

MAY 2016

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# PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER



**SUMMERFEST EARLY BIRD  
TICKETS NOW ON SALE**

**MAY 1**

**SOCCER KICKS OFF**

**MAY 2**

**MOVIE NIGHT IN THE PARK**

**MAY 28**





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TEAM PERFORMANCE

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- \* MULTIPLE YEAR FINANCIAL SUPPORTERS OF THE PARKLAND SUMMERFEST
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# MAY PROGRAMS AT PARKLAND HALL



<b>Parkland Preschool</b>	Monday – Friday 9:00 AM – 5:00 PM	403-225-0083
<b>Parkland Soccer U6, U8, U10, U12</b>	Monday & Wednesday evenings	403-278-5330
<b>Fish Creek Renshikan Karate Dojo</b>	Monday's 8:00 – 9:00 PM	403-225-1894 Frank Prystupa
<b>Yoga</b>	Tuesday's 8:00 – 9:00 PM	403-281-7553 Jane Sponiar
<b>Senior's Drop In Coffee</b>	Wednesday's 12:00 – 2:00 PM	403-278-5330
<b>Calgary Kyokushin Karate</b>	Thursday's 6:00 – 9:30 PM	403-225-3516
<b>Parkland Book Club</b>	Friday's 1:00 – 3:00 PM	403-278-5462 Janice Schneider
<b>Fit Families</b>	Saturday's 9:30 – 10:30 AM	Fitwelltraining.com
<b>Redeemed Christian Church of God</b>	Sunday's 9:00 AM – 1:00 PM	All Welcome

## Insects & Technology

*The brilliant color on the wings of the butterfly some birds like the peacock have been the inspiration for a new technology that will render crystal clear images on screens, no matter what the lighting.*  
Discovery Magazine



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

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# PARKLAND COMMUNITY ASSOCIATION

## PARKLAND HALL

505 Parkvalley Road SE, T2J 6M4  
403-278-5330 parklandca@telus.net  
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 Shaun Darragh
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 Hall:** Parkland Community Hall offers a range of facilities and amenities available for rent at affordable rates. For all rental or general information inquiries,

please contact Laurie at the Parkland Hall at 403-278-5330 or parklandca@telus.net.

### 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 consider! 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 Babysitting Co-op	Jessie Drevenak 403-764-6730
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, Parkland State Centre	403-278-8565
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

# Now that is some serious Calgary soccer pride.

## AND WE'RE PROUD TO BE IN THE GAME.

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset — open and welcoming to clubs, players and families from across the city.

**We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.**

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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.



The Parkland Babysitting Co-op is a fun, safe and inexpensive way of obtaining babysitting while meeting other moms in the community. In addition to helping each other with over 700 hours of childcare a year, we also enjoy:

- Monthly coffees for moms and kids.
- Social events without the children which have included a Ghost Tour of Inglewood, wine and cheese nights, sushi making lessons, Christmas dinners and gift exchanges, and pottery nights.
- Couples and Family Events including a 30 year Co-op anniversary party at Park 96, progressive dinners, and family picnics.
- Friendships for years to come.

For more information, email us at babysittingcoop@gmail.com.



## Park 96 UPCOMING EVENTS

### Sunday, May 1

Art Jam and First Day of Early Bird Summerfest Tickets

### Monday, May 2

Start of Spring Tennis Lessons

### Tuesday May 3 & Thursday May 19

Music Jam

### Saturday, May 14

Westwinds Music Society Performance

### Sunday, May 15

Babysitting Course

### Tuesday May 17

Board Game Club

Wednesday, May 25

Pickle Ball Clinic

### Thursday, May 26

Parkland Community Centre Annual General Meeting

### Saturday, May 28

Movie Night in the Park – Toy Story

Last Day for Summerfest Early Bird Tickets

### Friday, June 3

Home Alone Course

### Sunday, June 12

Parkland Recycling Day

### Saturday, June 18

Junior Fun-Vitational Tennis Tournament

### 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 Park 96 upcoming events, please contact: Jennifer Stone, Park Administrator park96@telus.net 403-271-7516.

[www.park96.com](http://www.park96.com)

# June 25

## 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**

Follow us on  
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> 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**

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## Parkland Community Association Annual General Meeting

Parkland Community Hall, 505 Parkvalley Road SE  
**Thursday, June 23 – 7PM**

**Members of the Parkland Community Association are invited to attend the Annual General Meeting scheduled for Thursday, June 23, 2016 at 7:00PM.**

Our Board of Directors is an elected group of Community Association members. The Community Association relies on volunteer Board Members responsible for coordinating annual events and programs that contribute to our vibrant community, and to provide strategic direction for the Community Association and the operations of the Parkland Community Hall. During our AGM we will be electing a slate of Board Members, including the following positions:

- President
- Vice-President
- Treasurer
- Secretary
- Memberships Director
- Civic Director
- Trico Representative
- Directors At Large

We invite any members in good standing, who are willing to make a contribution to an important role in our Community Association to stand for election.

