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PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

UPCOMING:

CASINO

FEBRUARY 6 & 7

WINTERFEST

FEBRUARY 25



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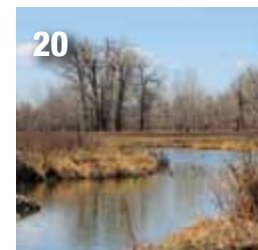


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PARKLAND COMMUNITY ASSOCIATION

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All editorial content must be submitted by the 1st of the month for the following month's publication.

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Parkland Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre		403-253-5250
Alberta Health Care		403-310-0000
AHS Addictions Hotline		1-866-332-2322
ATCO Gas – 24 Hour Emergency		403-245-7222
Calgary HEALTH LINK 24/7		811
Calgary Police – Non Emergency		403-266-1234
Calgary Women's Emergency Shelter		403-234-7233
Child Abuse Hotline		1-800-387-5437
Kids Help Line		1-800-668-6868
Child Safe Canada		403-202-5900
Distress/Crisis Line		403-266-4357
ENMAX – Power Trouble		403-514-6100
Poison Centre - Alberta		1-800-332-1414
HOSPITALS / URGENT CARE		
Alberta Children's Hospital		403-955-7211
Foothills Hospital		403-944-1110
Peter Lougheed Centre		403-943-4555
Rockyview General Hospital		403-943-3000
Sheldon M. Chumir Health Centre		403-955-6200
South Calgary Urgent Care Health Centre		403-943-9300
South Health Campus		403-956-1111
OTHER		
Calgary Humane Society		403-205-4455
Calgary Parking Authority		403-537-7000
SeniorConnect		403-266-6200
Calgary Kerby Elder Abuse Line		403-705-3250
Alberta One-Call Corporation		1-800-242-3447
City of Calgary		311
Social Service Info & Referral		211
Community Mediation Calgary Society		403-269-2707
RNR Lockworks Ltd.		403-479-6161
Road Conditions – Calgary		511
Weather Information		511
Gamblers Anonymous		403-237-0654



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.

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WHAT'S NEW AT PARKLAND HALL



- Gin Rummy – every Friday 1-3pm. Come join us for a gin rummy game every Friday afternoon. This is a new social group for all card players and retirees alike.
- Yoga Peaceful meditative movements for adults (18-50 years old). Wednesday nights 7:30 – 9pm.
- Senior's drop in. Wednesdays 1-3pm. Come join us for coffee, friendship, and munchies.
- Casino. Feb 6 and 7th Volunteers needed. Funds from the Casino go towards community programs.

If interested contact the hall at 403 278-5330.

6 REASONS TO VISIT

ROBERT BURNS DAY CELEBRATION | JAN 24TH AT 7:15 pm
 Come pay tribute to the life, works and spirit of the great Scottish poet, Robert Burns. Sample some Haggis and be enticed by the tall tales and songs courtesy of the Robert Burns Society, during this annual LBV celebration.

CHINESE NEW YEAR: YEAR OF THE RED CHICKEN | JAN 31ST AT 12:00 pm
 Whether you're a pig, rabbit or snake ring in the Chinese New Year with fun and frivolity, as we enjoy the tastes of the Orient and celebrate the year of the chicken with a delicious buffet meal. **Limited seating is available, please RSVP to reserve your spot.**

VALENTINE'S DAY CHOCOLATE BUFFET & MUSIC | FEB 14TH AT 7:15 pm
 LBV will be taking over for Cupid during our annual Valentine's Day Buffet. Come out and indulge in a day of sweet treats, scrumptious delights and lots of Valentine's Day love courtesy of local musician, Rob Young.

HERITAGE DAY CELEBRATION OF FRENCH CULTURE | FEB 24TH AT 4:30 pm
 Attend a celebration of French heritage and history during an afternoon of delicious "French" inspired treats. **Limited seating is available, please RSVP to reserve your seat.**

ST PATRICK'S DAY: LUCK O' THE IRISH PUB | MAR 17TH AT 3:00 pm
 Tap into your little leprechaun this March with a green inspired holiday celebration. Enjoy a fun St. Patrick's Day themed event... and who knows, if you're lucky you may even find your own pot of gold. Don't forget to put on the green!!

