the beautiful "Poppies in a Vase" painting. No experience necessary; all materials provided.

Saturday, April 9, 2016

Doors open at 6PM – Painting starts at 7PM

\$40 per person. Includes painting, one glass of wine and appetizers.



NEW THIS YEAR.... All registrations will be accepted on-line only at [www.scouts.ca](http://www.scouts.ca).

Early registration for the 2016-2017 Scouting year will begin in May. Watch the website for further information. Contact Stefanie Caskenette at [167parklandregistrar@gmail.com](mailto:167parklandregistrar@gmail.com) if you have any questions.

Parkland Scouts is made possible with help from our amazing volunteers! If you wish to join as a volunteer, or have questions about volunteering, please contact Stefanie today!

### Parkland 167<sup>th</sup> Scouts Groups:

Beavers: Kindergarten – Grade Two  
Cubs: Grade Three – Grade Five  
Scouts: Grade Six – Grade Nine

### Bottle Drive – April 16:

Save those bottles! Please help support your local Scouts. The Parkland Beavers, Cubs, and Scouts will be knocking on doors starting at 9AM on April 16<sup>th</sup> to collect your bottles. Please don't leave bottles out before 9AM. For year round bottle pick up service call Gord at 403-422-0271.

All money raised from our bottle drives helps support Parkland Scouts activities year round. Thank you for your continued support!

Cash wine bar available.

Seats are limited, and must be purchased in advance. Please call the Parkland Hall at 403-278-5330 or [parklandca@telus.net](mailto:parklandca@telus.net).

Another great event brought to you by the Parkland Community Association!

### Parkland Winterfest

What a beautifully warm day we had for Winterfest! Thank you to all of you for attending, and supporting the Parkland Scout and Guide groups. I would like to thank Erika for supervising the craft tables, Park 96 for supplying the hot chocolate, and Curtis for manning the fire pit. Taylor, age 7, was the winner of the colouring contest.

Laurie Bradley

# SUPPORT YOUR COMMUNITY

## Parkland Community Association Memberships

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 S.E., Calgary, AB T2J 6M4

**Do Not Enclose Cash**

Enclosed is a cheque for \$25

**If you have any questions please contact the Community Hall at 403-278-5330**

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Alberta Wilderness Association

# ATCO Gas:

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Urban Pipeline Replacement Program necessary to meet growing natural gas service demands

As a resident in the Parkland community, you may have noticed some construction by ATCO Gas or one of our contractors. As indicated in the December 2015 issue of the Parkland Community newsletter, ATCO Gas started installing a natural gas line in the Parkland community and Fish Creek Provincial Park on February 16, 2016.

This work is part of the Urban Pipeline Replacement (UPR) Program where new low-pressure gas lines are installed in residential areas and high-pressure natural gas lines are relocated from to non-residential areas alongside ring roads (Transportation/Utility Corridors).

The portion of the project in your neighbourhood is scheduled to be complete in June with reclamation scheduled for summer 2016 and includes a new paved pathway to connect the Park to 146 Avenue along Bow Bottom Trail. Signs outlining impacts of the work are located throughout the Park.

- The project is scheduled to take place in three phases:
- Phase 1: All work in Phase 1 will be contained in Fish Creek Provincial Park. A low-pressure natural gas line will be installed from an existing line in the Transportation/Utility Corridor near Sun Valley Boulevard to 146 Avenue SE. For a portion of the work, horizontal directional drilling (a trenchless method for installing underground pipeline) will be used to minimize impact to the Park. Timeline: February 16, 2016 to April 2016, weather permitting
  - Phase 2: A low-pressure natural gas line to be installed along Bow Bottom Trail from 146 Avenue SE to south of Canyon Meadows Drive. Timeline: April 2016 – early May 2016, weather permitting
  - Phase 3: A low-pressure natural gas line will be installed from Bow Bottom Trail along Parkwood Way and connecting to an existing line near Acadia Drive and Canyon Meadows Drive SE. Timeline: May 2016 – early June 2016, weather permitting

For up-to-date information on the project and maps outlining the work, residents are encouraged to visit the website: [atcopipelines.com/upr](http://atcopipelines.com/upr) or contact:

*Adam Chambers, P.Eng.*  
Senior Engineer, ATCO Gas  
403-245-7155, [adam.chambers@ATCOGas.com](mailto:adam.chambers@ATCOGas.com)

PDF of map: <http://www.atcopipelines.com/upr/Projects/Documents/Lake-Bonavista.pdf>

## IN & AROUND SCHOOLS

### St. Bonaventure Junior High School

1710 Acadia Drive S.E., Lake Bonavista

St. Bonaventure enjoyed an exciting April with a number of happenings that were representative of spirituality, citizenship, and excellence.