### Agenda (tentative):

- Call to order
- Confirmation of Quorum
- Appointment of Secretary
- Approval of the 2014-2015 AGM Minutes
- Approval of the Audited Financial Statements for the fiscal year ending March 31, 2016
- Call for Nominations
- New Business
- Adjournment



## WANTED:

## Canada Day Pancake Breakfast Volunteers

We are now looking for several community members to help at this year's Canada Day Pancake Breakfast. If you would like to be part of this annual favourite event in Parkland, please email us at parklandcanews@gmail.com.

"We Care"

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**THE PARKLAND 167 SCOUTS**

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

**Parkland Scouts Bottle Collection:** Save those bottles! Please help support your local Scouts. All money raised from our bottle drives helps support Parkland Scouts activities year round. For local bottle pick up service please call Gord at 403-422-0271. Thank you for your continued support!



**Newsletter Submissions**

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

Please forward to Stefanie Caskenette at [parklandcanews@gmail.com](mailto: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.**



**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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# 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>



# Vin Gogh Paint Night

## in Parkland!

WOW, what a fun night we had with Vin Gogh at the Parkland Hall on April 9! This night was made possible thanks to our amazing volunteers – THANK YOU to Stefanie for organizing the night and making such yummy appetizers; to Cindy, Leanne, and Monica for making sure everyone was well refreshed; and to Laurie for making sure everyone was registered! We had such great community response we have decided to do it again!

**Saturday, June 18th.**  
 Doors open at 6PM – painting starts at 7PM.

Grab your friends and head down to the Parkland Hall for a night of fun! Vin Gogh Paint & Sip Studio will guide us step by step as we paint a cheerful “Almond Tree” picture. No experience necessary; all materials provided.

\$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 email [parklandca@telus.net](mailto:parklandca@telus.net) to purchase your seats. No refunds issued one week prior to paint night, but you are welcome to gift your seat to a friend if you can not come.

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 Register In Person: Deer Run Plaza, 2091-146 Ave SE

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# Parkland Annual Parade of Garage Sales

**Saturday, June 11, 9AM – 3PM**

The Annual Parade of Garage Sales is fast approaching and will be held on June 11th. If you are thinking about having a garage sale this spring, wait and join us. To register your garage sale on our map, come to the Parkland Hall on Friday, June 10 from 6 to 8 pm. Please bring a small donation for the Calgary Interfaith Food Bank.

We will be advertising our Parade of Garage Sales in the Calgary Herald and Kijiji, along with a mobile sign on Bow Bottom Trail. To help boost your sales, consider placing your own ad on Kijiji for free! Remember the adage – one man's junk is another's treasure. And remember - if it does not sell on Saturday, the Spring Clean-up Day takes place the following day!

# 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](http://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](http://www.pedalheads.com).

# Parkland Community Association 7<sup>th</sup> Annual Spring Clean-up & Recycling Day

**Sunday, June 12, 9 AM – 2 PM at the Park96 Back Parking Lot**

## Come out to help us tidy up our community:

- Cerebral Palsy is on site to take your old clothing, kitchen utensils, DVD's, CD's, games, toys, and your refundable containers. For a complete list check out [www.cpalberta.com](http://www.cpalberta.com).
- Recycle your branches, leaves, garden waste, and grass at the green truck. (Use paper bags and not plastic)
- Dispose of your confidential papers with on-site shredding services.
- Haul out your old tired electronics (computers, monitors, printers and TV's) from your basements and garages.
- Dig into your garden/tool shed and unload your old tools, barbeques, etc. or rid your home office of filing cabinets to fill our metal bins.
- Recycle those old tires hanging on the wall of your garage.
- Get rid of your old refrigerators and coolers for a small fee (\$20.00) which will cover the cost of removing the coolant.
- A parent is coordinating the collection of baby/tot car seats. These will be taken to a processor for disposal. The processor is charging \$10 per seat.

Happy, smiling volunteer attendants will be on hand to show you which area to place your garbage, recyclables, and donations. Recycling is provided for free, but there is a cost for garbage collection. Fee of \$20 per pickup truck will be collected. With a current Parkland Community membership, we will waive the fee.

**We do not accept animal carcasses, hazardous materials including chemicals, paints, oils, used oil filters etc.**

**We are in need of volunteers to help make this event a success. If you can help or have questions, please email Steve Mulholland at [smulholland@shaw.ca](mailto:smulholland@shaw.ca). Check our website and June newsletter for any updates.**

# Parkland mybabysitterlist

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
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).

**Trico Centre for Family Wellness**  
 11150 Bonaventure Drive SE  
 403-278-7542 | [www.tricocentre.ca](http://www.tricocentre.ca)

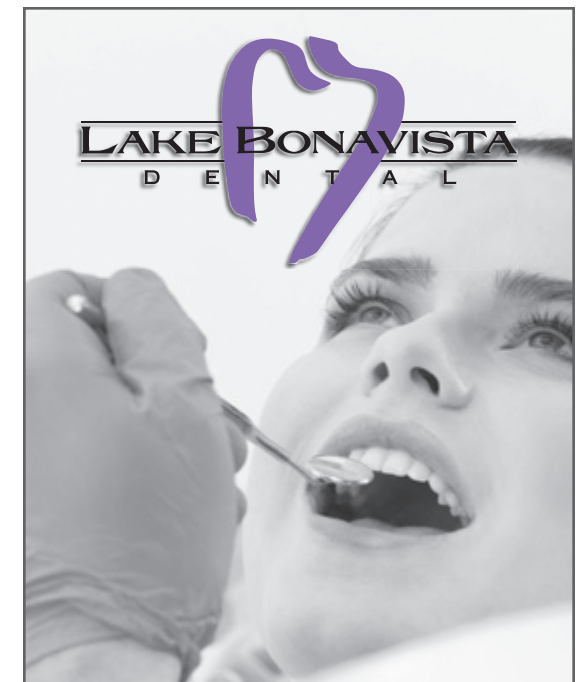


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Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.