"LOVIN" TUNEFUL PERFORMANCE | MAR 21ST AT 7:15 pm
 Enjoy the harmonizing vocals of this talented local Barber Shop Quartet during a performance by "Lovin" Tuneful.

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	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
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 and Erika Diaz 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 and Laurie Bradley parklandcanews@gmail.com
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Parkland Community Hall

Parkland Community Hall is a very affordable venue. The hall hosts a gym that can accommodate up to 100 people, a meeting room that fits up to 35 people, kitchen facilities; (fridge and stove for re-warming food) as well as table and chairs. Rental rates includes the use of the kitchen and equipment. If you are interested in renting the hall, call 403 278-5330.

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.



Parkland Real Estate Update

Last 12 Months Parkland
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$0	\$0
November 2016	\$637,400	\$628,950
October 2016	\$499,900	\$505,000
September 2016	\$664,900	\$649,000
August 2016	\$599,900	\$599,250
July 2016	\$615,000	\$603,250
June 2016	\$554,900	\$559,500
May 2016	\$638,700	\$624,500
April 2016	\$634,900	\$623,000
March 2016	\$575,000	\$555,000
February 2016	\$0	\$0
January 2016	\$0	\$0

Last 12 Months Parkland
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	0	0
November 2016	4	2
October 2016	4	5
September 2016	6	6
August 2016	6	7
July 2016	4	2
June 2016	9	3
May 2016	4	2
April 2016	7	5
March 2016	5	3
February 2016	2	0
January 2016	3	0

To view more detailed information that comprise the above MLS averages please visit parkland.great-news.ca



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Parkland Baby Sitting Co-op

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

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PARK 96 PARKLAND CENTRE

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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.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 23

Parkland Cares



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

Welcome 2017! Wishing you a year filled with many opportunities to lend a hand in kindness.

The donations of time and support to our many worthy initiatives over the holiday season were truly inspiring. Here is a list of the organizations Parkland Cares has supported in the last few months: *Deerpark United Church, Wilma Hanson Jr. High, The Mustard Seed, The LeftOvers Group, Discovery House, Calgary Humane Society, Brown Bagging 4 Calgary Kids, Inn From the Cold, The Magic of Christmas, Seniors Secret Service, Calgary Food Bank, The Salvation Army and the Canyon Meadows Retirement Centre.* Amazing.

On December 16th at the Park 96 Winter Celebration, we had a "Make one-Take one" Christmas card making table. Cards were made and then delivered to residents at the Canyon Meadows Retirement Centre.


2017 in Parkland will be full of many opportunities to lend your support to others. We are hoping to have a volunteer shift at the Sandwich Foundation and offer our assistance to the Cinderella Project. You can join our Facebook Page or email list for ongoing updates and information.

Do you know a senior in our community that could use assistance with snow removal, yard clean-up or other support?

One of Parkland Cares goals going forward is to try and connect with community members that require a helping hand on occasion. There are many families in the neighborhood that would be more than willing to help. Contact us if you know someone that might benefit from this initiative.

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 meetings are **Tuesday, January 10, Wednesday, February 15, and Tuesday, March 14, 7:15 at Park96.**

 parklandcaresyyc@gmail.com.
Parkland Cares Calgary



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PROGRAMS & CLUBS @ PARK96



February MONTHLY CALENDAR

Mondays - 5:00-5:30

Learn to Skate

Mondays - 9:30 – 10:30

NEW Thursdays 7:30-8:30

Strength and Restore Yoga

Info: Jane Sponiar at 403.281.7553 or

janesponiar@gmail.com or www.livingtaichi.ca

Thursdays

Fun with Music & Let's Play Info

info@cadenzamusicstudio.ca or 403-836-4866

1:30-2:15

Monday – Thursday

WOW! Women on Weights

Info: www.WomenOnWeights.com, or call

Susan 403.660.4194

Tuesday, January 17

BOARD GAME CLUB

In the Park96 Basement

7-10pm

For more information on the monthly calendars contact:

Jennifer Stone, Park Administrator park96@telus.net

403.271.7516



Who Residents of Parkland who want to share music with like-minded people

What The first hour will be geared to musicians who want to brush up their skills and become comfortable playing and singing with others. For the remainder of the session, each attendee will be invited to suggest a song to perform. PAMJAM will supply a long list of songs to choose from including lyrics and chords that will be projected on the screen and players will be able to suggest songs in advance for inclusion.