In physical education classes, students had the opportunity to participate in a variety of social dances including the jive, the salsa, the cha-cha, and the tango. Students appreciated the opportunity to develop new skills. They also recognized the importance of cooperation, effort, and goal setting when it comes to dance.

Badminton season is almost complete. Congratulations to all of our coaches and players on another successful season. Also, many thanks to our parents for supporting the program. Our next interscholastic activity will be flag football. Go Falcons!

Spiritually, St. Bonaventure's Lenten Drive has been an overwhelming success. This year, the school community supported the country of Tanzania with a specific focus on food and agriculture. In support of the project, students were once again reminded of the importance of service learning and the positive impact that can happen when everyone works together. St. Bonaventure students, staff, and parents also came together to celebrate Holy Thursday.

Finally, a sincere thanks to everyone who has contributed to the development of the Learning Commons. A café bar is now present along with ample space for furniture to be moved together or apart depending upon student needs. This space is already being well utilized!

- Important Date to Remember:  
 Wednesday, April 13, 2016 -  
 St. Bonaventure Open House  
 6:00 p.m. Hockey Canada Skills Academy Information Session  
 7:00 p.m. General Open House  
 8:00 p.m. Spanish Program



**PLEASE JOIN US FOR...**



**MIDNIGHT TAIKO**  
The Art of Japanese Drumming  
Saturday April 9<sup>th</sup> from 2:00pm



**SPRING TEA**  
Saturday April 23<sup>rd</sup>  
from 2:00 pm

---

Please **CALL** to reserve your space **TODAY** - seats are limited.  
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## IN & AROUND SCHOOLS

### St. Philip School

Spring has sprung and April is a very busy month here at St. Philip. We have our spring production of "Tom Sawyer" featuring Grades 3-6. Students and staff have been very busy preparing for this production and we are excited for the show! Also in April, our Danceworks team performs at Bishop Carroll High School on April 12.


This month we are helping all our students develop resiliency skills by having our Wellness Day scheduled for April 21. Resiliency is the ability to adapt to and recover from difficult situations. It is learning to cope with stress and being able to develop a set of morals and values that promote positive choices. Resiliency involves building confidence and communicating with others to work through challenges and asking for help when needed. Our Wellness Day will promote all types of wellness in our students, including physical, mental, social, emotional and spiritual wellness. At St. Philip we recognize the importance of all types of wellness, and know that resiliency is built upon a healthy foundation. We want our students to be able to adapt and overcome challenges they face.

### April brings cultural event activities to École St. Cecilia School

West Africa comes to École St. Cecilia School in April when students will learn traditional dance from that Region as part of PhysEd and music education. The African theme continues with students learning to play Djembe drums from April until the end of May.

Our Division I students are in for an extra treat – our grade one students will visit Heritage Park to learn about pioneering days and our Grade 3 students will learn all about farming with a field trip to Aggie Days.

This month also sees an opportunity for community members to contribute to École St. Cecilia School through our Education Society raffle draw. The raffle will raise money to fund technology for our classrooms and participants will have an opportunity to win two tickets to anywhere Westjet flies. If you're interested in supporting this fundraiser, please contact the school.



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.

11150 BONAVENTURE DRIVE SE

#### April at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

#### Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15, 2016.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

#### Spring Summer Registration

Registration for Spring Summer programs, including day camps, is now on. Programs for all ages – from tots to seniors – start in April.

#### Adults

- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based classes added during pool closure. See the Drop-In Fitness schedule at [www.tricocentre.ca](http://www.tricocentre.ca) under the Schedules tab or pick up a copy at Guest Services.
- Adult registered programs including new options: Cardio Kickboxing, Golf Conditioning, and Dance PL3Y (Dance Play.)
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

#### Older Adults

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit 'n Fab., and our numerous yoga options. Free for members, drop-in fee for

non-members. See the Drop-In Fitness schedule at [www.tricocentre.ca](http://www.tricocentre.ca) under the Schedules tab or pick up a copy at Guest Services.