#### May 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 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.)

#### 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.

#### Registered Program for All Ages this Summer!

It might seem a bit early to think about summer, but we want you to know that we have more registered summer programs than we have ever had before. Adult fitness, adult small group training, older adult programs, parent & tot, preschool, children and youth. Register now for these new-to-summer programs plus check out summer day camps, 3-14 yrs, weekly or daily, full day, half, day, pre and post care.

#### Spring Programs for Adults

- May start adult fitness: Fit 101 and Strong is the New Skinny: Part 2
- 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 Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

#### Spring Health for Older Adults

- Bone Builders: Weight Training for Older Adults. Six-week class starts Tuesday, May 17 or Wednesday, May 18.

## 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.

• 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.

• 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.

#### Spring Activities for Families, Children, Youth

- 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.*

## 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**  
**403-DENTIST (403-336-8478)**  
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Join us for a complimentary specialty coffee at our Espresso/Cappuccino Bar.

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**BRING IN THIS AD AND RECEIVE 55% OFF INSTALLATION.** Expires June 30/15.

# PARK 96 NEWS



## Red Cross Babysitter Training

Date: Sunday, May 15, 2016

Location: Park96 Basement 14660 Parkland Blvd SE

Time: 10:00am – 5:00pm

Cost \$60.00 including GST

Bring lunch, drink, doll or teddy bear (infant size) and pencil to class. For youth ages 10 years and older, this course teaches future babysitters how to be safe while also building self-esteem. Course skills include:

- Being a responsible babysitter
- Becoming familiar with games for all children's ages
- Preventing injuries
- Handling an emergency should one happen
- Learning about choking, bleeding, burns
- Preparing simple, nutritious meals
- Feeding a baby, changing diapers, and performing other important childcare skills
- Coping with tantrums and crying
- Creating a resume
- Finding jobs the safe way

Down the registration form from [www.park96.com](http://www.park96.com) and mail it or drop it off in the Park96 Mailbox

## Home Alone Course

Date: Friday, June 3, 2016

Time: 6:00pm-8:00pm

Location: Park96 14660 Parkland Blvd SE

Cost: \$30 per child including GST

This program prepares your youth for the all-important step of being home alone. Without some basic skills, being on your own can be an unsafe and uncomfortable situation. Let's all work together to keep our youth safe and confident!

- Minor first aid
- EMS system
- Fire Safety
- Personal responsibilities

- Answering doors and telephones
  - Appliance safety
  - Flooding toilets and general safety
- These skills are fully covered in this program through interactive games and role playing. Download Registration form from [www.park96.com](http://www.park96.com) and drop it off or mail with a cheque.

## Adult Music Jam

Tuesday May 3 & Thursday May 19

Are you a musician that is looking for a place to play with other musicians? Here's your opportunity. This will be an "all-level" jam session that everyone can play along with. It will be led by a professional musician to keep things going in the right direction. Whether you want to sit in the back and strum or get in front and sing, this is for you. All levels, all instruments. Details and sign up at [www.park96.com](http://www.park96.com)

## Pickle Ball Clinic

Date: Wednesday, May 25

Time: 6:00-7:30pm

Location: Park96 Multipurpose Courts by the Basketball Nets  
Cost: FREE but please email [park96@telus.net](mailto:park96@telus.net) to indicate you would like to attend so we can anticipate numbers.

**NEW this spring:** Park96 is adding two Pickle Ball courts. Pickle Ball is the fastest growing sport in North America. It combines aspects and rules from tennis, badminton and ping pong in a whole new style. Pickle Ball provides great exercise, socialization and FUN. You can play casually or competitively. It is easy to learn and a good sport for all ages. Most players are hooked after the very first time. Come on out and give it a try.

## Summer Program Registration

**Registration is ongoing 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](http://park96.com) website. Forms of payment accepted: Direct Debit, Cheque, Visa or MasterCard. Make cheques payable to "Parkland Community Centre".

## Ball Machine Tutorial

**Email [park96@telus.net](mailto:park96@telus.net) to coordinate a time.**

Park96 Owns a ball machine for members to practice

# 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](http://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](http://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](http://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](http://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](http://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](http://www.calgaryreptileparties.com).

## Strength and Restore Yoga

Mondays

Info: Jane Sponiar at 403-281-7553 or [janesponiar@gmail.com](mailto:janesponiar@gmail.com) or [www.livingtaichi.ca](http://www.livingtaichi.ca)

## Wow! Women on Weights

Monday – Friday Classes

Info: [www.WomenOnWeights.com](http://www.WomenOnWeights.com), or call Susan 403-660-4194

## 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](http://park96.com), press the door bell and Office Administrator, Jennifer Stone will let you in. Or book an appointment at [park96@telus.net](mailto: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](mailto: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 begins on April 1. If you did not receive your 2016 invoice please email [park96@telus.net](mailto: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 contract the office at [park96@telus.net](mailto:park96@telus.net).