When 7:00 – 10:00 pm on the first Tuesday and third Wednesday each month

Where Park 96 basement

Why "Without music, life would be a mistake."

- Friedrich Nietzsche

How Take this Meetup link to sign up meetup.com/PAMJAM/

Once you have joined, you will receive notification of upcoming jams, guidelines, lists of what to bring such as a capo and tuner for guitar players and the site will allow organizers to communicate with you.

BOARD GAME CLUB

Tuesday, February 21, 7-10pm

In the Park96 Basement

Interested in finding like-minded people to play Table Top Games or interested in learning all about them? Join Darren Hunt every 3rd Tuesday of the month in the Park96 Basement starting Table Top games are board, card and dice games including but not limited to Monopoly, Trouble, Risk plus European games such as Catan, Ticket To Ride and Carcassonne. If you are interesting in attending or have questions contact Darren at parklandboardgamesclub@gmail.com

YOGA at PARK96

Yoga brings relaxation and overall wellbeing on physical as well as mental level.

Jane has been teaching gentle Hatha yoga in Calgary for two decades. Her recent trip to Boston where she was learning and cooperating with Harvard leading tai chi expert, just confirmed her belief that simplicity is key! Gentle and mindful approach to any activity can bring noticeable positive changes to our life.

Join Jane for gentle stretching followed by relaxation; mindful yet strengthening class!

Monday 10:00 am

Thursday 7:30 pm

PROGRAMS...cont'd

Contact: 403 281-7553 email: janesponiar@gmail.com
www.LivingTaiChi.ca

Fall, winter and spring Strength Workouts for Women at Park96!

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Do you want to build and maintain strength in a fun, safe and supportive environment? WOW! and Gentle classes are Strength and Conditioning for all Women. All fitness levels are welcome. Experience personalized movement instruction, small groups of 7-10 with an instructor who is committed to challenging you at your level.

To sign up and for more info: <http://www.womenonweights.com/>, or call Susan 403.660.4194

Park96 Annual Fees

Invoices for the 2017 Annual Fee were mailed to each residence the first week of January avoiding the Holiday rush. The annual fee is \$200.00 (including GST) and interest will begin on April 1, 2017. Parkland Residents have options how to pay:

1. Mail in a Cheque payable to the **Parkland Community Centre**.
2. Drop off your cheque in the Park96 mailbox just left of the main gate. Make sure to indicate your property address.
3. Come in person to the Administration Office to pay by Debit or Credit Cards. Extended Office Hours for January are posted on the Park96 Website www.park96.com

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

NEED A FOB?

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

If you plan to bring between 10 to 40 people to the Park for an outdoor gathering, please notify the Park Office to avoid over booking. If you wish to bring more than 40 people to your gathering then once again contact the Park Office at park96@telus.net and pay a minimal per person fee. Parkland Residents must stay on site at all times when bringing guests into the park.

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IN & AROUND CALGARY



Free family fun for the holiday weekend

Family Day weekend is a perfect time to slow down, reconnect with loved ones and create lasting memories together. Finding holiday activities everyone will enjoy can be a challenge, but this year it will be a walk in the park.

The City of Calgary will be hosting a free We Are Family event on Sunday, February 19 from 1 to 3 p.m. at the Inglewood Bird Sanctuary. Bring the kids for a fun-filled afternoon of nature games, wildlife crafts, scavenger hunts and more. Enjoy a guided walk around the park or try out our spotting scopes to catch a glimpse of the sanctuary's high flyers.

Don't miss this exciting event perfect for the whole family.

For more information, visit calgary.ca/parksevents.

Stay smart about parking bans this winter

After heavy snowfall, The City may declare a parking ban along snow routes. Snow routes are located on collector roads and most bus routes, and can be identified throughout the city by blue signs with a white snowflake.

The snow route parking ban program supports snow plowing operations by removing parked vehicles from the streets, and allowing crews to clear snow from Calgary roads more efficiently and effectively. During a ban, parking will be temporarily restricted on designated snow routes for up to 72 hours.

How snow routes work

The City will issue an advisory when a parking ban will be implemented within the next 1-2 days.

The City will declare a parking ban is in effect when crews finish plowing Priority One routes, but before they start on Priority Two routes (collector roads, bus routes, etc.) Parking bans will be in effect for up to 72 hours or until The City declares they have been lifted.