- Registered programs starting in April include Balance Builders, Bone Builders, Brain Builders, and Chair Yoga.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

#### Families, Children, Youth

- Lots of new registered Parent & Tot, Preschool children, and youth programs start in April.
- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for non-members.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.



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# 24-Hour Ride the Rim



**FUNDRAISING  
EVENT**  
**Friday, June 24  
2016**

**One Aim Cycle Club** is partnering with **Summerfest** to kick off this year's celebrations with a 24 hour, 8 KM, non-stop bike route around Parkland's Fish Creek Park. The One Aim Cycle Club is a fundraising team for the Alberta Enbridge Ride to Conquer Cancer benefiting the Alberta Cancer Foundation.

#### SCHEDULE OF RIDE THE RIM EVENTS

- Friday June 24, 5PM **GATE OPENS-** 146 Ave SE Park96 Entrance open to Parkland Residents with a donation to the One Aim Team. Join the Riders, volunteers and sponsors to celebrate.
- 6PM SHARP! **RIDERS ON THEIR WAY-** Come cheer the Riders on as they begin their 24 hour ride!
- Saturday June 25, 6PM **RIDERS CROSS THE FINISH LINE -** Celebration on the mainstage during Summerfest

**What is the Ride all about?** In 2015, Carl Finley, a Parkland resident, invited the One Aim Team to Parkland for a 24 hour ride that started from his drive way. The One Aim Team is led by President Dr. Nigel Brockton, a 2-time cancer survivor who has committed his life to cancer research, right here in Calgary. This event is a successful fundraiser and training event for the Enbridge Ride to Conquer Cancer held in August.

**Want to donate?** For our Parkland resident, Carl Finley, or for the One Aim Team: <http://www.conquercancer.ca/goto/oneaim2016>

All donations over \$10 receive confirmation email with a tax receipt.



[www.oneaim.ca](http://www.oneaim.ca)

## IN & AROUND CALGARY

### EMS: Bicycle Helmet

#### Safety

Head injuries are a leading cause of serious injury and death to children riding bicycles\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

#### Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

#### Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

#### Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

## A Dental Office Open Evenings and Weekends? Yes!

**Weekdays From 7am to 9pm**  
**Saturday 9am to 5pm**  
**Sunday 11am to 4pm**

Come meet our team and take a tour of the office or  
**Book A  
FREE Consultation**  
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## PARK 96 NEWS



### TENNIS & SUMMER PROGRAM REGISTRATION REGISTRATION IS ON GOING TILL CAMPS AND CLASSES ARE FULL.

All of the 2016 Spring Tennis and Summer Camp information and registration forms can be found on the park96.com website. Forms of payment accepted: Direct Debit, Cheque, Visa or MasterCard. Make cheques payable to "Parkland Community Centre".

#### Ball Machine Tutorial Thursday, April 28, 6:30pm

Park96 Owns a ball machine for members to practice their skills. Join out Tennis Champion for a mandatory tutorial and kick your tennis season into high gear. \$40 for the entire season. If you went through the tutorial in 2015 please go to park96.com to fill out the 2016 Waiver Form and drop it off in the office with payment.

#### 2016 Adult Tennis Opportunities

Don't miss the following Tennis Tournaments being held at Park96!

SUMMERFEST Tennis Social Saturday, June 25  
Women's Tennis Social Sunday, July 24  
Adult Tennis Tournament Saturday, September 17  
Friday Night Tennis League May - October

#### JUNIOR FUN-VITATIONAL TENNIS TOURNAMENT

Saturday, June 18  
All juniors registered in the Spring Lessons are automatically entered in this year's tournament. If you are not in lessons and your junior wishes to participate it is \$10 and the registration form is on the website www.park96.com.

#### PLAYWRITING CAMP

July 11 to July 15 1pm - 4pm

Ages 8-12 year olds

Space Adventures, Heroes, Villains, Spaceships, Alien Planets!

During this half-day camp participants create, rehearse and perform a unique play. In a dramatic and fun-filled week children create the plot, craft the script, write dialogue and hone their acting skills for their very own dramatic production performed at the end of the week. For the registration forms and pricing check out park96.com.

