

SEPTEMBER 2016

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PARKLAND^{news}

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER



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Parkland Community Hall

Are you looking for a place to have a variety of events such as; birthday parties, baptisms, retirement, and bridal showers? The Parkland Hall is an affordable venue to consider, its features are a bright gym with hardwood floors that overlooks the community garden through big windows on the southwest side. This gym can accommodate up to 100 people, and there is also a meeting room that fits up to 35 people, and there are also kitchen facilities. Rental rates include chairs and tables.

If interested, please contact the hall managers; Laurie Bradley or Erika Diaz at 403 278-5330.



Insect Trivia

Mosquitoes dislike citronella because it irritates their feet.

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.



- 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.
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- Email today: parklandbabysittingcoop@gmail.com



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TRIVIA



An active social life helps you live longer

Maintaining a strong social network may foster good health in part because support from sympathetic friends and family helps cushion the impact of life's blows. When you lead a less anxious life, you're less prone to certain chronic conditions, such as cardiovascular disease.

-Discover magazine



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PARKLAND COMMUNITY ASSOCIATION

PARKLAND HALL

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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	Sean Ferguson
Vice President	Leanne Black
Treasurer	Sunil Bagwe
Secretary	Janice Schneider
Membership & Civic Director	Laura Di Lello
Trico Representative	Julie Kyliuk
Directors-at-Large	Cheryl Boswell Andy Feigl Adam Feuchuk Linda Mannix Jenn Vanderlann Michael Vaters
Past President	Cindy Ross
Hall Contacts	Laurie Bradley Erika Diaz

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 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	Michelle Stager 587-351-2719
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
Newsletter Editor	Erika Diaz parklandcanews@gmail.com
Delivery & Advertising	Great News Publishing 403-263-3044

Parkland Summerfest 2016 & Future Vision

By: Keith Watson
President, Park 96

Volunteers and Sponsors

First off, I would like to thank the volunteers that make this event happen. There are a large number of volunteers that show up on the day of the event help out, not all volunteer jobs are glorious but they are all very important. Thank You! To all the planners and organizers, I can't count the number of hours you put in but it is immense. You do it for the right reason; you want to make this community better. Thank You!

We have some very important sponsors that, quite frankly, we could not do the event without. I ask that you all please use these businesses whenever you get the chance. There is a list of all the sponsors in this publication please take time to look through them.

Summerfest 2016

After 2 years of experimenting with different dates, trying to skirt the weather, we decided to move Summerfest 2016 back to the end of June, rain or shine. It is obvious that the date is more important than the weather. Attendance was at least double what we had in the previous two Summerfests, even without a tent. (More on that later).

I regularly attend festivals and events, not only in Calgary, but throughout western Canada. The economy and the low dollar have made this a tough year on festivals. I also keep in touch with numerous festival organizers in Calgary and the sentiment is the same with all of them, attendance and sponsorship are down about 35%. Just take a look at the line ups for both the Calgary and Edmonton Folk festivals and you will see a real lack of high end headliners.

We also lowered our budget on music this year. We had two outstanding headliners in 2016 but they did not have the "Flare" that a 54-40 or Loverboy has. It is always a struggle to decide between hiring good quality music and hiring "Flare". Some years we get bands based on name alone and

some years it has more to do with bands potential. This year, I truly believe we had 2 bands that have the ability to be "big names" in the years to come. Getting a home grown talent that has had a decent international hit was a real coup. I fully expect to see Jocelyn Alice rise to the top. She was generous enough to play our event even though her contractual restrictions forbade it. A few years back the Solstice Society brought in Serena Ryder on her rise to fame. I remember not knowing much about her at the time, but she is still one of my favorite acts to ever have played this event.

Most importantly, the feel and vibe of the event was outstanding. A real community feel was present again, something that lacked in the summer dates.

Covering the Audience

Having a tent was wonderful. As far as I know, we were the only outdoor festival that covered the audience. Now, economics make it impossible to do that for the size of festival we have. When British Petroleum was involved, we contributed 2/3rds of the infrastructure cost which included the tent, but we got much of that money back in bar and ticket revenue from Friday and their donation to our event. The cost of renting a tent is roughly \$50k with another \$10k – \$15k for permitting, drawings, and insurance.

