

JULY 2016

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PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER



**PARKLAND COMMUNITY
ASSOCIATION ANNUAL
CANADA DAY
PANCAKE BREAKFAST
JULY 1**



BARRY & CYNTHIA

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TEAM PERFORMANCE

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- * MULTIPLE YEAR FINANCIAL SUPPORTERS OF THE PARKLAND SUMMERFEST
- * SINCE 1986 WE HAVE DONATED A PORTION OF OUR COMMISSIONS ON EVERY TRANSACTION TO THE ALBERTA CHILDREN'S HOSPITAL FOUNDATION



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Photo by: Tara Whittaker Photography



Parkland Community Association
505 Parkvalley Road SE Calgary
Alberta T2J 6M4
parklandca@telus.net
parklandcommunityassociation.org.

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GREAT NEWS PUBLISHING HAS BEEN
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JULY PROGRAMS AT PARKLAND HALL

Fish Creek Renshikan Karate Dojo	Monday's 8:00 – 9:00 PM	403-225-1894 Frank Prystupa
Senior's Drop In Coffee	Wednesday's 12:00 – 2:00 PM	403-278-5330
Living Kindness Yoga	Wednesday 7:30 – 9:00PM	403-862-5727
Meditation for Adults		Denise-Marie
Calgary Kyokushin Karate	Thursday's 6:00 – 9:30 PM	403-225-3516
Parkland Book Club	Friday's 1:00 – 3:00 PM	403-278-5462 Janice Schneider
Fit Families	Saturday's 9:30 – 10:30 AM	Fitwelltraining.com
Living Kindness Yoga	Saturday 2:00-3:30PM	403-862-5727
Meditative Movements 50+		Denise-Marie
Redeemed Christian Church of God	Sunday's 9:00 AM – 1:00 PM	All Welcome



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PARKLAND COMMUNITY ASSOCIATION

PARKLAND HALL

505 Parkvalley Road SE, T2J 6M4
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www.parklandcommunityassociation.org



The Parkland Community Association is a Registered Charity operated by an elected Board of community member volunteers. We represent the municipal interests of Parkland residents; we are your voice in city planning decisions. The annual \$25 membership fee is voluntary, but membership is required for some community sponsored events. Your membership fees help us bring community members together through various programs and events such as:

- Community Garden
- Soccer
- Canada Day Breakfast
- Parade of Garage Sales & Community Clean Up Day
- Seasonal Parties – Winterfest, Fallfest, Halloween
- And more!

Board of Directors:

President	Vacant
Vice President	Adam Feuchuk
Treasurer	David Caskenette
Secretary	Erika Diaz
Membership & Civic Director	Laura Di Lello
Trico Representative	Vacant
Directors-at-Large	Stefanie Caskenette Leanne Black
Past President	Cindy Ross
Hall Contact	Laurie Bradley

Board Meetings: Board meetings are customarily held at the Parkland Hall on the fourth Thursday of each month at 7:00 PM, with the exception of July and August. All community association members are welcome to attend our meetings. As our dates and times can change, we ask that you contact the Hall at 403-278-5330 or parklandca@telus.net to confirm any upcoming meetings that you would like to attend.

Parkland Community Hall – Rentals

Are you hosting a party and need more space? Looking for a venue for an upcoming baby shower or birthday party? The Parkland Hall is an affordable venue to con-



sider! The hall features a bright hardwood-floored gym, kitchen, and meeting room – all available for community members and the public to rent.

To inquire about Parkland Hall rental rates and availability, please contact Laurie Bradley at 403-278-5330 or by email at parklandca@telus.net.

Other Community Representatives

Community Resource Officer	Constable Matt Forest 403-428-6645
Parkland Girl Guides	1-800-565-8111
167th Parkland Scouts	Leanne Black 403-254-6339
Parkland Cares	Julie Kyliuk parklandcaresyyc@gmail.com
Parkland Babysitting Co-op	Jill Vaters mjvaters@shaw.ca
Parkland Babysitting Registry	Eleanor Molina 403-271-2668
Parkland Housesitting Registry	David Wiebe 403-271-9230
Parkland Preschool	403-225-0083
Prince of Wales Elementary	403-777-6880
St. Philip Fine Arts School	403-500-2072
LDS Church,	403-278-8565
Parkland State Centre	
Parkland Soccer	403-278-5330
Bow View Ringette	bowviewringette.com
Bonavista Hockey Program	lbbreakershockey.ca
Colts Football	southcalgarycolts.ca
Newsletter Editor	Stefanie Caskenette parklandcanews@gmail.com
Delivery & Advertising	Great News Publishing 403-263-3044

PARKLAND COMMUNITY ASSOCIATION NEWS



Canada Day Pancake Breakfast

Parkland Community Hall

July 1, 9:00am - 11:30am

Come celebrate Canada's 149th Birthday with all your friends and neighbours!