Snow clearing operations will be ongoing. Parked cars must be moved from snow routes when a parking ban is called. Vehicles that remain parked on these roads during the ban are subject to enforcement, up to and including a parking ticket and tow.

Stay informed about parking bans this winter by subscribing to email alerts at Calgary.ca/snow, following @yyctransport on Twitter, calling 311 and listening to the automated message, and watching local news or listening to the radio.



Women's English and Social Group

Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Drop in at one of our weekly groups throughout the city. No cost, no immigration requirements and no minimum English requirement. Free childcare provided for children 6 months to 6 years old. Visit www.ciwa-online.com for group locations and times or contact Debra Colley at 403-444-1752 or debrac@ciwa-online.com.

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



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Guides Canada

FAMOUS FIVE DISTRICT

Another reminder to mark your calendar: The Annual Carnival is open to everyone and we'd really appreciate your support. The date is March 4, and the location is Queensland Community Hall. Activities will be on-going from 11:00 am to 4:00 pm but get there early for the best baking and stay late to see if your name is the last on the list for the silent auction items! Lunch and snacks will be available along with fun and fellowship.

February is a special month for Girl Guide members. It's the time when we celebrate the birthdays of the founders of the organization – Lord and Lady Baden-Powell. During this month, units will be learning about Girl Guides and Girl Scouts from around the world with games, songs and sometimes some new food! If you have a special Girl Guide or Girl Scout memory, please remember to share it with a girl. Our young members today love to hear about the camps, friends and opportunities that are part of our memories.

Thank you to all for your support with the fall Mint cookie campaign. Keep an eye out for the Classic Cookies coming in late March.

IN & AROUND SCHOOLS



St. Philip Fine Arts Elementary School
13825 Parkside Dr. S.E., Parkland

Happy Valentine's Day from all the staff and students at St. Philip Fine Arts School!

In February, students will be participating in a Wellness Day, which introduces students to physical, mental, and spiritual well-being by taking part in activities in each of these areas. Wellness and resiliency are core ideas that we want students who attend St. Philip Fine Arts School to continue to live by throughout their lives.



AHS Public Health Forum Invite

Alberta Health Services (AHS), in partnership with Alberta Health, is initiating conversations across Calgary and Central Zones to look at the delivery of health services in 2031 and beyond.

A public blog on AHS' website invites all community members across both zones to share their perspectives and participate in conversations about how healthcare could be structured in 15 years.

The blog site builds upon in-person meetings that have taken place across both zones through late November and early December. These included visioning sessions, smaller group workshops and meetings that involved community members (including individuals typically under-represented in formal engagement activities), health partners and stakeholders. They were asked to

examine ways to co-design and co-deliver a sustainable, quality health system that promotes healthy communities and provides appropriate access to services, programs and facilities across Alberta.

"We are exploring new, innovative ways to structure and deliver care," says Lori Anderson, Senior Operating Officer at the South Health Campus. "It's important that we work together because the healthcare model of the future involves more community-based services and shared opportunities between AHS and community partners."

Projections of health service delivery in 15 years show an increase in older demographics and more chronic health conditions.

"In the healthcare system of the future, the emphasis needs to be more preventative with proactive measures that will keep all Albertans, including our children and grandchildren, healthier," says Larry Albrecht, Chair of the Prairie Mountain Health Advisory Council. "It's also expected that health services will be more community-based."

Opportunities for community member input will continue throughout the year-long planning process. The feedback and ideas will contribute to informing a high-level health system strategy proposal, which will be further developed in 2017.

AHS is currently focusing long-range planning efforts on Calgary and Central Zones. Similar planning in Edmonton Zone is ongoing. Long-range planning for North and South Zones will follow. For more information on how you can be involved, please contact community.engagement@ahs.ca or join the conversation at www.ahs.ca/longrangeplanning.



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FRIENDS of Fish Creek

FRIENDS OF FISH CREEK MID-WINTER UPDATE Leaving a Legacy for Cherished Green Spaces and Healthy Families

Public Information Session
Saturday, March 4, 2017

2:00 pm at the Fish Creek Environmental Learning Centre

Remembering family in your will is most likely an important part of your final wishes.