# 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)

# Parkland Cares



By Julie Kyliuk  
[parklandcaresyyc@gmail.com](mailto:parklandcaresyyc@gmail.com)

Parkland Cares (PC) is a community-based organization of families and neighbours committed to helping others. We meet monthly to brainstorm new ways to help people in Parkland, surrounding neighbourhoods, Calgary and internationally.

In the last few months, PC has collected food to donate to the Deer Park United Church's food bank and organized homemade meals to support families dealing with stressful situations and loss.

On Sunday March 13th, we participated in the Park96 Egg Hunt by setting up a card-making table and bake sale. At the card table children were encouraged to make cards for themselves and cards to donate to the Canyon Meadows Retirement Centre. The week following the Egg Hunt, several Kindergarten students and their grown-ups took leftover baking to the retirement centre staff and handed out over 40 hand-made Easter cards and smiles to delighted residents. PC also promoted a community wide collection of Mother and Baby care items to be donated to Calgary Healthy Family Collaborative. We have had a wonderful response from the community.

#### How to get involved!

1. Join PC for an afternoon in April sorting donations at the Calgary Food Bank.
2. Sign up your kids to help donate and put together Birthday Party Bags to be donated to the Food Bank's Birthday Bag program.
3. On Saturday, May 28, we are having a Toy Drive during the Park96 Movie Night in the park event. Bring your gently used toys to donate.
4. June 12 is Parkland's Recycling Day; PC is hoping to enlist strong backs, warm hearts and trucks, to help neighbours that might need assistance getting heavier items to the park for disposal/repurposing/recycling.

PC would love your support during any of these events. We believe that communities like Parkland are uniquely positioned to involve volunteers of all ages. PC is excited

about finding ways to engage our multi-generational community in ways that foster community, compassion and conscious kindness.

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: [parklandcaresyyc@gmail.com](mailto:parklandcaresyyc@gmail.com).



# FAMOUS FIVE DISTRICT

Thank you to so many who supported our District Carnival. It was a fun time and the money raised will be used by units in our district for camps, activities and program.

Did you hear, the Classic Cookies have arrived! Some units are going door to door, but if we've missed you, please contact Pat, [isteads@telus.net](mailto:isteads@telus.net) with your address and we'll see that someone delivers your order to you. Cookies are the major fundraising for Girl Guides and your purchase allows us to provide programming that teaches self-respect, community awareness, safety, leadership and so much more.

Beginning June 1, 2015, new members will be able to register for the fall program start. Watch for more information in the coming months about registering your daughter for Girl Guides. Current members will be sent information about re-registering your daughter for the fall, please watch your emails or speak with your guider.

Would you like to become a leader for the fall? We're always looking for women to help. Why not start the registration process now, take advantage of some trainings offered in June and be ready for a fun time in September. Contact Pat, [isteads@telus.net](mailto:isteads@telus.net), for more info.



# your **COMMUNITY** business of the month

## Beads and Plenty More

Beads and Plenty More first opened its doors in 1989. This was Pat's crazy idea for a business and she had a few doubters. She had been involved in the craft industry for a number of years selling at craft sales and even organizing a few craft sales. One location in Lake Bonavista quickly expanded to a second location opened up in Northland Village as Pat proved that there really was a market in Calgary for beads. Many years and countless bead projects later the stores are still going strong and Pat's daughter Angie has grown up and taken over at the helm.

One thing you will see when you walk into our stores is the vast array of colours that are available in beads. We have shelves filled with seedbeads in multiple sizes and colours. Also, you will find a large selection of semi-precious, wooden, and crystal strands. Metal charms can be found in a variety of themes and we have a large selection of clasps and other connectors to help you finish your projects. One advantage of coming into our bead store is the ability to buy loose stock instead of packages so you can get a lot of variety in your choices without a lot of cost and leftovers.

If you are not sure where to get started we offer a variety of classes to start you on your beading journey. Our Jewellery Design class will help you with learning about materials used in jewellery making and basic design concepts. Try one of our seedbead stitching classes if you are keen on following patterns. If freeform is more your thing, wire classes will help you unleash your creativity. You can view our class list online by going to [www.beadsandplentymore.ca](http://www.beadsandplentymore.ca) and clicking on the classes link.

Any of our classes can be set up as a tutorial at a time more convenient for your schedule. When you set the

class up as a tutorial you work one-on-one with our instructor at a cost of \$25.00 per hour (most two hour classes can be condensed to an hour because you work faster one-on-one).


Seize the moment to spend some time with friends and create your own class date. This is your chance to unwind and create some beautiful handmade wearable bling at a time more convenient for you and your friends or family. Just talk to our staff to get more information about setting up classes by phoning us at 403-278-5056.

Come and see us in the Lake Bonavista Promenade mall located at 755 Lk Bonavista Dr SE! We are open between 10:00am and 6:00pm from Monday to Saturday and are open late (until 9:00pm) on Thursday nights.