- Pancakes, Sausages, Oranges, Coffee - \$5 per plate
- Prairie Mountain Fiddlers
- Keeping' It Country Line Dancing
- Games for kids of all ages!
- Face Painting
- and more!

Think Green - bring your own plates!
Calgary Food Bank donations are welcome!

VOLUNTEERS WANTED: The Parkland Community Association needs your help at making this year's Canada Day Pancake Breakfast the best yet! If you can flip pancakes, serve food, sell tickets, clean up/take down, decorate and more, please email parklandcanews@gmail.com



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PARK 96 PARKLAND CENTRE

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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.

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Park 96 UPCOMING EVENTS

Tuesday July 19

Board Game Club

July 4 - July 8

Fun With Music Camp

July 11 to July 15

Playwriting Camp

July 18 - 22

Basketball Camp

July 25 - 28

Junior Tennis Camp

July 27

Rally of Hope Family Event

Save the date!

Saturday, September 17

Park96 41st Birthday Party

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



Parkland
Baby Sitting Co-op

- We're a group of Parkland moms who swap babysitting a few hours a week.
- It's a casual commitment for babysits/playdates once or twice per week.
- We run during school days and school hours.
- For families with kids up to 6 years old.
- It's a fun social atmosphere, meet other families in Parkland with kids similar ages.
- Enjoy monthly morning coffee get-togethers.
- Come to the next coffee and check us out.
- Email today: parklandbabysittingcoop@gmail.com

Zeus is somewhere

He disappeared February 20th from Queensland Pl. (9 mos. Old)

Somebody has taken him in thinking he was a stray, although he has a home and is much loved and missed.

He is neutered and microchipped. Now 1 yr old. \$500 reward.

587-580-5835



IN & AROUND CALGARY

Historic Calgary Week July 22-August 1, 2016

Please join us for Historic Calgary Week, ten days of free events, presented by the Chinook Country Historical Society. Learn about Calgary's history, culture and community through walks, talks, tours, presentations, museums and family events, held in and around Calgary. See our website: www.chinookcountry.org for the program list.

Parkland Cares



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

Parkland Cares loves to find ways to spread smiles! On May 16th we visited with the residents at the Canyon Meadows Retirement Centre, reading stories and chatting.

During the Movie in the Park, we collected gently used books and toys. Books will be donated to Beacon Hill School in Fort McMurray who lost everything in the recent fire. Toys will be donated to Calgary Healthy Family Collaborative. Good Job!

How to get involved:

- June 12th is Parkland's Recycling Day; PC is hoping to enlist strong backs and trucks to help neighbours that need assistance getting heavier items to the park for disposal. If you have a truck and some time on the 12th, please contact us. Let us know if you think you will need assistance in moving items on the 12th. PC will also be accepting cash donations to go to the Red Cross.
- June 14th: Planning meeting 7:15 at Park 96
- June 18th: 10:00-2:00: KIDS MARKET-FORT MCMURRAY FUNDRAISER. We will be accepting proposals from children for sales tables at Park96. Proceeds will go towards the Red Cross. This is a wonderful opportunity to get kids involved in a charitable event and put their creative marketing skills to work! Tables could include: Games, baking, lemonade stands, and small hand-made items like buttons or bracelets. Use your imagination! Contact PC for more information on how to apply.
- June 20th: Preschool visit to Canyon Meadows Retirement Center. Join us!
- June 24th and 25th: Come out and help us cheer on the 24 hour RIDE THE RIM team. Raising funds towards Alberta Enbridge Ride to Conquer Cancer
- July 1st: Canada Day Pancake Breakfast at the Hall. PC will be accepting cash donations to go to the Red Cross.

As a newly formed group Parkland Cares welcomes any advice or suggestions on future opportunities to help the community.

If you are interested in attending a future meeting or event, please contact us at: parklandcaresyc@gmail.com. Look us up on Facebook: Parkland Cares Calgary.

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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PARK 96 NEWS



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.calgaryreptileparties.com.

PICKLE BALL

Pickle Ball had a great turn out to the clinic on May 25. The courts are available to use on a first come first served basis. Park 96 has purchased 2 nets, 4 paddles and balls for residents to use at any time. They are stored in a box near the courts. The box is not locked at this time and we are hoping players will care for the equipment and return it in good condition to the box so a lock will not be necessary.