We are currently looking at alternatives to covering at least a portion of the audience but there will be a significant cost for any solution that we come up with. You will hear more about this when we have some alternatives nailed down.

Your thoughts and ideas

Please contact Jennifer in the office if you have any thoughts, ideas, compliments or basically anything else to do with Summerfest.

Please keep up your support for this event. See you all June 17th for Summerfest 2017.

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Parkland Cares



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

Summer in Parkland is so full of wonderful opportunities to celebrate family and friends. Take some time to enjoy our community.

Parkland Cares was able to make a \$600.00 donation to the Canadian Red Cross/ Alberta Fires Appeal.

Here is the breakdown of our fundraising efforts:

Left from Birthday Bags:	\$84.40
Yoga on the Ridge:	\$125.00
Kids Market:	\$238.35
Canada Day Pancake	
Breakfast Donations:	\$152.25

Thank you to all the friends and neighbours that helped make these initiatives successful.

Yoga on the Ridge has changed to Monday evenings at 7:00. We meet up west of the Bus Loop for a relaxing outdoors practice. Donations are accepted for the class and support a variety of charitable causes. More information on Facebook: Yoga on the Ridge.

On September 17th come out to the Park 96 Birthday Celebration and support the Calgary Humane Society. Parkland Cares will be collecting donations for our furry friends in need, items could include:

- Gift cards for grocery stores (fruit & veggies for rabbits, guinea pigs etc.)
- Gift cards for Walmart, Petland, Canadian Tire, Superstore (for miscellaneous supplies)
- "Indestructible" toys for dogs, or treat/kibble-dispensing toys
- Fabric mice, plastic balls, cat toys with bells
- Towels, flat sheets (not fitted ones), fleece and blankets
- **NOTE:** Food/treat donations are very specific so please check the website for details. www.calgaryhumane.ca/donate/wishlist

There are many of ways to get involved with Parkland Cares. Please contact us if you have ideas for ways to encourage strong community connections, or if you would like to help us with any of our planned events.

Our next planning meeting will be Tuesday September 13th at 7:15 in the basement of Park 96.



parklandcaresyyc@gmail.com
Parkland Cares Calgary

Please contact Parkland Cares if you have ideas for ways to encourage strong community connections, or if you would like to help us with any of our planned events. Our next planning meeting will be Tuesday September 13th at 7:15 in the basement of Park 96.



Parkland Cares Calgary
parklandcaresyyc@gmail.com

Parkland Community Soccer



A big thank you to all the players and everyone that made soccer happen from the photographer to the team managers, nary was there a complaint. Good job. Fields full of kids and neighbours connecting through sport, what a great way for 183 kids to spend the spring. Thanks for playing with us.

An extra thank you to the coaches for stepping up to coach our kids! Every parent knows that it can't be an easy task coaching 8-12 kids in any situation. Especially the scenario where the kids are turned loose on a field with balls and expected to run around. We really appreciate the time you have taken from your busy day to volunteer your time and skills for our children's benefit. Without your commitment community soccer would not happen. Thanks for stepping up. We sincerely hope you have had a good experience coaching for our community group.

If you have some administrative skills and would like to help with soccer next year, please contact Cindy Ross at windycindy66@gmail.com.

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

IN & AROUND CALGARY

Nominate Your Neighbours for a 2016 Community Volunteer Award!

Do you know a hard-working and dedicated volunteer who goes above and beyond to make your community a great place to live? Someone who always steps up to help out without being asked, or who takes on big events and sparks excitement among others? If so, nominate them for one of the Federation of Calgary Communities four annual Community Volunteer Awards!

The four award categories are:

Step Up Award

This award winner is a community volunteer who shoulders the responsibility for things that regularly go unnoticed. This individual steps up to help out without hesitation or need for recognition.

Spark Award

This award winner is a community volunteer who engages people to be a part of their community in unique and exciting ways. Through their community work this individual sparks a sense of excitement among residents.