#### Junior Tennis Lesson Summer Camp

JULY 25 TO 28

Park96 is holding a summer tennis camp for juniors aged 5 to 17 years. Details and registration forms are at www.park96.com.

#### BASKETBALL CAMP

JULY 18 - July 22

This year Basketball Camp is being run by Michael Wilson and his team for ages 8-12. Registration forms and pricing are on the park96.com website.

#### REPTILE CAMP

Once again Park96 is hosting Reptile Camp during the weeks of July 25, August 8 and August 15. For more information or to register go to www.calgaryreptileparities.com.

**PARKLAND CARES** is a new community based organization of families and neighbours committed to helping others. This initiative kicked off during the Park96 Easter Egg Hunt. If you wish to participate in anyway let us know! parklandcaresyyc@gmail.com

#### NEED A FOB?

Are you new to Parkland and need a FOB? Drop into the Park Office with proof of your new address and fill out a membership form. Homeowners are given a complementary access FOB. Check out the Office hours on park96.com, press the door bell and Office Administrator, Jennifer Stone will let you in. Or book an appointment at park96@telus.net during a time that works for you.

If you plan to bring between 10 to 40 people to the Park for an outdoor gathering, please notify the Park Office to avoid over booking. If you wish to bring more than 40 people to your gathering then once again contact the Park Office at park96@telus.net and pay a minimal per

## PARK 96 NEWS

person fee. Parkland Residents must stay on site at all times when bringing guests into the park.

#### PARK96 ANNUAL FEES

Park96 Annual Fee invoices were mailed January 4, 2016 and interest beings on April 1. If you did not receive your 2016 invoice please email park96@telus.net with your full name and address.

#### Payment Methods

1. Mail in a Cheque payable to the **Parkland Community Centre**.
2. Drop off your Cheque in the Park96 Mailbox just left of the Main Gate. Make sure to indicate your property address.
3. Come in person to the Administration Office to pay by Debit or call in with your Credit Card.

If you have any questions don't hesitate to contract the Office at park96@telus.net.

## Thank you Caroline Hart

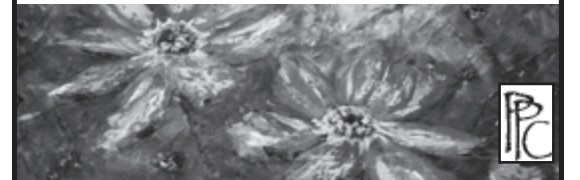
Parkland walkers have noticed that the Parkland pathway has a huge amount of dog waste compared to other years.

Please join me in thanking a wonderful neighbour living on Parkvalley Drive who has, shovel and garbage bag in hand, made it her mission to collect and dispose of this mess along the expanse in the past weeks.

Melanie Morstad presents

## Parkland Painting Collective 9<sup>th</sup> Annual Show and Sale

Sunday, May 1 Noon to 4  
**Park 96-Main Floor** (East side of Blvd)  
14660 Parkland Blvd S.E.



- \*Fresh original artwork by local artists
- \*Acrylic, Watercolour, Mixed Media
- \*Framed and Unframed

Door Prize

Refreshments

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Hello Constituents,

I hope you all are excited to get outdoors and be active now that Spring is finally here. The current session at the Alberta Legislature started on March 8th and I am eager to hear your comments and feedback on the budget and other items of critical importance to Albertans.

**Legislation:**

All bills on the legislative agenda can be viewed at [www.assembly.ab.ca](http://www.assembly.ab.ca) by clicking on Bills and Amendments. This site is a wealth of information for engaged Albertans. The website tracks current bills, amendments and bill implementation. History comes alive on this link as you can refer to Alberta's very first Legislative session in 1906 and see all past bills.

**Outdoor Season:**

Last newsletter, I featured camping and this month I will expand the conversation to include one of my favourite pastimes – campfires. All of us love a good campfire with hot dogs, marshmallows, s'mores and the warmth and camaraderie that comes from sharing stories under the stars. However, with campfires come a responsibility and stewardship to our environment; wildfire season started March 1st. Did you know last year wildfires consumed nearly 492,000 hectares of land in Alberta? We must do more to protect our land. Since we have experienced a dry winter, I would encourage you to visit [albertafirebans.ca](http://albertafirebans.ca) for the most up-to-date information on fire prevention and any bans in effect around the province.