Beginning Monday May 30, organized drop-in sessions for social play have been designated as follows:

• **Monday and Thursday mornings from 9:30-11:30**

• **Wednesday evenings from 6:30-8:30**

A fee of \$15 will be charged to anyone who would like to join the Park96 Pickle Ball group. This fee will give you unlimited participation in any of the drop-in times, and will go to support the maintenance of current equipment and purchase of new equipment as needed. Should it become necessary to lock the equipment box, members will be given the combination.

For those residents choosing not to join the Pickle Ball group, a \$3.00 fee will be charged for participating in each drop-in session. Non-Residents are welcome to come to the drop in times with a member. Fees for a non-resident will be \$25.00 to join and \$5.00 per drop-in session.

If you have any further questions, concerns or suggestions, please feel free to contact us at P96pickleball@gmail.com

BALL MACHINE TUTORIAL

Email park96@telus.net to coordinate a time.

Park96 owns a ball machine for members to practice

~continued next page~

SUMMER PROGRAM REGISTRATION

REGISTRATION IS ON GOING TILL CAMPS ARE FULL.

All 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".

NEW Fun with Music - Summer Camp at Park96

July 4-8 10am-12pm

Ages 3-5

Cost \$154

A fun-filled summer camp that lets children ages 3-5 explore all areas of music.

- Learn songs and play singing games from around the world
 - Discover the excitement of music appreciation through storytelling
 - Create and perform on percussion instruments
 - Enhance rhythm through movement
 - Discover a new musical concept everyday
- For registration or inquiries contact (403)836-4866 or email maronwedajo@gmail.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

PARK 96 NEWS

their skills. Join our 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!

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

STRENGTH AND RESTORE YOGA

Mondays
Info: Jane Sponiar at 403.281.7553 or janesponiar@gmail.com or www.livingtaichi.ca

WOW! WOMEN ON WEIGHTS

Monday – Friday Classes
Info: www.WomenOnWeights.com, or call Susan
403.660.4194

Cave Quest Daycamp

Who: Age 4 – Entering Grade 5
Where: Bonavista Baptist Church
 1507 Acadia Dr. SE, Calgary
Date: Aug 8—12, 2016
Time: 9 am—Noon
Cost

Before July 24: \$60/child or \$150/family
After July 24: \$70/child or \$175/family



Contact:
Phone: 403-271-6969
Email: chloe.daycamp@gmail.com
Website: bonavistabaptist.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 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

Mail in a Cheque payable to the **Parkland Community Centre.**

Drop off your Cheque in the Park96 Mailbox just left of the Main Gate. Make sure to indicate your property address.

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 contact the Office at park96@telus.net.

**PARKLAND – YOU ARE INVITED!
RALLY OF HOPE**

Wednesday, July 27
4pm-8pm

Bouncers, super slides, tattoo artist, food trucks, beverages & much more for the whole family to enjoy!

Mortgage Alliance is hosting their 9th Annual Rally of Hope, riding motorcycles from Toronto, ON to Calgary, AB benefitting the Canadian Cancer Society. Please bring the family out for a fun filled afternoon at Park96. Adults \$25 Kids \$15 Contact Heather Cermak for tickets 403-271-1489 hcermak@mortgagealliance.com

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **August 5 to 7 - Expo Latino:** Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. www.expolatino.com
- **August 10 to 13 - Afrikadey! Festival:** This year marks Afrikadey's 25th anniversary. That's 25 years sharing the art, music and dance from cultures across the African continent. www.afrikadey.com
- **August 14 - Marda Gras Street Festival:** The neighbourhood street festival includes numerous food vendors, artisan booths and buskers. Also part of the festival is the sixth annual Marda Gras pet pageant, so get your pooch ready to shine. www.mardagras.ca
- **August 18 to 20 – ReggaeFest:** According to the organizers of the festival, ReggaeFest will transform you into a "Rastafarian." There's music and there's food, and it's a festival all Calgarians need to attend at least once. www.reggaefest.ca
- **August 18 to 27 – GlobalFest:** This annual fireworks and cultural festival includes five impressive shows. The first of the fireworks shows synched to music is from China, followed by the Philippines, Spain and the USA. The finale is by Canada. www.globalfest.ca
- **August 20 to 21 - Antiquing at the Arc:** Spend hours rummaging through everything from furniture to militaria to art deco to toys and more at this annual antique show. www.antiquesbydesignshows.com
- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. www.calgarypride.ca