Be Part of It Group Award

This award honours a group of community volunteers whose community contribution improved neighbourhood life and created a sense of belonging.

Community Builder Award

This lifetime achievement award recognizes individuals, organizations or companies whose lifelong dedication to community has impacted and enhanced the quality of life in Calgary.

If you know someone who fits one of the above award descriptions, nominate them today!

Visit calgarycommunities.com for more information and the nomination form.

The nomination deadline is Friday, September 16, 2016.

Canada Day Thank You

No event can happen without the efforts of volunteers and organizers. Therefore we would like to give in detail, the names of the volunteers and sponsors who made our annual Canada Day celebration a success.

First a big thank you to organizers Stefanie Caskenette and Leanne Black. Stefanie and Leanne did the background work to make this all happen; soliciting sponsors, asking friends to volunteer and hiring the entertainment. The volunteers who helped on the day of the event; Laurie and Randy Bradley who, in the early hours of Friday morning, set up the tables, cooked sausages, and mixed the pancake batter. And the people who were outside selling tickets, greeting people, cooking food and entertaining people; Jill and Michael Vaters, Pat Tead, Erika Diaz, Dana Penner, Sean Ferguson, Steven and Lori Deagle, Christine and Nolan Wiens, Sarah, Troy, and Shay Stoner, Cameron Evans, Darrell Stone, Chris and Alex Stoecz, Leanne Leeds, Josh Allen, Jenn Stone, Ray Briggs and Curtis Martin.

Last a thank you to our sponsors who generously donated food and beverages; Deer Valley Co-Op, Spolumbos sausage, Deer Run community association, Park96, Parkland Cares, and the Park restaurant.

A notable mention, we had some dignitaries who attended; Mayor Nenshi and Richard Gotfried.

If anyone would like to help out next year please contact Leanne Black at l_black@shaw.ca.



Babysitting Registry

The Parkland Babysitting Registry is a listing of those who wish to offer babysitting services, casual, part-time or full-time, including teenagers and dayhome moms. Anyone looking for a babysitter can call the registry and receive the names of sitters fitting their requirements.

If you are interested in having your name added to the Registry, or wish to obtain the name of a sitter in your area, please call Eleanor Molina at 403-271-2668.

It is time once again to update the babysitting registry. If you would like to have your name remain, or be removed from the list, please call to advise.

This registry service is free of charge and available to Parkland residents only.

Parkland Babysitting List
New to Parkland?
Looking for a sitter?

Call Eleanor Molina at 403 271-2668 if you want to be added to the babysitting list or require a sitter.

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 fun and friendship of Girl Guides will soon be underway again for the 2016- 2017 year. Haven’t registered your daughter yet? Registration is open year round! So go to www.girlguides.ca and locate the unit finder button to find the unit best suited for you. We’re hoping your daughter will join us for some fun and friendship.

We still have some of the Classic cookies left. If you are interested in purchasing another supply or if we missed you in the spring, please let Pat, isteads@telus.net, know and we’ll get them to you.

Several units are looking for unit leaders. Leaders are female adult volunteers who are supported by a team and participate in training for their roles. If you are interested in more information about being a leader, please contact Pat, isteads@telus.net. You can join in the fun and fellowship even if you were not a girl member or don’t have a daughter. Consider adding Girl Guides to your resume and be a role model for girls in your community.



Park 96 UPCOMING EVENTS

EVENTS
Saturday, September 17
Park96 41st Birthday Party

CLUBS & PROGRAMS
Tuesday, September 6
Music Jam

Tuesday, September 20
Board Game Club

Fridays
Drop in Tennis

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

Monday - Friday
WOW! Women on Weights
Info: www.WomenOnWeights.com, or call Susan 403.660.4194

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

corespinclub.ca

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NEW FALL SCHEDULE IS ON OUR WEBSITE!

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Piano Lessons

Stacey E. Bobyne

403-271-0011

bobynehome@me.com

Lake Bonavista Area

References available

IN & AROUND CALGARY

Green Cart set to roll out next spring

After a successful pilot that saw a 40 per cent drop in garbage and 89 per cent satisfaction amongst residents, the Green Cart Program will roll out to all single family homes beginning next spring. All communities should have the service by fall 2017. Here are the highlights:

All food, yard and pet waste is accepted in the program.