*A large selection of beads, charms, and findings for all your beading needs*

**Beads and Plenty More**

755 Lake Bonavista Dr SE  
Phone: 403 278 5056  
[www.beadsandplentymore.ca](http://www.beadsandplentymore.ca)



## IN & AROUND SCHOOLS

### St. Bonaventure Junior High School 1710 Acadia Drive S.E., Lake Bonavista

St. Bonaventure's school community participated in a number of events throughout the month of May that reflected the school's mission of spirituality, citizenship, and excellence.

Spiritually, our students came together to support a number of "Adopt a Village" initiatives in an effort to support food and agriculture in Tanzania. These efforts are now complete, and we are pleased to announce that over \$1000 was raised. The school also joined to celebrate the Marian Mass. Sincere thanks to the St. Bonaventure Parish for continuing to guide us on our faith journey.

Academically, our Grade 9 students wrote Part A of their English Language Arts Provincial Achievement Test. As well, our Grade 8 students completed the District Religious Education Exam Part A, and a number of Grade 9 Math students participated in the University of Waterloo math contest.

St. Bonaventure's band program took part in the Calgary International Children's Festival. Additionally, our junior and senior band students visited our feeder schools to showcase their talents. Finally, the Fine Arts Showcase held at the school was an overwhelming success. Thanks to everyone who supported these events.

Athletically, St. Bonaventure's Hockey Canada Skills Academy Grades 7, 8, and 9 students played in the annual "Pond Hockey Tournament". A great display of skill and sportsmanship was shown by all. Well done and thanks to our coaches! Moreover, St. Bonaventure's Grade 7, 8, and 9 flag football teams participated in the city finals at Shouldice. Congratulations to students, athletes and coaches on a successful season and continued thanks to everyone who supports St. Bonaventure athletics!

Finally, St. Bonaventure's Learning Commons is a site to marvel. Once again, a sincere thanks to everyone involved in seeing the project through to completion. The Learning Commons will undoubtedly benefit countless students well into the future.



### St. Philip Fine Arts Elementary School

The ability to explore our world through a Fine Arts lens is such an amazing experience for our students. We enjoyed another engaging Travelling Art Exhibition (TREX) from the Alberta Foundation of the Arts titled Flying Colours: Design on the Wing. This exhibit features macro-photography by artist Bob Chelmick. The subject of the photographs is butterflies, in extreme close-up detail. The resulting images are colourful, textured, and dynamic.

In May we are hosting our Fine Arts Extravaganza. This is an opportunity for parents and guests to come in and explore the amazing art work that is being created here. The students and staff are so proud of the wonderful student art.

Field trips are a key part of the learning experience for students. In May the Grade 4 students are headed to Ralph Klein Park, the Kindergarten classes to the Telus Science Centre, and the Grade 6 classes will make their annual trip to the Alberta Legislature in Edmonton.

## BRAIN GAMES SUDOKU

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	9			8				4

FIND SOLUTION ON PAGE 27



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

**READY TO INCREASE YOUR CURB APPEAL?**

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

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# Alberta Guide Dog Services

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email [sandra.cramer@albertaguidedog.com](mailto:sandra.cramer@albertaguidedog.com).

Photo Credit: Alberta Guide Dogs

**Lake Bonavista VILLAGE**

**PLEASE JOIN US FOR...**

**THE UPSIDE OF DOWNSIZING**  
With Cindy Beaudet of Destination Downsizing  
Saturday May 14<sup>th</sup> from 2:00 pm

**THE CALGARY DOLL SHOW**  
Friday May 6<sup>th</sup>  
from 2:00 pm

Please **CALL** to reserve your space **TODAY** - seats are limited.  
**403-258-1849** - 11800 Lake Fraser Driver SE, Calgary  
[www.verveseniorliving.com](http://www.verveseniorliving.com)

## IN & AROUND SCHOOLS

### Special activities in May for École St. Cecilia School students

In May, all École St. Cecilia School students will participate in special activities and focus on the value of "caring".

The Marian Celebration will take place early in the month. The Marian Celebration, or May Crowning, is an event that recognizes Mary the Blessed Virgin as queen of heaven and earth and the importance of our own mothers as Mother's Day approaches. We welcome Fr. Paul for our Pentecost Celebration later in May.

Students will also participate in the NED Show that promotes a school culture of kindness, resiliency and excellence. The key takeaways from this event are for students to Never give up, Encourage others and Do your best.

On the field trip front, Kindergarten students will visit Safety City to learn about the rules of the road, especially important as bike season approaches, and our Grade 1 students are off to the Leighton Art Centre, a non-profit art gallery and museum.

École St. Cecilia School is a French Immersion Catholic Elementary School for children from Kindergarten to Grade 6. The school serves most communities south of Glenmore Trail and east of McLeod Trail.

### Prince of Wales School

Give new life to the old items around your house! Put that old pile of wood scraps or unused fabric to good use by donating to the Prince of Wales Idea Lab. Staff, students, and family will be manning a donation table during Parkland Recycling Day at the Parkland Hall on Sunday, June 12.