AUGUST 5 TO 7
EXPO LATINO

Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. www.expolatino.com



**AUGUST 13
CALGARY JAPANESE
FESTIVAL OMATSURI**

The one day festival has plenty of fun, cultural activities appropriate for the whole family, including galleries of Japanese arts and crafts and food kiosks selling Japanese food. www.calgaryjapanesefestival.com



AUGUST 13 TO 14 CALGARY DRAGON BOAT RACE AND FESTIVAL

This is a weekend of dragon boat racing on the Glenmore Reservoir, where Calgary embraces a sport that stems from a 2,000-year-old Chinese legend. www.chinatowncalgary.com/dragonboat



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 construction by ATCO Gas or one of our contractors. 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. Dunwald & Fleming Enterprises Ltd. has been contracted to conduct work on behalf of ATCO Gas.

This project is part of the Urban Pipeline Replacement (UPR) Program which modernizes the natural gas network and adds capacity to meet the growing demand for natural gas in Alberta's largest centres.

The portion of the project in your neighbourhood is scheduled from June - August, 2016.

What you can expect:

Parkwood Way will be reduced to one driving lane for local traffic as construction progresses along the project route. Access will be maintained for all residents. However, no street parking will be available during construction.

Construction will consist of trenching, which includes digging up parts of Parkwood Way and the boulevards running alongside the road.

Notice regarding timing and impacts of construction taking place directly in front of homes will be provided to residents up to one week in advance.

Construction will take place during daylight hours only.

Where necessary, some poplar trees may need to be trimmed to accommodate construction equipment; however, there are no plans to remove any trees.

Bike and pedestrian pathways near worksites may be temporarily restricted. Alternative access routes will be made available where necessary.

ATCO Gas thanks you for your cooperation and we will make every effort to minimize any inconvenience. We will complete our work in a safe, efficient manner and restore the work area to the same condition as it was before the start of the project.

For more information, visit ATCOGas.com/UPR. On the "Projects" page, click on **ATCO Gas Lake Bonavista to Sun Valley Gas Line Installation**. This portion of the project is Phase 3.

For up-to-date information on the project and maps outlining the work, residents are encouraged to visit the website: atcogas.com/upr or contact:

Adam Chambers, P.Eng.
Senior Engineer, ATCO Gas
403-245-7155
adam.chambers@ATCO.com

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

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.

Summer Camps at the Hall

Bricks4Kidz

Brick Critters: The Secret Life (Ages 5-12)

August 8 - 12; 9:00am - 12:00pm

Explorer Quest Camp (ages 5-12)

August 8 - 12; 1:00pm - 4:00pm

"Galaxy Far Away" Space Camp

August 22 - 26; 9:00am - 12:00 pm


World of Amusement Camp (ages 5-12)

August 22 - 26; 1:00pm - 4:00 pm

Visit www.bricks4kidz.com for more information and to register!


Pedalheads

Pedalheads is back this summer at Parkland Hall! Beginning the week of July 4 and running through to the week of August 29, they will be offering full and half day camps. For more information or to register, go to www.pedalheads.com.



Animal Trivia

Brown eggs come from hens with red feathers and red ear lobes; white eggs come from hens with white feathers and white ear lobes. Shell color is determined by the breed of hen and has no effect on its quality, nutrients or flavor.



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Blue-winged Teal a Little Dabbler

By J.G. Turner

Photo credit: Alan & Elaine Wilson of Nature's Pics Online

The Blue-winged Teal's formal name (*Anis discors*) comes from the Latin words for "a duck" (*Anis*) and *discors* or "disc about the mouth" which may refer to the face pattern of the male. The adult male has a rounded slate blue head with a crescent shaped band of feathers behind its black bill and in front of its black eyes. The male has a light brown body with a white patch near the rear and a black tail, and shows a blue patch with a white border on its fore wings, especially when in flight. The adult female is a mottled or scalloped grey-brown with a whitish patch at the base of the tail and bill, and a dark line through its black eye. The bill is quite large. Blue-winged and Cinnamon Teal females and immatures are very hard to distinguish from one another.

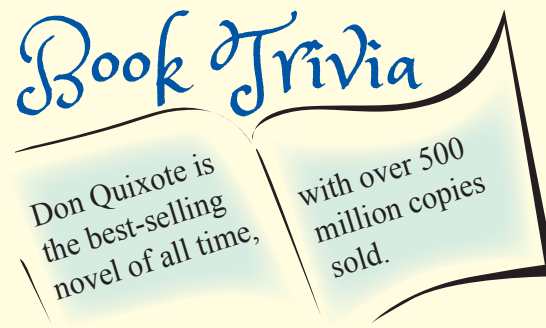
This is a small (especially compared to the large Mallards common to Alberta waterways) dabbling duck (meaning that it feeds on the surface on vegetation or water insects just ducking its head under water, or by tipping right up, pointing its tail end upwards while feeding on submerged vegetation). It is only about 16 inches (40 cm) long, with a wingspan of 23 inches (58 cm) and weighing in at only 13 ounces (370 g).