Unlimited quantity. Use paper yard waste bags for extra yard waste that doesn't fit in the cart.

Green and blue carts will be collected on the **same day every week.**

Black carts will be picked up **once every two weeks on a separate day** since most household waste can be recycled or composted.

Residents will receive everything they need to get started including the green cart, a kitchen pail for collecting food scraps inside the home; a sample of compostable bags for the kitchen pail and yard waste bags. Once service begins, households will pay \$6.50 per month. This charge reflects the savings achieved by changing black cart garbage col-

lection from weekly to once every two weeks.

Green carts go beyond backyard composting

If you're already backyard composting, keep it up. Use your green cart for all the other materials that cannot be composted at home like meat, bones, shellfish, dairy, weeds and pet waste.

Why we need to keep food and yard waste out of landfills

It may be hard to believe, but more than half of residential garbage is food and yard waste. Composting this material is the right thing to do. When food and yard waste is buried in the landfill it releases methane, a greenhouse gas that is 25 times stronger than carbon dioxide. By using the green carts we reduce dependence on our landfills, reduce greenhouse gas and turn food and yard waste into nutrient-rich compost.

To learn more about the Green Cart Program, visit calgary.ca/greencart.

Submitted by The City of Calgary Waste & Recycling Services.





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IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

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Vice-President, Estate Planning Specialist



DATE:

Tuesday, August 30, 2016
3:00 pm - 5:00 pm

LOCATION:

Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP:

Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided
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Deer Park Winter Clothing Event

Need winter clothes for you and your family?

The Annual FREE Clothing Give-A-Way is happening again this year, for one day only!

*Clothing is donated and is gently used.

When: Saturday, Oct. 1st from 10am-1pm
Where: Deer Park United Church, 77 Deerpoint Road SE
Who: Everyone!

Do you have WINTER clothing to give away?
 We will be accepting clean, gently-used winter clothing on the following days only:
Day Time Drop-offs:
 Sept. 26, Sept. 27, Sept. 28, and Sept. 29 from 9 am-noon and 1 pm-4pm
Evening Drop-off:
 Wednesday, Sept. 28 from 5 pm-8 pm

Winter Clothing can be dropped off at Deer Park United Church (77 Deerpoint Road SE)

If you have any questions or would like to volunteer, please call Deer Park United Church at 403-278-8263.

We are always looking for volunteers to help organize and sort clothing for the event!

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Hearing Loss differs from Vision loss

Dr. Diane Fennell

As with the eye, the ear's performance is affected by aging. However, bad vision gradually makes reading harder as the letters get smaller as in the chart below but hearing loss is different. In hearing impairment some sounds in a word may be heard clearly but other sounds particularly consonants may not, causing overall speech to sound 'muffled' or unclear. Hearing loss can make certain syllables and sounds harder to hear. For example, high-pitched consonants like **f, s, th, c, st** and **t** are easily drowned out by louder, low-pitched vowels like **a, o** and **u**. This results in a person with hearing loss complaining that they can hear others are talking, but not what they are saying. They can hear but do

not always understand particularly in noise. Listening with an untreated hearing loss can be compared to Swiss cheese; there are 'holes' in the conversation.

Hearing Loss vs. Visual Impairment



Hearing loss usually begins unnoticed. On average, people with hearing loss wait almost 10 years before they do something about it. Too few people make a timely decision to take active steps to recover their hearing and increase their quality of life.

Studies show that as people lose their hearing, they are more prone to depression; they withdraw socially and communicate less with family and friends. This comes as no surprise – after all, you can't participate in conversation if you can't hear or understand what's being said!