Items most needed include:

- Duct tape
- Glass-free electronics
- Lego
- PVC pipe
- Plasticine
- Junior work gloves
- Saws

- Tools
- Wood scraps
- Bolts of unused fabric

The Idea Lab was built on a few concepts; it gives students the opportunity to use their hands to build and try out new things, and the opportunity to show teachers their learning in a different way than traditional pen and paper essays or oral presentations. It also gives students a way of thinking about inventing things (the design-thinking process) which allows them to become 'makers' of things that solve real-world problems and issues through the following process:

- Empathize - interview and observe the people with a concern or need;
- Define - based on their findings, summarize and clarify people's needs and insights to focus their work;
- Ideate - brainstorm a variety of solutions, are encouraged to think out of the box, to help solve the original concern or need;
- Prototype - build a prototype problem-solving device and test it; and
- Iterate - evaluate their product/service and make changes to improve it.

You can imagine that as students build and innovate things they use a lot of materials! They take old appliances apart, combine components, and new creations are born.

To learn more about our Idea Lab, please visit [www.powidealab.weebly.com](http://www.powidealab.weebly.com).

**BRAIN GAMES SUDOKU**

9	3	4	5	6	1	2	7	8
2	6	7	8	9	4	1	3	5
5	1	8	2	3	7	4	6	9
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4	5	2	9	7	3	6	8	1
7	8	1	6	4	5	3	9	2
6	9	3	1	8	2	7	5	4



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3 BEDS

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A stunning, custom lakefront home, with your own private dock in the amazing lake community of Auburn Bay!



3 BATHS

Only 2 years new, this home has a spectacular location on a quiet cul de sac with a sunny west yard and mountain views. Only steps to the tennis courts, community centre & all it has to offer.



4 CARS

Open concept home with gorgeous tiger hardwood floors on both main and upper levels, 9 foot ceilings on the main floor and a fantastic open kitchen.



3,215 ft<sup>2</sup>



Ryan MacDonald, B.Sc.  
Sheri MacDonald, M.Sc.

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www.calgaryhometeam.com



Not intended to solicit buyers or sellers currently under contract with a broker

## IN & AROUND CALGARY

Calgary – With the mild winter and above-average temperatures this spring, many Calgarians are ready to tidy up their yards and get their gardens ready for the new season. Spring cleaning means plenty of yard waste that can be given a second life as compost. Calgarians are encouraged to drop off their yard waste for free at City landfills so it can be composted instead of thrown away.

**From April 1 to May 29**, all three City of Calgary landfills will waive fees for residential loads of leaves, branches, plants and other garden material. The yard waste will be composted at the sites, turning it back into a useful resource.

“Yard waste makes up over a third of household garbage at this time of year,” says Sharon Howland, Leader of Program Management at Waste & Recycling Services. “Fallen leaves, branches and plants are all materials that can be composted instead of thrown away. By composting this material, it will help reduce greenhouse gases and turn it into a useful product that helps new plants grow.”

Here are four tips for Calgarians to know about the spring yard waste drop-off program before they come to the landfill:

- Make sure your load only contains yard waste like leaves, branches and plants (no sod – it can't be composted at City sites). Charges will apply if the load contains other items.
- Residents are encouraged to leave their yard waste loose or put it in paper yard waste bags, which can be composted as well. If yard waste is loose, residents should make sure to secure and cover loads before transporting them.
- City landfills are open seven days a week from 7:30 a.m. to 5:00 p.m.:
  - Spyhill Landfill – 69th St. and 112th Ave. N.W.
  - East Calgary Landfill – 17th Ave. And 68th St. S.E.
  - Shepard Landfill – 114th Ave. and 86th St. S.E.
- For faster service, visit the landfill on a weekday or before 9 a.m. on Saturday or Sunday when wait times are shorter.

This program is for residential customers only. Visit the City website at [Calgary.ca](http://Calgary.ca) for more information about the spring yard waste drop-off program

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**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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**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.

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~continued on page 31~





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**Community Caring**

Spring has finally sprung and the good weather means there are lots of great community initiatives and activities afoot. We have some amazing organizations in Calgary – Fish Creek, but two community initiatives I would like to applaud and feature are the Bonavista and Parkland Cares groups.

Both were formed last October when local volunteers noticed the growing need for social and community support. Since then, both Bonavista Cares and Parkland Cares have participated in a number of projects. Bonavista Cares assisted in a neighbourhood clean-up, they sponsored a family over the Christmas season through NeighbourLink, an organization that provides essential items to neighbours in need. Bonavista Cares is also working with the Syrian Refugee Community Connection, which connects new Syrian families with

local families for one year to build relationships, friendships and to help with the transition to Calgary life.

Parkland Cares mission statement reflects the mandate of both of these organizations. It reads, "Parkland Cares is a community based organization of families and neighbours committed to helping others." Parkland Cares collected food that was donated to the Deer Park United Church's food bank, they organized homemade meals to support a family in crisis. In addition, Parkland Cares organized a card-making table at Park96's Easter Egg Hunt where children made cards that were sent to residents at the Canyon Meadows Retirement Residence. They also held a successful bake sale and promoted a community wide collection of mother and baby care items that were donated to Calgary Healthy Family Collaborative. Both groups will be participating in a Calgary Food Bank sorting evening including making children's Birthday Bags!

I am a firm believer that building strong communities builds a stronger city, province, and country. All of us can make a difference in the lives of others. Please look to where you can best assist within your community. For more information on Bonavista Cares or Parkland Cares, or to become involved in their next project please email bonavistacares@gmail.com or parklandcaresyyc@gmail.com. I know that together we can make a difference during these difficult times in the lives of friends, neighbours, and communities.