This is the most common teal in Alberta's grassland and parkland areas. The best area for it to live in is likely to have grassy spaces mixed with wetlands. It is most

likely found in the calmer waters of marshes, sloughs, ponds and the weedy edges of small lakes. Nests are built in concealing grasses or vegetation on dry land, but near to water. You might see a Blue-winged Teal cruising near the shoreline (rather than out in open water) or resting on logs or rocks sticking above the water, on top of muskrat houses, on bare shoreline or mud flats. In the late summer they undergo a moult (during which they shed their old feathers and grow new ones), which prevents them from flying so they will spend this time in prairie sloughs or large marshes with good food supplies. Although it is found in the right habitat throughout the province, the Blue-winged Teal is most common in central and southern Alberta.

This little duck hangs out in pairs or small groups spending most of their time foraging in shallow waters. They are described as being "abundant" in North America, with numbers varying in response to water conditions, with drought causing populations to fall. They are the first ducks to go south in the fall and the last ones to arrive north for the breeding season in the spring. It is likely that they leave early and arrive back late because they are long distance migrators, some going as far as South America (a Blue-winged Teal banded in Alberta was found in Venezuela a month later). The oldest recorded Blue-winged Teal was a 23-year-old male, banded in Alberta and found in Cuba. Overwintering in Alberta is not common, but has been recorded in Calgary and at Wabamun Lake.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.



Registration for the 2016-2017 Scouting Year Has Begun!

This year the 167th Parkland Scouts will be using online self-registration in myscouts.ca as our preferred method of registration. If you have any questions during this self-registration process, please contact Stefanie at 167parklandregistrar@gmail.com.

167th Parkland Scouts Groups:

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

Please note the following fees for the 2016-2017 Scouting Year:

- National & Council Membership Fee has been set at \$200
 - Youth registered between May 2, 2016 and June 30, 2016 will qualify for a spring registration discount rate of \$185.
 - For registrations from July 1, 2016 – December 31, 2016, a \$200 fee applies.
 - For registrations after January 1, 2017, a fee of \$150 applies.
- 167th Parkland Group Fees:
 - A group fee of \$40 will be applied to all returning and new members. This fee will be collected at the time of online self-registration.
 - For the 2016-2017 Scouting year, we will require a current community association membership from the Parkland Community Association or Deer Run Community Association. Please ensure you have an up-to-date membership card with you at our first meeting in September.
 - As in past years, we anticipate to have two bottle drives during the 2016-2017 Scouting year. During our first meeting in September, we will collect two deposit cheques for the bottle drive events should your child not be able to attend. More information will be made available closer to our first meeting in the fall.

Bottle Collection:

Save those bottles - please help support your local Scouts! For year round bottle pick up service call Gord at 403-422-0271. All money raised from our bottle drives and year round collection help support Parkland Scouts activities throughout the year. Thank you for your continued support!

IN & AROUND CALGARY

EMS: Heat Related Illness

With the return of summer weather, 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 or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- 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 waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

IN & AROUND CALGARY

July Programs and Events in Fish Creek

www.friendsoffishcreek.org

Parks Day & Creekfest

Free Fun for the Whole Family!

Sunday, July 17, 2016 11:00 am – 4:00pm

Glennfield, Fish Creek Provincial Park (14228 Bannister Rd. SE)

Celebrate Alberta's Natural Provincial Parks and Learn about Protecting our Watersheds at Parks Day & Creekfest! Juno-award winning Peter Puffin's Whale Tales will return to Fish Creek to host a concert and song writing workshop! Enjoy the performance "Good Night and Good Duck" from Alberta Parks' K-Country Interpretive Theatre! Coyote Kids Theatre will present "A Muskrat's Tail" and local musician Alex Boisselle will return to Fish Creek! Join in an outdoor yoga session and fly fishing demonstration, and enjoy a special visit from Boston Pizza's Lionel.

Capture Nature Photography Contest

The Friends of Fish Creek are excited to offer our Capture Nature Photography Contest for the second year in a row! Capture Nature offers a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year! All proceeds from the contest will help to support our stewardship and education activities in Fish Creek Provincial Park. Capture Nature will run from July 1 to August 15. Register for a chance to win one of the amazing prizes from Vistek and MEC!