Considering the Friends of Fish Creek in your legal will or through other philanthropic means is one of the best ways to ensure that future generations will enjoy this breathtaking natural area as much as you and your family do. For over 20 years the Friends have collaborated with park management, volunteers, community organizations and members to raise awareness about environmental stewardship in Fish Creek Provincial Park. Legacy gifts (Planned Giving) allow you to make a future donation to the Friends of Fish Creek without affecting your current financial circumstances. Regardless of the size of your planned gift you can be sure that your gift will continue to make a lasting and vital impact on the park that you care for. Giving options may even substantially reduce your taxes. Your legacy will help ensure that the important programs operated or sponsored by the Friends of Fish Creek can continue to be maintained and expand. A planned gift in your will is a wonderful way to help protect and preserve this park so that future generations can enjoy it as much as you and your family do. For more information, please join us on March 4 and stay tuned to www.friendsoffishcreek.org/estate-2

The February Fish Creek Speaker Series Beaches, Birds, and the Boreal Forest – Lesser Slave

Lake Provincial Park

Thursday, February 23, 2017 7:00 pm – 8:00 pm

Presented by Ceiridwen Robbins, Visitor Services Coordinator for the Slave Lake District of Alberta Parks

Allow Ceiridwen Robbins of Alberta Parks to transport you to northwestern Alberta and explore the fascinating landscape and diversity of life in Lesser Slave Lake Provincial Park – all without leaving Calgary! Beaches, birds, and boreal plants abound in this provincial park, including some rare and unusual species. Free for Friends members and \$5.00 for non-members. For more information or to register visit www.friendsoffishcreek.org/event/beach

Introducing Yo-Qi: A Wellness Experience

The Friends are excited to announce that we have expanded Yoga and Qi Gong into the Winter and Spring! “Yo-Qi” is a combination of Yoga and Qi Gong – and each session will have a different wellness-focused theme. Sessions will be lead by Dianne Smith, Spring Forest Qi Gong Certified Instructor, and Yoga and Guided Meditation Instructors Gwen Draude of Birds of a Feather and Naomi Parker of Elemental Wellness. Sessions will be held indoors at the Environmental Learning Centre at Shannon Terrace from 7:00 - 8:00 pm on Thursday evenings:

- January 26** – Boost Your Immunity
- February 23** – Heart Opening
- March 23** – Spring Cleaning and Detox
- April 20** – Connecting to Earth
- May 18** – Gratitude for Mother (your own or Mother Earth!)

To register and for more information visit www.friendsoffishcreek.org/programs/wellness-clinics

calgary reads *Writings on Reading*

Sharing books and loving feelings!

In February, with the celebration of Valentine’s Day, thoughts turn to love and other kind feelings. February 14th is also International Book Giving Day which is a volunteer-led initiative that aims to get books into the hands of as many children as possible.

Three ways you might celebrate International Book Giving Day:

- Gift a book to a child in your life
- Leave a book in a waiting room or at a bus stop for children to read (and keep)
- Donate a new or gently-used book to a local hospital, shelter or to Calgary Reads Book Bank that helps get books into the hands of Calgary children who have few or none of their own at home.

Our Favourite Book of the Month

This book is a beautiful way to help children understand their feelings. Borrow a copy from your school or public library and get cozy with your family and talk about and share your feelings.

In My Heart: A Book of Feelings by Jo Witek (Author), Christine Roussey (Illustrator)



Sometimes my heart feels like a big yellow star, shiny and bright. I smile from ear to ear and twirl around so fast, I feel as if I could take off into the sky. This is when my heart is happy.

Happiness, sadness, bravery, anger, shyness...our hearts can feel so many feelings! Some make us feel as light as a balloon, others as

heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, young children will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions.

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You’ll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com



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FEBRUARY MOON CALENDAR

 First Quarter Feb 3	 Full Moon Feb 10
 Last Quarter Feb 18	 New Moon Feb 26

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

Southland ProShop

“Did you know Southland Leisure Centre has a Proshop? We have a great selection of swimsuits for all ages. Proshop sharpens skates using the Blackstone Stealth Skate Sharpening machine, CHECK US Out”

Friday Night Dance Party at Southland Leisure Centre – February 24 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!