**IMPORTANT DATES FOR THE CALENDAR**

**Deerfoot Engagement: Thursday, June 23, 7-9pm**  
 Engagement and communication with local officials is critical to my role, which is why I am pleased to partner with City Councillors Shane Keating and Peter Demong, along with other SE MLAs to host a Deerfoot Trail conversation. I encourage you to come, listen and connect with experts from the City and the Province on current and future developments affecting Deerfoot Trail commuters. (venue TBA)

**MLA Café: Friday, May 13, 10am - 12pm**

I am appreciative of the feedback and visits regarding the Budget Discussion during the roundtable budget sessions hosted in April. Please continue to share your feedback on what matters most in our communities and our province at the next MLA Café at my office, #7 1215 Lake Sylvan Drive SE.

**Stampede BBQ: Saturday, July 9, 11am - 2pm**

Save the date and please stand by for further details on constituency Stampede festivities in June's newsletter. Giddy Up!

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**GARDEN PLOTS AVAILABLE:** at Deer Park United Church. The community gardens have a few 10 ft x 10 ft plots available for organic gardening. There is a \$50 yearly leasing fee which is put into a fund for garden upgrades. Interested parties should contact Crystal at bowbottomgarden@gmail.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 Rachele at 403-271-2112 for a free consultation.

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**ZIFFLE, ROB** experienced in carpentry, drywall, painting, fencing, decks, laminate floors, hire a husband type of tasks performed. Spring yard clean-up idea; to gain back some of your yard space, remove the obsolete garbage can enclosure and rebuild the fence if necessary. Call Rob at 403-606-8876 or E-mail robziffle@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, 403-269-2707.

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*Art of the world*

The Starry Night is an oil on canvas by the Dutch post-impressionist painter Vincent van Gogh. Painted in June, 1889, it depicts the view from the east-facing window of his asylum room at Saint-Rémy-de-Provence, just before sunrise, with the addition of an idealized village. It has been in the permanent collection of the Museum of Modern Art in New York City since 1941, acquired through the Lillie P. Bliss Bequest. It is regarded as among Van Gogh's finest works, and is one of the most recognized monuments in the history of Western culture.



## COUNCILLOR, WARD 14 PETER DEMONG

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

Greetings Ward 14!

Normally in May we would just be starting to venture out into the outdoors after our winter hibernation, but this year it feels like we have had several months of spring already.

### Spring yard waste drop-off at City Landfills

There has also already been a month for you to bring your spring yard waste to City landfills free of charge. Why mention it now? Because you still have almost another full month left. All City landfills will be accepting leaves, branches, and plants until May 29, but make sure they are in a paper yard waste bag or left loose. Free mulch is also available at all City landfills until May 29. You can find details at [calgary.ca/waste](http://calgary.ca/waste).

### Preventing theft in Ward 14

I recently came upon some very interesting statistics

courtesy of the Calgary Police Service. They broke down Calgary's break and enter (B & E) statistics by community. In all, Ward 14 fared well in comparison, but a couple of salient points were apparent. Almost half of residential B & Es were unforced entries, and the vast majority of garage B & Es were unforced. Can you imagine how much crime we could stop by just locking our doors?

Here are some crime prevention tips from the Police:

- Do not leave garage doors open
- Keep the door to your attached garage locked
- Keep your front, rear, and patio doors locked, even when at home
- Do not leave valuables near the entrances in your home
- Do not leave your vehicles unlocked when parked outside
- Do not leave your garage door opener in your vehicle
- Close all windows and doors at night

They may seem like common sense, but sometimes that seems less common than it ought to be.

Two more key points: do not be afraid to report suspicious activity to the police, and get involved with your local community association. The police visit them regularly to share information and hear concerns. You can contact the police at 403-266-1234 for non-emergencies, and at 911 for emergencies.

### May Counciltalk

As always, thank you to everyone who turned out for my April Counciltalk meeting. I learn new things every time, and I hope others do too. There are only two more Counciltalks before the summer. We will meet on May 14 between 12 p.m. and 2 p.m. at the Bonavista Downs Community Hall (1418 Lake Ontario Road S.E.). You will always be able to find details and future dates at [calgary.ca/counciltalk](http://calgary.ca/counciltalk), and I also send email reminders about upcoming Counciltalk sessions and other things. You can sign up for reminders at [calgary.ca/ward14connect](http://calgary.ca/ward14connect).

I hope you know that you can always contact me in a few different ways. For one, you can fill out the contact form at [calgary.ca/ward14](http://calgary.ca/ward14). You can also call or email. I do not usually include my phone number and email in the body of this column because they are shown in the header, but just in case they are: 403-268-1653 and [eaward14@calgary.ca](mailto:eaward14@calgary.ca).

Goodbye for now!