Sources: www.cubex.co.uk/your-hearing; www.oticon.global/hearing



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DEER VALLEY DENTAL CARE
 Serving Calgary for Over 30 Years

IN & AROUND CALGARY

Southland Leisure Centre

2000 Southland Drive SW
Phone: 403-648-6582

#GetMovingYYC - Free Family Events

Creating a vibrant and prosperous Calgary depends, in many ways, on the health and happiness of our citizens. In 2015 we launched the #GetMovingYYC initiative to get *more Calgarians, more active, more often*. Join us in the *movement* to get Calgarians moving more where they live, work and play. Together we can turn the curve on sedentary behaviour and lifestyles in Calgary. For upcoming events and schedules Check out calgary.ca/get-moving Events may include family dance, indoor cycle & movie, obstacle course and more!

Try It For a Toonie:

Ever thought about signing up for a registered class, but wanted to try it first? Now is your chance! There is something for everyone to try, and something new every day. If you love a class, you can sign up for a whole session starting just a few weeks later! Admission to facility amenities is not included.

Age: 16Y and up

Sep 19-22 \$2.00/person Drop-in
Sep 19 M 07:05 pm-08:05 pm YYC Circuit
Sep 20 T 07:15 pm-08:15 am HIIT
Sep 21 W 07:00 pm-08:00 pm Pilates Reformer-Intro
Sep 21 W 08:15 pm-09:15 pm Real Men do Yoga
Sep 22 Th 09:00 am-10:00 am Body Weight Bootcamp

Friday Night Dance Party – Sept 30 from 7:15-10:00pm

Admission to the Party includes a dance lesson (primary movements, rhythmic structure, posture, leading and following), social dance, as well as refreshments. No Partner Required!
Wednesday Soccer Drop-in
Age: All ages

Drop-in Climbing and Gymnastics

Drop-in Badminton and Basketball

PLAYSCHOOL

Southland Leisure Centre's Playschool is recreation-based and includes educational activities which allows

children to learn through play. Playschool programs are for two to four year olds from September to June. NEW Prepare your preschooler for an active social experience where children are encouraged to play and learn through games, song, exploration and art.

Every Sunday, 8 am to noon. Family Swim

It's a designated family swim time. Come enjoy our waterpark, including a trip or two to the AquaPlay structure. Be prepared to get wet! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies.

MEND Mind, Exercise, Nutrition...

Do it!

Child obesity is a significant issue in Alberta. There is substantial evidence linking obesity to preventable chronic diseases and psychological impacts on children. MEND is a community, family-based healthy lifestyle program. These programs are provided at NO COST to participants and provide a comfortable environment for families to interact and learn how to make healthy lifestyle choices. The program will provide you with the tools and support you need to help you and your family transition to a healthier lifestyle. If you are interested in hearing more about MEND or wanting to register, please contact:

403-648-6576 for 2Y – 4Y

403-366-3926 for 5Y – 13Y

Ages 2Y – 4Y: 10 week healthy eating and activity program for families.

Ages 5Y – 7Y: 10 week early prevention program for families with children at risk or above healthy weight, encourages healthy eating and physical activity.

Ages 7Y – 13Y: 10 week (20 sessions) program for families with children that are above a healthy weight.



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

IN & AROUND
CALGARY

Autumn in Fish Creek

www.friendsoffishcreek.org

A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser

Friday, September 16, 2016; 6:30pm - 9:00pm
Meadow Muse Pavilion, Bow Valley Ranch, Fish Creek Provincial Park

Show your support for one of Calgary's most cherished green spaces by contributing to the Friends of Fish Creek's conservation efforts here in Fish Creek Provincial Park. Celebrate over 20 years of community based environmental stewardship in Fish Creek Provincial Park by attending A Taste of Autumn. Bid on amazing silent auction items, enjoy a variety of delicious appetizers, sample beer and wine from local producers, and meet with Keynote Speaker Chris Fisher, ecologist and co-author of Birds of Alberta. Must be 18 years of age or older to purchase tickets. Sponsorship opportunities are

BRAIN GAMES
SUDOKU

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

FIND SOLUTION ON PAGE 23

available! To purchase tickets, contact the Friends of Fish Creek at 403-238-3841 or visit www.friendsoffishcreek.org/event/autumn.