Minibus Tours

Archaeology in the Park: Finding the Pioneers

Tuesday, July 12, 1:00 – 4:00 pm

Enjoy a scenic tour of Fish Creek to learn about the history of the early pioneers who made this area their home and about the archaeological evidence they have left behind.

Photography Tours: Unleash the Power of Your Digital SLR Camera

Tuesday, July 19, 9:00 – 11:00 am

In this beginner's level photography class, you will learn all the basics, including depth of field, composition, lighting and the "Exposure Triangle" (Aperture-Shutter-ISO), using the stunning beauty of the park as your subject. Several stops along the way will allow you to put theory into practice!

Wellness Programs in Fish Creek

Join us at the Bow Valley Ranch this Summer to rejuvenate body, mind, and spirit in the beautiful natural setting of Fish Creek. The Friends' Wellness Program is designed to engage community members and foster overall wellness.

Yoga: 7:00 – 8:30 pm, Wednesdays, Instructed by Naomi Parker and Gwen Draude Woolverton

Qi Gong: 6:30 – 7:30 pm, Tuesdays, Lead by Diane Smith, Spring Forest Qi Gong Certified Instructor

Full Moon Meditations: 6:30 – 8:00 pm, Full moon evenings, Lead by Naomi Parker and Gwen Draude Woolverton



IN & AROUND CALGARY

Responsible Pet Ownership in Parks

With spring in the air, dog owners are enjoying spending time with their family, friends and pets outdoors.. Knowing and adhering to the regulations in the Responsible Pet Ownership Bylaw 23M2006 will help ensure that dogs are not being a nuisance in the community, and dogs and citizens are safe.

Calgary Community Standards would like to remind dog owners of the following:

- When off of their owner's property, dogs must be on a leash unless in a designated off-leash area
- When in designated off-leash areas, dog owners must ensure their dog is under control, and is within their sight and responds to commands
- Parking lots adjacent to off-leash areas are on leash
- Owners are responsible for picking up all waste produced by their dog
- Dogs are not allowed in school grounds, playgrounds, sport fields, golf courses, cemeteries, wading and swimming areas, and other areas prohibited by signs
- Dogs must be walked on the right hand side of the pathway on a leash that is no more than two meters in length and must not interfere with other pathway users
- Owners cannot cycle, in-line skate or skateboard on a pathway with a leashed dog
- Dogs must not enter or swim in any body of water within a park except a river that runs through, or is adjacent to, a City park
- Have and wear a City of Calgary licence after 3 months of age

When we respect the bylaw we contribute to a safer and healthier community.

Thank you for being responsible dog owners and valued community partners.

The City of Calgary's Off-leash Ambassador program in Community Standards is sponsoring events to promote public awareness of responsible dog ownership in our off-leash areas:

FREE Dog Recall Training

We are offering tips and techniques from a certified professional dog trainer to help you keep your dog under control in designated off-leash areas



The New Adventures of Engine 23

Central Library is home to a full-sized, real fire truck—and yes, it's *inside* the library! Engine 23 has retired from fighting fires and has begun a whole new life helping children learn. Calgary's youngest citizens can not only read about fire trucks, but also suit up, jump in the truck, and rush to the scene of imaginary accidents and infernos to bring aid and assistance. Because the fire truck isn't just a 22-tonne vehicle in a building: it's a suite of experiences. It's authentic. Kids can play on it and interact with it in a very real way.

When the Calgary Fire Department offered to loan us a decommissioned fire truck, Calgary Public Library seized upon the opportunity to create an innovative early learning experience. After much planning and design, we've installed Engine 23 in Central Library, where it will remain until New Central Library opens in 2018.

Visit Engine 23 any time Central Library is open, or drop in for special Engine 23 storytimes. Toddlers and Preschoolers (ages 2-5) can drop in to enjoy fire-themed storytimes while seated atop Engine 23! Families (all ages) are welcome to drop in and join a Calgary Fire Department firefighter for a special family storytime and the opportunity to start their very own new adventures with Engine 23.

See the July-August *Library Connect* for exact dates and details. A reimagined staircase will connect the installation to the children's area on the second floor, so be sure to visit the Children's Library on the 2nd Floor!

Saturday, June 11 at Lower Bowmont Off-Leash Park

Saturday, August 6 at Sue Higgins Park

Saturday, October 22 at Falconridge Park

3rd Annual Community Working Dogs Day.

Saturday, September 17 from 11 – 2 at **Bowmont Park:** Bring your family, come meet and learn about working dogs that keep your community safe. Bring your camera and have your photo taken with the dogs, the handlers and VIPs.