**Public Engagement:**

As the status of the economy affects us all, I would like to host a couple of **Roundtable Budget Sessions** at my office. I recognize that many people are unable to attend during their work-day, so I am extending my office hours to accommodate more in the engagement process on Saturday April 23 from 10-12pm and Wednesday April 27 in the evening from 5-7pm. Both are on a drop-in basis.


I have had very positive feedback and attendance at **MLA Café** sessions at my office and I will continue to hold them in April. Please mark your calendar for April 22 from 10am – 11 am. One of the favourite parts of my job as your MLA is meeting individuals from all backgrounds and walks of life to learn about your issues and priorities.

I always say how Calgary–Fish Creek has some of the most incredible volunteers and I want to remind constituents of the **Stars of Alberta Volunteer Awards**. The awards recognize extraordinary Albertans whose volunteer efforts have contributed to the well-being of their community and fellow community members. The 2016 nomination form will be available in June and the criteria can be found on the Alberta Culture and Tourism website. If you wish to nominate a volunteer, let my office know and we can assist you in the process.

I welcome you to follow me on Facebook and Twitter, or to call and schedule a meeting. Please send us an email to be added to our e-newsletter. All mediums of communication assist me in effectively representing you in the Legislature while your privacy and confidentiality will always be respected.



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**ALL TYPES OF DRYWALL:** Boarding taping and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

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**CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: [info@asapconcretecutting.com](mailto:info@asapconcretecutting.com).

**THE REDEEMED CHRISTIAN CHURCH OF GOD**

AMAZING GRACE ASSEMBLY, CALGARY  
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 FRIDAY BIBLE STUDY 7PM  
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 505 PARKVALLEY RD SE, AB T2J 6M4  
 587-717-2521 <> [rccg.amazinggracecalgary@gmail.com](mailto:rccg.amazinggracecalgary@gmail.com)

**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.

**YARDBUSTERSLANDSCAPING.COM:** Weekly lawn mowing \$36, power-rake \$100, aeration \$50. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

**THE CONTRACTOR YOU'VE BEEN LOOKING FOR:** Y.E.S. Contracting is, your easy solution. Knowledgeable and reliable, licensed, registered and insured. No projects too big or too small. Book now to get your electrical, plumbing and general projects completed! Carl 403-671-4714.

**HANDYMAN/CONTRACTOR:** experienced in carpentry, drywall, painting, fencing, decks, laminate floors, and ceramics, hire a husband type of tasks performed. Call Rob at 403-606-8876 or E-mail [robziffle@gmail.com](mailto:robziffle@gmail.com).

**COMPUTER CAUSING YOU GRIEF? FEELING FRUSTRATED AND DON'T KNOW WHERE TO START?** Experienced, trusted and reliable technician ready to make things run smoothly for you. Offering personal, home based and small business computer services to suit your time and budget. Call Debra with DDL Computer Solutions at 403-630-2862 or email [ddlalonde@shaw.ca](mailto:ddlalonde@shaw.ca).

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~continued on page 23~

## IN & AROUND CALGARY



### The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation that's left behind when owners don't pick up after their pets.

Cleaning up your dog's waste is part of being a respon-

sible pet owner and helps keep our yards, parks and off-leash areas safe and healthy.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye, and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, check out our P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) program at [calgary.ca/puppy](http://calgary.ca/puppy).



### Making Fitness Affordable.

Trico memberships are built to flex with the realities of life...

- Residents of partnered communities (like yours) pay 20% less
- Memberships can start-and-stop (for travelling), pause for medical reasons, or be cancelled through a simple process
- Rates remain affordable in changing economic times

• PLUS check out our Membership Special - until August 14, get 14 months for the price of 12!

Trico Centre for Family Wellness

11150 Bonaventure Drive SE

403-278-7542 | [www.tricocentre.ca](http://www.tricocentre.ca)



### Animal Trivia

Pet parrots can eat virtually any common "people-food" except for chocolate and avocados. Both of these are highly toxic to the parrot and can be fatal.

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403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

# BUSINESS CLASSIFIEDS

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**REIKI AND CRYSTAL HEALING:** I am a reiki practitioner, angel intuitive and enchantment facilitator. Reiki can bring healing on all levels; mental, emotional, physical and spiritual. A session allows up to one hour of healing. For more information email [laura\\_hoult@yahoo.com](mailto:laura_hoult@yahoo.com).