Autumn Birding Course

Autumn is a good time to begin birding. As the leaves drop off the trees, many of the smaller birds, which will be migrating, are much easier to see. All sessions are held in the great outdoors - in Fish Creek Provincial Park and other natural areas in Calgary. Outings are conducted by Gus Yaki, a lifelong naturalist who has birded around the world - and other experienced instructors. Each outing is approx. 2.5 hours. 15-week course starts Aug 29. Registration required and fees apply. For course times and to register visit www.friendsoffishcreek.org/programs/birding-course.

Painting in Fish Creek

With the park as your backdrop, join the Friends in a restorative session of outdoor painting, facilitated by one of several experienced local artists. Three different classes are offered, all with a focus on acrylic media.

Painting in the Autumn Breeze: Sep. 14, 5:00 – 7:30 pm, Instructed by Sylvia Prochownik

Paint What You See: Sep. 24, 10:00 am – 2:00 pm, Instructed by Jim Pescott

For more info or to register for these or other Wellness programs, including Yoga, Qi Gong and Full Moon Meditations, visit: www.friendsoffishcreek.org/programs/wellness-clinics.

Geology on your Doorstep: Exposed Rocks and Fossils within an Hour's Drive from Calgary

Thursday, September 22, 2016 7:00 pm - 8:00 pm
Presented by Jon Noad, Geological Consultant
Calgary lies on the eastern edge of the Rocky Mountains, at the junction between very different geological settings. Fortunately, there are abundant rock outcrops that provide us with windows into the past. From these clues we can build the story of Calgary's geological history, beginning more than 1.6 billion years ago and continuing to the present. In this presentation you will be introduced to arid deserts before life made its way onto land, to warm seas where thick limestones formed, and to a Mesozoic world where thick coals formed in swamps. Jon is an exploration geologist with 18 years of experience in the oil industry. He has worked for Shell and Husky, among others, and his work has brought it to the Middle East, South Africa, Borneo and Western Canada. **For more information or to register visit www.friendsoffishcreek.org/event/geology.**



Parkland Real Estate Update

Last 12 Months Parkland
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$615,000.00	\$603,250.00
June 2016	\$554,900.00	\$559,500.00
May 2016	\$638,700.00	\$624,500.00
April 2016	\$634,900.00	\$623,000.00
March 2016	\$575,000.00	\$555,000.00
February 2016	\$0.00	\$0.00
January 2016	\$0.00	\$0.00
December 2015	\$569,450.00	\$529,500.00
November 2015	\$769,450.00	\$737,000.00
October 2015	\$599,900.00	\$555,000.00
September 2015	\$595,000.00	\$585,000.00
August 2015	\$659,950.00	\$660,500.00

Last 12 Months Parkland
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2016	4	2
June 2016	11	3
May 2016	4	2
April 2016	7	5
March 2016	5	3
February 2016	2	0
January 2016	3	0
December 2015	1	2
November 2015	2	2
October 2015	7	3
September 2015	6	3
August 2015	5	6

To view the specific SOLD Listings that comprise the above
MLS averages please visit parkland.great-news.ca

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IN & AROUND CALGARY

Mandatory bylaw for building maintenance approved by City Council

What goes up shouldn't come down.

In the last few years, there have been several incidents of materials and debris falling off tall buildings, particularly in the downtown core. City of Calgary investigations into these events revealed that there's more to be done to prevent potentially hazardous situations and protect public safety. That's why the Building Maintenance Bylaw was developed.

It will require buildings that are five storeys or higher and 10 years and older to complete visual exterior assessments every five years.

The bylaw comes into force on Jan. 1, 2017. To learn more, visit calgary.ca/buildingmaintenancebylaw.



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IN & AROUND SCHOOLS

St. Philip Fine Arts Elementary School

Teachers and staff have been busy preparing the school to welcome all new and returning families to St. Philip Fine Arts School! We know that students are excited to Imagine, Create, and Celebrate! St. Philip Fine Arts School is proud to offer an integrated Fine Arts program to K-6 students and we know that teachers and staff are excited about the activities we have planned this year. We will have artists-in-residence, field trips, presentations, art exhibitions and many more events as we explore the world around us through a Fine Arts lens.

We are happy to see that we have experienced some growth this year with many new families joining us in Kindergarten along with families joining us throughout Grades 1-6. Welcome to all, we are very happy to have you join our St. Philip community.