For all information on **responsibilities as a dog owner** and events, please feel free to "like" us on our Facebook page, <https://www.facebook.com/cityofcalgaryabs>

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Name	Age	Contact	Course
Alyse	16	403-271-2668	Yes
Danielle	16	403-991-2292	Yes
Dylan	15	403-271-0682	Yes
Gabby	16	403-225-0157	Yes
Jordan	19	403-978-2253	Yes
Karena	16	403-808-8226	Yes
Kayla	13	403-271-3611	Yes
Mary	14	403-225-3366	Yes
Rhys	15	403-399-7509	Yes

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Calling All PARENTS
Visit 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.



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 to find out more.

11150 BONAVENTURE DRIVE SE

July 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 (more than 55 in the summer months), use the gymnasium, skate, or play shinny, plus with a membership 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.)

Membership Specials while the Pool is Closed

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.** There is still lots to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

- Purchase a new membership up until August 14, 2016 and RECEIVE 14 MONTHS FOR THE PRICE OF 12.
- Purchase an All-Inclusive 10-Visit Pass up until July 31, 2016 and receive 13 VISITS FOR THE PRICE OF 10.
- If you were a member on Feb 19, 2016 when the pool closed for its makeover, make sure to drop by Guest Services and fill out your form to receive A THREE-MONTH FREE EXTENSION ON YOUR MEMBERSHIP and 5 FREE PASSES*

Summer Fun for Families, Children, Youth

- **Summer Day Camps:** Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Good quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care.
- More registered summer programs than ever before including Parent & Tot classes, preschool, children and youth. See the Summer Program Guide or check www.tricocentre.ca for all the details.
- Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm, Drop-In Craft (2 yrs and up) Drop-In Dodgeball (10-14 yrs.) Check the Summer 2016 Program Guide for details.

- Skating Lessons – what could be a better way to spend a hot summer than in a cool skating rink. Parent & Tot, Pre-school Learn to skate, Youth Learn to Skate, Teen Learn to Skate, and private lessons.
- Intro to Hockey for 6-8 yrs, Intro to Hockey Adult & Child (4-6 yrs with parent/caregiver), and Power Skating & Recreational Hockey (7-12 yrs.)

Summer Programs for Adults


- Check out these registered summer programs: Core Fusion Barre, Obstacle Race Training, Stroller Fit, Fit 101: For the Absolute Beginner, and Sore Joints Training.
- Even though it is summer, there is still lots to do in the Fitness Centre. Choose from more than 55 dryland drop-in fitness classes every week. Free for members, drop-in fee for non-members.

Summer Programs for Older Adults

- Balance Builders: Fall Prevention for Older Adults, Bone Builders: Weight Training for Older Adults, Chair Yoga, and Sore Joints Training are registered fitness classes for older adults offered over the summer.
- Drop-in Pickleball is offered several times a week over the summer. 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.

JAZZ, TAP, BALLET, LYRICAL, ACRO, HIP HOP AND MORE!

Registration for the 2016/17 season opens **June 1, 2016.**
All ages.



thedancefactory.ca

Insects and Technology

The spider's web is the inspiration for a new technology that prevents birds from flying into tall building's windows. Embedded in the glass sheet is a pattern of chaotic UV-reflecting strands that birds can see.



Discovery Magazine

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 23

BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Parkland. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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ABOVE & BEYOND CONSTRUCTION LTD: Serving Calgary for over 25 years. From decks, fences to complete interior and exterior renovations. Additions to custom construction. Check us out www.aboveandbeyondconstruction.ca. Free estimates. 403-278-3433.

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.

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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.

GARDENING: Are you unhappy with the look of your yard? A garden makeover is the perfect solution. We design and install new gardens, renovate existing ones, install compost or mulch. We also do regular flower bed maintenance. We work hard so you don't have to. Call GardenWise at 403-278-6109.

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587-717-2521 <> rccg.amazinggracecalgary@gmail.com

BRAIN GAMES SUDOKU

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Summer brings quality family time, beautiful weather and many community-spirited events, festivals, and activities across our province. I am excited to spend even more time in my home constituency now that Spring Session of the Legislature has concluded.

I want to thank everyone who sent their thoughts and concerns to my office regarding the economy, fiscal responsibility and the now legislated Carbon Tax. This Tax is NOT revenue neutral, as many of us tried to achieve through amendment, and although an estimated 60% of households may receive rebates, there will be out of pocket expense for all Albertans that many will have difficulties paying while still making ends meet. Essentially, Albertans will be paying more for less while our government, and you the taxpayer, go further into debt.