**DANCE LESSONS!** Learn how to dance in the comfort of our/your home. Ballroom, Latin, Swing or Country. We also offer Dance Aerobics morning classes twice a week. Learn five different dances in a one hour low impact class. No partners necessary for any dance lessons. Very affordable prices. Please call Rachelle at 403-271-2112 for a free consultation.

**HIGH GRADE LANDSCAPING:** Offering weekly lawn maintenance, spring/fall cleanups (for weekly maintenance and snow removal customers), aerate, fertilizer applications and snow removal. Installation of landscape fabric, wood chips and crushed rock products. 19 years experience. Licensed, reliable, courteous service. Please call Brian at 403-863-4298 or email [highgradelandscaping@shaw.ca](mailto:highgradelandscaping@shaw.ca).

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**GARDENING:** It's spring! Let us take care of your flower bed clean-up. We remove debris, prune shrubs, weed, turn and re-edge beds, add compost/mulch. We also do weekly garden maintenance, and design and install new gardens. For beautiful, weed-free flower beds and more time to enjoy them, call GardenWise Renovation & Design 403-278-6109.

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

## IN & AROUND CALGARY

### Friends of Fish Creek

Learn about the birds of Fish Creek with the Spring Birding Course. 12-week course starts March 28. For more information and to register visit [www.friendsoffishcreek.org/programs/birding-course](http://www.friendsoffishcreek.org/programs/birding-course)

## Book Trivia

Margaret Mitchell wrote *Gone with the Wind* between 1926 and 1929. In her early drafts, the main character was named "Pansy O'Hara" and the O'Hara plantation we know as Tara was called "Fountainey Hall."



# FAMOUS FIVE DISTRICT

We're looking forward to seeing you at our annual carnival. Saturday, April 16, 2016 at the Queensland Community Center, 649 Queensland Drive SE. We sure hope you will join us for fun and friendship and help support the Girl Guides in your community. We'll have a bake sale, cake walk, silent auction, games, crafts and lunch room. Maybe even a few surprises. The hours are 11:00 am to 4:00 pm. Admission is a non-perishable food or cash donation to the Calgary Interfaith Foodbank. If you are interested in donating to the silent auction, please contact Bonnie, [bonnieguideleader@gmail.com](mailto:bonnieguideleader@gmail.com). Your support is most appreciated to provide a well-respected program for girls. I also heard that the Classic Cookies may be available for sale. Only \$5.00 per box.

Units are getting ready for spring camps and all kinds of outdoor activities. Watch the next Community Newsletter for information about registering your daughter for Fall 2016. Ladies, if you are interested in being a leader, now is a great time to get started. Training is provided and support is available. Join a unit now. Contact Pat, [isteads@telus.net](mailto:isteads@telus.net) if you are interested in more information.



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Artisans in quilting, knitting, crocheting, card making and cross-stitching meet to learn and practice their art in a community setting; no experience required: come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends and have a personal time-out!

Wednesday mornings 9-11 from January 6-Mar 23

McDougall United Church (no religious content/ non-denominational).

Registration preferred, but drop-in availability; babysitting supplied.

Please contact Sarah 403-918-3421 for more information.



## Do you have newsworthy items that would be of interest to our community?

Please forward to Caroline Hart at [parklandca@telus.net](mailto:parklandca@telus.net)  
 Submissions for the newsletter are due

**on the 1st day of the month for the next month's issue.**

**Only non-profit community or individual notices will be accepted.**



## COUNCILLOR, WARD 14 PETER DEMONG

[www.calgary.ca/ward14](http://www.calgary.ca/ward14)  
[eaward14@calgary.ca](mailto:eaward14@calgary.ca) or 403 268-1653

Hey Ward 14!

Spring is now in full swing. I will start with a quick reminder about Counciltalk and then dive in to an important spring topic.

### March Counciltalk

Three great Counciltalk discussions are already done. The April Counciltalk will be held at the Sundance Resident's Association (63 Suncrest Way S.E.) on April 23 from noon to 2 p.m. You can find a listing of Counciltalks at [calgary.ca/counciltalk](http://calgary.ca/counciltalk), and you can also sign up to get email reminders for Counciltalk and other things at [calgary.ca/ward14connect](http://calgary.ca/ward14connect).