The staff of St. Philip Fine Arts School look forward to another brilliant year with all of the students that God has put in our care this year.

Newsletter Submissions

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

Please forward to Erika Diaz 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.**

Dr. Diane Fennell AUDIOLOGY

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- Do many **people you talk to seem to mumble** (or not speak clearly)?
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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.

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GARDENING: Fall is the perfect time to renovate your flower beds - remove overgrown shrubs, improve the soil, split those enthusiastic perennials, add new plant material. We design, install and renovate gardens, and do weekly flower bed maintenance as well. Call Garden-Wise Renovation & Design. 403-278-6109.

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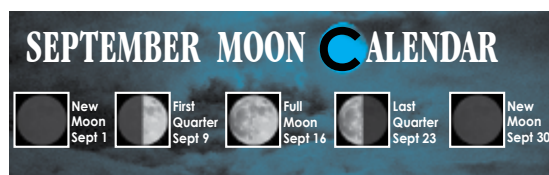
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BRIDGE LESSONS: Learn to play bridge in 10 easy lessons. Small classes taught by experienced teacher in Canyon Meadows. Beginners or those wishing to update their bridge skills are welcome. Classes start September 13 at 7 p.m. Standard American bidding will be taught. Contact Linda at (403)281-5520 or bridgelessons@iCloud.com.

YOGABEARS PLAYSCHOOL CLASSES: Yoga, relaxation, songs, games, stories. Tuesdays, September 20-December 13, 2016. 9:30-11:00am or 1:00-2:30pm. Ages 3 - 5 years. Cost: \$175 for 13 classes or \$15.00/class. Deer Run Community Centre. Maximum 10 students. More info call/text 403-809-1930 or visit www.yogabears.ca.



IN & AROUND CALGARY

Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.

BRAIN GAMES SUDOKU

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



COUNCILLOR, WARD 14 PETER DEMONG

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

Hi Ward 14! I hope you had a great summer!

Ward 14 Communities BBQ

You are invited to my Ward 14 Communities BBQ. I hope to see you there.

The BBQ is on Saturday, September 24 in the Southcentre Mall Parking lot. It will run from 11 a.m. to 2 p.m. but you might want to get there during the first couple of hours in case supplies dwindle. I encourage you to visit calgary.ca/ward14bbq.

As I write this some of the fine details of what you will see at the BBQ are still yet to be determined. Fear not! I can assure you that you will not be disappointed!

Here is a description of how your trip to my Ward 14 Communities BBQ might go.

The first thing you might do is pick up your free community association membership. One of the main purposes of

my BBQ is to raise money for the community associations of Ward 14. This is a win/win situation. The community association gets a new member, you get a free membership, and hopefully people learn more about what their community association does. Your community association will have their own table at the BBQ. Find them, say hello, and pick up your free membership.

Of course giving away memberships does not raise any money for the community associations. That is where the sponsors of the BBQ come in. Mattamy Homes, Great News Publishing, No Bull Bookkeeping, Qualico, United Communities, Jack Carter Chevrolet Cadillac Buick GMC, Genstar, Southcentre Mall, Progressive Waste Solutions, Calgary Co-op, Safeway, and Southgate Chevrolet Buick GMC are the ones who are supporting Calgary communities by buying you a free membership.

When you're picking up your membership you will likely notice all sorts of exhibitors. The other main purpose of the BBQ is to give you an opportunity to visit with representatives from the City of Calgary's various departments, its partners, and other community groups. We have had everything from horses to helicopters at the BBQ in the past. While those things can't be planned in advance, I can promise that you will see something relevant to you. Apart from every customer facing department in the City of Calgary organization, there will also be representation from local scout groups, local MLA's, local school board trustees, and other community organizations like the Trico Centre, the South Calgary Primary Care Network, and the Friends of Fish Creek.

Finally, it wouldn't be much of a BBQ without food so you will want to get in line for a free burger and beverage at some point. You will pass the Ward 14 booth along the way where you can get some free swag and enter the prize draw.