Family Valentine’s Crafts & Cookies

Tuesday, Feb 14 - 9:30 a.m. – 11:30 am and 6:30 p.m. – 8:30 p.m. – Family Valentine’s Crafts & Cookies at Southland Leisure Centre

Celebrate family month and Valentine’s. Make some Valentine’s crafts for your family and friends and enjoy some light refreshments. Drop-in to our lobby!

Family Day Week-end Climbing & Gymnastics Drop-in

Sunday, Feb 19 – 3-5 p.m. – Family Day Week-end Climbing & Gymnastics Drop-in at Southland Leisure Centre. The whole family is welcome to our special Family Day week-end Climbing (Indoor rock Climbing) and Gymnastics Drop-in.

Drop-in Climbing and Gymnastics at Southland Leisure Centre

There’s so much to do at Southland Leisure Centre!

Come have some fun and unique experiences in our rock wall climbing and gymnastics gym drop-in times. All equipment is provided and instructors are present to guide you.

Drop-in Badminton and Basketball, Soccer, Pickleball at Southland Leisure Centre

Please see calgary.ca/recreation or contact 311 for the latest schedules as cancellations may be in effect for special events or holiday hours.

Every Sunday, 8 am to noon. Family Swim at Southland Leisure Centre.

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.

Babysitting Room at Southland Leisure Centre

Treat yourself to some ‘me time’ to workout or take a class. No bookings required for our Babysitting Room.

Mon – Sunday - 08:30am – 12:30pm, Monday-Thursday 04:00pm - 08:00pm

Reasonable rates for a well deserved break!

Calgary AfterSchool at Southland Leisure Centre

A FREE supervised drop-in program for youth ages 11-15 during the school year. Come use the pool on Tuesdays and Fridays, and the Sport Hall and Youth Room are open each day! New activities are always introduced and daily snacks are available.

Cost: Free

Ages: 11 – 15

Day: Monday to Thursday, 3 – 6 p.m. and Fridays, 1 – 5 p.m.

Location: Southland Leisure Centre (2000 Southland Dr. SW)

Fridays, 7:30 to 10 p.m. Youth Night at Southland Leisure Centre

Friday nights have taken an active twist! Come with your friends and join us in the Sport Hall for a variety of youth exclusive sports including basketball, badminton, dodgeball, soccer and much more. Weekly planned active activities are also available. If swimming is your thing, admission also includes access to public swim in our waterpark. General youth admission applies.

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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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.

PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

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YOGA BEARS KIDS YOGA: Ages 3-5. Deer Run Community Centre. Tuesdays 9:30 - 11:00am. January 10 - March 14, 2017. Drop-in or pre-register to hold a spot for your child. Yoga, mindfulness, songs, games, stories and relaxation. Mats provided. \$15.00 drop-in or \$135.00 for 10 classes. Call Kaura 403-809-1930 or visit www.yogabears.ca

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Newsletter Submissions

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

Please forward to Erika Diaz and Laurie Bradley 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.



BRAIN GAMES SUDOKU

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



**Councillor, Ward 14
Peter Demong**
www.calgary.ca/ward14
eaward14@calgary.ca or
403-268-1653

Hello Ward 14!

Before I get into the rest of this column, I want to make a point that could save you a lot of time, trouble, and even money. We have had the first real cold weather in several years over the last few months, which justifiably led many people to leave their cars unlocked and running. Over the same few months I have heard of countless instances of theft—in cars, of cars, and in homes—as a result.

Please seriously consider whether or not it is necessary to leave your car unlocked and running. You could be attracting theft to yourself, and your community by doing so.

Counciltalk

It really feels great to be back for another year of Counciltalk. There are few things that I enjoy more than gathering around a table to discuss and debate topics that matter to people. The last meeting did not disappoint. Your opinions bring me energy, and inspire me as I go about my work at City Hall.

This month Counciltalk will be in the Chaparral Lake House located at 225 Chaparral Drive S.E. I will be there on Saturday, February 25 from noon to 2 p.m. You can visit calgary.ca/counciltalk for details of the full Counciltalk schedule, and you can sign up to receive reminders for Counciltalk and other important Ward 14 news at calgary.ca/ward14connect.

Ward 14 Community Calendar

This project has been on my mind for some time now, and the stars are finally aligning to make it reality.

You can learn about them throughout the pages of this newsletter, or maybe on bulletin boards in community halls and churches all over the city. They are the small, local community events, and they have been a big part of my life for many years now.