### Street Sweeping

You're reading this in late March or early April, but I'm writing it in February. As I write, the City is way ahead of schedule for its street sweeping program because of the very warm and dry February. In fact, "pre-sweeping" started in February.

"Pre-sweeping" is what it sounds like. We pick up some of the larger debris in strategic areas to make things easier for the final sweep. It is the beginning of our annual program removing debris that has accumulated during winter on roads, major sidewalks, and boulevards. Keeping the roads clear helps everybody get around easier and safely. It is also good for the environment and our wallets. Every pebble that we pick up before the June rain doesn't end up in our storm water system. It also saves us money on maintenance of that system. Removing as much as possible is great, and doing it quickly is best.

So we're trying to take advantage of the good conditions, and there are a few changes to the usual schedule that you should take note of:

1. We are aiming to complete the program by June 1 instead of June 30, and will begin on April 3 instead of April 13 (weather permitting).
2. Daytime sweeping (in residential areas) will be 7 days/week instead of 4 days/week

3. Evening sweeping (of main roads) will now be Mon-Thurs instead of Sun-Wed

If you see a temporary parking sign on your street, that means there is a parking ban in place. Crews will move vehicles to a space nearby at the City's expense if possible, but will tow to an impound lot at the owners expense if not. In both case, the car will be ticketed. Unlike before, vehicles in sweeping areas where there is no parking ban may receive tickets, and the penalty has gone to \$120 from \$75.

Please help the City keep our streets, sidewalks, and parks clean of debris by obeying the posted parking restrictions. It will save the City money, and your neighbours will thank you. Parking ban signs will be posted at least 12 hours in advance, so keep an eye out. I also suggest visiting [calgary.ca/sweep](http://calgary.ca/sweep) where you can find a real-time map showing our progress (a result of one of my innovation fund requests) and look up planned street sweeping dates by address. Check back frequently though—the weather can change plans.

If you have any questions about street sweeping or anything else feel free to contact me.

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# Parkland mybabysitterlist

Name	Age	Contact	Course
Alyse	16	403-271-2668	Yes
Danielle	16	403-991-2292	Yes
Dylan	14	403-271-0682	Yes
Gabby	16	403-225-0157	Yes
Karena	16	403-808-8226	Yes
Kayla	12	403-271-3611	Yes
Mary	14	403-225-3366	Yes
Rhys	15	403-399-7509	Yes

### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).



## Parkland Real Estate Update

Last 12 Months Parkland  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2016	\$0.00	\$0.00
January 2016	\$0.00	\$0.00
December 2015	\$569,450.00	\$529,500.00
November 2015	\$769,450.00	\$737,000.00
October 2015	\$599,900.00	\$555,000.00
September 2015	\$595,000.00	\$585,000.00
August 2015	\$659,950.00	\$660,500.00
July 2015	\$592,400.00	\$585,500.00
June 2015	\$682,450.00	\$664,500.00
May 2015	\$749,900.00	\$735,000.00
April 2015	\$614,750.00	\$598,500.00
March 2015	\$629,950.00	\$625,000.00

Last 12 Months Parkland  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2016	2	0
January 2016	4	0
December 2015	1	2
November 2015	3	2
October 2015	7	3
September 2015	6	3
August 2015	5	6
July 2015	2	4
June 2015	5	4
May 2015	8	5
April 2015	5	6
March 2015	5	4
Total	56	41

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [parkland.great-news.ca](http://parkland.great-news.ca)

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Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon

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[www.calgaryhometeam.com](http://www.calgaryhometeam.com)



## Bow Valley Ranche Restaurant

RancheYYC  
403.476.1310



Immerse in the history...  
Indulge in the food!

Photo by: Salt Food Photography

## Annie's BAKERY • CAFE

AnniesYYC  
403.476.1308



We've missed you...  
Now open for 2016!

Photo by: Tara Whittaker Photography

# Yoki & Jeff Nichol

## Colouring Contest

Drop the colouring page off to 351 Parkview Crescent. Two prizes will be given, ages 3-7 and 8-12. Prize... 2 kids zoo passes (3-7) and 2 movie passes (8-12).  
Deadline Apr. 30. Remember to write name & ph number on back of entry.



## Yoki & Jeff Nichol

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