Don't hesitate to approach me at the BBQ. I will be running around and making announcements, but always have time to chat.

Macleod Trail & 162 Avenue Interchange Update

Free-flow traffic on Macleod Trail is coming soon. The next major phase of detour for construction of the interchange—which includes free-flow traffic on Macleod Trail—is set to begin at the end of September. I do not have details on the exact date, but you will soon be able to find them at calgary.ca/macleod162ave.

Please don't hesitate to contact me about the interchange, or anything else.

See you at the BBQ!



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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

**Deadline – 1st of each month for
the next month's publication**

Contact news@great-news.ca

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

CALGARY PUBLIC LIBRARY: Need legal help? Free legal clinic. Wednesday October 19, 9:30 am to 3:30 pm. Calgary Public Library, 616 Macleod Trail SE. Book an appointment: call 587-774-5458 between 8 am and 5 pm, Oct 3 to Oct 13. Space is limited.

FLC SENIORS CLUB – TAI CHI 55+: Study of the 105 Movement Yang Style. Our Fall Session starts September 8, with Thursday morning classes held at the Trico Centre. For further information: please call Juliette at 403-225-1593 or Christel at 403-271-1289, or email taichi@flcseniors.ca. www.flcseniors.ca.

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocallatitudes.org.

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What an eventful summer this was! Calgary was bustling with excitement and life during perennial favourites such as The Calgary Stampede, FolkFest, GlobalFest and many amazing community events hosted in Calgary-Fish Creek. One thing I learned from attending all of these events is that rain does not dampen the spirits of Calgarians. It was great to see intrepid volunteers and participants enjoying the sights, sounds and community spirit that helps make such events a success – rain or shine – thank you!

For many of you, September is about transitions. Kids are back to school and resuming many of their favourite extra-circular activities. Others shift from summer recreation to organized fall activities. And autumn brings brilliant colours to Fish Creek! In addition, the Friends

of Fish Creek Park are extremely active during the fall season including the Paint What You See - painting with Jim Pescott event on September 24th and A Taste of Autumn on September 16th. Check out Friends of Fish Creek Facebook page for more information about these great events or contact my office.


Did you know September 1 is Alberta's 111th Birthday? This year kicks off with a special event at the Bow Valley Ranch. Alberta's Lieutenant Governor, Lois Mitchell, will announce the winner of the "Birthday Banner" contest and the banner will fly for Alberta's birthday celebrations every year going forward. Our roots are deep and unique and set us apart from all other places in Canada. As a proud Albertan, I am committed to ensuring that our heritage continues to be honoured and celebrated.

Many of you have contacted my office regarding the state of our economy and concerns over the policy direction of the NDP government. Thank you for your thoughts and please continue to email, call, visit the office, or write to us on any matters of interest, as I need to hear from you to ensure effective representation. One issue that I have received feedback on is the court application brought forward by the NDP regarding Power Purchase Arrangements or PPA's. I feel these actions have damaged the trust of investors and is an affront to all who do business in Alberta. I will continue to speak out on items that I feel hurt the economy or are not in the best interest of Albertans.

MLA Cafés will resume in September with the first one being September 16 from 10:00 am – 11:00 am. Many of you have expressed to me that an evening session will benefit many schedules too. Therefore, I am hosting another MLA Café on Monday, September 19 from 5:00 pm – 7:00 pm. This is a great way for people to come, meet me and my staff, become familiar with our location, and casually engage on policies and shared visions for a better province.

Do you enjoy social media? Me too! I welcome you to follow me on Facebook and Twitter, or to call and schedule a meeting. To join our e-newsletter, please send us an email. And know that I take the honour and privilege of representing you in the Legislature very seriously!

Thank you.



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Councillor Peter Demong WARD 14 COMMUNITIES — BBQ —

**SAT, SEPTEMBER 24
11 AM TO 2 PM**



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At Southcentre Mall parking lot

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YOKI & JEFF REAL ESTATE REPORT



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"To give real service you must add something which cannot be bought or measured with money, sincerity and integrity"

Yoki & Jeff Nichol

FROM ONE GENERATION TO THE NEXT

"Both of us working for you"

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