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Albertans do not run their homes like this, and our government should not either. As many of us are tightening our belts in a responsible manner, I ask the Premier to direct her cabinet to do the same.

Many Albertans are experiencing financial challenges; so why not consider a “staycation” this season? Go for a walk, ride a bike, or visit a nearby park to enjoy free activities that will benefit you and your family physically and emotionally. For me, I have numerous annual events that I seldom miss. Pick your favourites or join me at FolkFest, Dragon Boat Races and GlobalFest to name a few.

Tourism Calgary’s website: www.visitcalgary.com offers a wealth of resources, upcoming events, tickets, and unexplored opportunities here in Calgary. We are blessed to have Fish Creek Park and Lake Sikome within walking and biking distance from our homes. Lake Sikome opened for the season on June 25 from 10:00 am-7:30pm daily. There are also many scheduled activities at Fish Creek Park! In addition, Creekfest is an outside event for the entire family on July 17th at the Park’s information centre near the Bow Valley Ranche. For more information on activities within the park please visit www.friendsoffishcreek.org/ or www.bowvalleyranche.com.

A “staycation” can be just stepping out the front door for a block party or our back door for a new playground. Right behind my office is the Bonavista Downs Community’s new playground. Playground building binds communities together and builds lasting friendships. It was a pleasure to visit the build site on a rainy day and see the progress in action. Thanks to the association and volunteers in their efforts to strengthen our community.

I am looking forward to hosting you all this summer at my First Annual Stampede BBQ Lunch. Please join me at the Bonavista Downs Mall on Lake Sylvan Drive for food, music, and activities for children Saturday July 9th 11-2pm. Although RSVP’s are not required, please give us a call or send an email if you plan to attend to help us plan more effectively.

As always, your feedback is important to me. I welcome you to visit me at a future “MLA Café” or to follow me on Facebook or Twitter for further constituency or event information. You can also email or call me to schedule a meeting at your convenience.

Thank you and enjoy a great summer!

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women’s Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children’s Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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COMMUNITY ANNOUNCEMENTS

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

Newsletter Submissions

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

Please forward to Stefanie Caskenette at parklandcanews@gmail.com
 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.

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COUNCILLOR, WARD 14 PETER DEMONG

www.calgary.ca/ward14
eward14@calgary.ca or 403 268-1653


Howdy Ward 14!

With all that this province has gone through in the last year or so, I hope we can all take some time this month to celebrate in a way that only this city knows how—with the Calgary Exhibition and Stampede! Let's have a good time and show our Albertan neighbours the same.

Counciltalk

I want to extend a tip of the hat to all the patrons of Counciltalk, and especially to those who have attended since the beginning. They have seen just how much it has grown.

The next Counciltalk date will be posted on calgary.ca/counciltalk, and you can sign up for reminders at calgary.ca/ward14connect.



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Ward 14 Communities BBQ

I try to gradually ramp up my marketing of the Ward 14 Communities BBQ over the summer to a climax in September. There is still a lot of preparation to be done, and RSVPs to be confirmed. So this month I will go a little more in depth, and hopefully you will tune in next month for more detail.

For those who don't know, my BBQ is a membership drive for Ward 14 community associations. I round up money from generous sponsors to pay for the cost of the event and buy everyone who attends a membership to their community association. We raise a lot of money for the community associations and they add a lot of members, but there is also a chance to visit with and learn about the City of Calgary's various departments and partners. There will be a free burger and beverage too.

This year the BBQ will be on September 24 from 11 a.m. to 2 p.m. in the parking lot of Southcentre Mall. You are welcome to join. We will have a lot of fun.

MGA Review

The Municipal Government Act (MGA) defines everything about the City of Calgary (and every other municipality in Alberta for that matter). Without the MGA as provincial legislation the organization—that City Council manages—would not have official power to operate. In general, the MGA governs all of Alberta's municipalities in three main areas: Assessment and Taxation, Governance, and Planning and Development. It determines how the City of Calgary pays for the services it delivers, how decisions are made, and how the city is built and grows.

The provincial government is reviewing the MGA. Any changes to the act will impact how the city operates, but they could also impact you directly and profoundly. The MGA determines how you are taxed, how you elect representatives in the City, and what you are allowed to build on your property.

I would like to hear your views on this important topic, and I would like you to arm yourself with some information about it. The website mgareview.alberta.ca is filled with useful information about the MGA, and you can contact me anytime. Finally, decisions about the MGA ultimately fall on the Provincial Government, so you local MLA should probably hear what you think about this too.

Have a great July, and a great Stampede. Happy Trails!

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