You will now be able to see them on my website, and I will do my best to keep them up to date. Whether it

be the Fun Money Casino or the Friends of Fish Creek AGM my goal is to post it in an easy-to-use form on my website. Not only will there be information about community events, but you will find City of Calgary engagement sessions as well. You will find every Counciltalk session in the calendar, and even the Ward 14 Communities BBQ.

Go directly to the Community Calendar by visiting calgary.ca/ward14calendar, or just looking around on calgary.ca/ward14.

A final note

Finally, it is the month of love, and Valentine’s Day is just around the corner. While you are thinking about what to get your sweetheart, I hope we can all remember a different type of giving too. Times are tougher than they have ever been for many of our fellow Calgarians. Charities like the Calgary Food Bank are in need more than ever. Let’s not forget this as we get on with our day-to-day routines.

Feel free to contact me anytime!

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F: (403) 278-7875 calgary.fishcreek@assembly.ab.ca www.richardgottfried.ca • @GottfriedMLA
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In February, love and family are in the air! One of my perennial favourite pastimes is Family Day. Did you know that former Premier Don Getty and Lieutenant Governor Helen Hunley officially proclaimed Family Day as a statutory holiday in 1990? Premier Getty had a firm belief that the strength of Alberta was in embracing the importance of family and family togetherness. As in past years, all provincial museums will be open free of charge on Monday, February 20th. I would encourage you to explore our Alberta heritage while gratefully recognizing the pioneers who built our province. For a full listing of all Alberta museums please visit: www.culture.alberta.ca

I too feel strongly that our province was built and has thrived on the entrepreneurial spirit and prairie work-ethic of diverse, passionate, hard working Alberta families. Families come in all shapes and sizes but our resiliency as a province, and as proud Albertans, is at its best when government develops and enacts policies that strengthen and support families, rather than placing undue burdens through punitive taxation and heavy-handed regulation. Know that I will continue to fight, each and every day, for the best interests of Alberta families as your representative in the Provincial Legislature.

Now that I have children in post-secondary, they along with many others look forward to reading week. The original purpose of reading week was to give students an opportunity for additional research and reading, but it also has been extremely beneficial in raising awareness of mental health. Mental health is not just an issue on post-secondary campuses but it is something that touches each of us in the community. The most common forms of mental illness are depression and anxiety. Often mental illness can be exacerbated by external stresses in our lives, such as loss of a loved one, family or employment challenges or financial pressures. Other factors, such as chemical imbalances can cause physiological changes in our minds and bodies. While our focus should remain on diagnosis and treatment in the same manner as we address any other illness, there are still stigmas attached to mental illness. By continuing to talk about the issues and support those in need with kindness and compassion, we breakdown the stigmas around mental

health and as community we are stronger. Local and national agencies such as the Distress Centre and Canadian Mental Health Association can provide support and resources, so please do not hesitate to reach out for yourself, family and friends as required. Remember, help awaits and is readily available when you most need it!

As always, the issues that matter to you are important to me. I will be hosting two MLA Café’s in February to accommodate varying schedules. Please find time to visit us at the office February 24 10-12pm or February 27 5-7pm. Your feedback and concerns will assist me in better representing you as we commence the Spring Legislative Session in March!

Happy Valentines Day, Family Day, a belated Gung Hei Fat Choi and all the best for a happy, healthy if not challenging 2017...Year of the Rooster!


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YOKI & JEFF'S REAL ESTATE REPORT

YEARLY REPORT JANUARY - DECEMBER

DETACHED HOMES	2015	2016
BUNGALOWS/BILEVELS		
Lowest Price	490,000	410,100
Highest Price	1,035,250	720,000
Average Price	615,877	568,172
Number of Sales	26	16
1 ½, 2, 2st SPLIT, 3 STOREY		
Lowest Price	555,000	462,000
Highest Price	1,214,880	972,500
Average Price	666,788	622,912
Number of Sales	14	16
3, 4 & 5 LEVEL SPLITS		
Lowest Price	545,000	471,500
Highest Price	607,000	623,000
Average Price	576,000	559,133
Number of Sales	2	3

Only 4 properties currently listed for sale in Parkland as of January 3, 2017. There's low supply and that is always a good time to sell. If you are thinking of selling please call.



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