## IN & AROUND CALGARY

### Friends of Fish Creek

[www.friendsoffishcreek.org](http://www.friendsoffishcreek.org)

#### Run for Fish Creek in the Scotiabank Charity Challenge!

**Sunday May 29**

If you share our vision of a sustainable Fish Creek Provincial Park, we invite you to take steps towards preserving this amazing natural resource. Help the Friends raise \$10,000 to support conservation and community outreach activities in Fish Creek Provincial Park! Whether you live near Fish Creek, enjoy running, walking, or cycling here, or are simply interested in the long term sustainability of this park, you can run or walk for Fish Creek as part of the Scotiabank Charity Challenge on Sunday, May 29. You don't have to be an athlete to join. All you need is a passion for Fish Creek Provincial Park because that's what unites us as a team and carries us all over the finish line!

#### A Journey through the Mountains and Meadows of Kananaskis

**Wednesday, May 25, 2016 — 7:00pm – 8:00pm**

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park  
Presented by John McFaul, Professional Hiking Guide and Owner of Alpenglow Nature Hikes

Kananaskis Country has an abundance of breathtaking hiking trails that offer a truly unique way to explore the natural wonders of this region. Discover, or revisit, the high alpine meadows of Plateau Mountain, swathed in beautiful highland flowers like moss campion. Explore the fragrant pine/aspen woods of Jumping Pound Creek that seem to reverberate with the drumming of the rough grouse. Gaze upon sparkling mountain tarns ringed with golden larch like Chester Lake, and be dazzled by the sunny meadows of glacier lilies treaded by grizzly bears. Join John McFaul of Alpenglow Nature Hikes for a virtual hike through the majestic mountains and meadows of Kananaskis Country.

## COMMUNITY ANNOUNCEMENTS

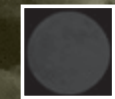
**Deadline – 1<sup>st</sup> of each month for the next month's publication**

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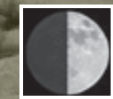
- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**GIGANTIC INDOOR GARAGE SALE:** Saturday, May 28, 8am-2pm. Deer Park United Church. 77 Deer Point Road SE. Hardware, kitchenware, toys, jewelry, artwork, linens, books, electronics, sports equipment.

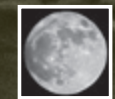
### MAY MOON CALENDAR



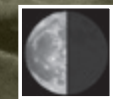
New Moon  
May 6



First Quarter  
May 13



Full Moon  
May 21



Last Quarter  
May 29

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## HOME GARDENING WITH BARBARA



# FENG SHUI

Barbara Shorrock

Feng Shui is on my mind again. Perhaps it is because of the “clutter” thing. Maybe because winter causes us to look more inside our homes than outside. Whatever the reason, this is a good time of year to review some Feng Shui principles. There are, of course, far too many to cover in a short article, but let’s focus on just a couple.

We’ll get the “clutter” thing out of the way first, excuse the play on words. Many of us love to decorate our homes, both inside and out. We are well past the Christmas season, with all its colour and beauty and significant things. By spring, this season is safely back in its boxes in the basement. Spring is upon us and time to be ruthless with the other “stuff”. If you don’t love it, need it, use it, or wear it, get rid of it. Give it to charity, sell it, pass it on to someone who will love it, or throw it out. The principle is simple; the action not so easy. So take one room at a time and remember that Feng Shui says that everything has chi or energy. Too many things create chaos in the energy field, and our life can reflect this chaos. Here is a good place to start - hang a wind chime near your front door and remove absolutely all clutter from the entry to your home (inside and out).

**Living things** have their own **chi**, and healthy house plants are carriers of vital energy and add life to our homes. They also provide a benevolent cleaning of the air by absorbing carbon dioxide and giving off oxygen. Plants with a soft graceful appearance are preferred to sharp spiky ones. If you are fond of cactus and their cousins, group them together with other friendlier varieties, and away from the people places in the house. Fresh flowers also add colour and sensuality to a room. They elevate the mood and perfume the air. Dried flowers are an alternative that some people like, but their life isn’t as long as you might think. In fact, it is believed they lose their vitality after a mere three or four months, and many Feng Shui practitioners advise against them. Dead flowers can actually deplete the energy in a space, rather than enhance it.

**Pets** are natural batteries of chi, and they bring the loving spirit out in just about anyone. It is well known that visiting pets enhance the well-being of residents of long term care and retirement homes, and we intuitively understand that a clean and healthy pet contributes to the energy of a home.

### Flowers Story

A client bought a new home and her real estate agent sent flowers to mark the occasion. The flowers arrived at her home and the card said “Rest in Peace”. The owner was dismayed and called the florist to complain. After he learned of the obvious mistake, the florist said, “Madam, I am really sorry for the mistake but rather than getting upset you should imagine this: somewhere there is a funeral taking place today, and they have flowers with a note saying “Congratulations on your new home”.

**Barbara Shorrock** is a writer, reader, traveler, ESL coach, and avid gardener. You can find her at the Queensland Garden Club the first Wednesday of most months.

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## YOKI AND JEFF'S PARKLAND REPORT



**JANUARY - MARCH**

	# of Sales 2015	Average Sale Price 2015	# of Sales 2016	Average Sale Price 2016
Bungalows	5	\$622,100	1	\$632,900
2St/2 Splits	2	\$635,625	1	\$525,000
BiLevels	0	0	1	\$555,000
	Highest Price any style 2015	777,500	Highest Price any style 2016	632,900
	Lowest Price any style 2015	535,000	Lowest Price any style 2016	525,000



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