

NOVEMBER 2017

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# PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER





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### UPCOMING WORKSHOPS

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Alcohol Ink Sampler	Sun, Nov 5 (1-4pm)	\$75
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## PARKLAND COMMUNITY ASSOCIATION

505 Parkvalley Road SE Calgary  
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 parklandca@telus.net

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### Advertising Opportunities

403-263-3044 | sales@great-news.ca  
 All advertisements must be submitted by the 1st of the month for the following month's publication.

### Editorial Submissions

- **REMINDER REGARDING SUBMISSIONS**  
 Submissions due to PCA office by email at parklandca@telus.net or in person M-F 10-4 by the 1st of prior month ie June 1st for July issue.

### Published by Great News Publishing

Serving Calgary communities for 28 years  
 87 newsletters reaching over 391,000 households in Calgary and surrounding areas.  
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 Calgary, AB T2C 2K2

Check out our website: [www.great-news.ca](http://www.great-news.ca)



*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Parkland Community Association and Great News Publishing.*

*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 Weather Information	511
Gamblers Anonymous	403-237-0654

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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 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.

## Board Membership:

The Parkland Community Association board is made up of volunteers who care about, and live in our community. Board involvement is a great way to make a contribution that ultimately ensures Parkland remains a fantastic place to live. If you want to join our board please call the hall at 403-278-5330 or come to our board meetings, held on the 4<sup>th</sup> Thursday of each month.

## Parkland Community Hall Rentals

The Parkland Community Association invites you to rent the Hall for family gatherings, company parties or community events. The Hall's main room is bright and sunny with large windows and hardwood flooring. A smaller carpeted meeting room is the perfect place to host a program registration or meeting. Please contact Laurie Bradley at parklandca@telus.net or 403-278-5330 to view and for further details. Parkland Community Association members receive a discounted rate.

## Parkland Volunteer Spotlight

Do you know someone that works hard to make Parkland great?

The Parkland Community Association would like to acknowledge our hard-working community volunteers. In September, we will begin taking submissions for the Parkland Spotlight. You can help us recognize and celebrate an individual or group of people by writing and submitting an approximately 100-150 word tribute.

Once approved, you will be notified as to what month your Spotlight will be printed in the Parkland News.

Submissions should be sent to: parklandca@telus.net.

## Follow Us on

- facebook.com/Calgary Parkland Community Association
- Website: www.parklandyyc.ca.
- parklandca@telus.net

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## PARKLAND CARES



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

As the leaves finish their free fall and frost sets the branches sparkling, take a moment to appreciate the wonder of that change. We are the good we share with the world; share something good.

Thank you to the many people that came out to help make 4000 sandwiches for the Sandwich Foundation on October 1st. They distribute to several shelters in the city.

We are hoping to have a shift at the Food Bank in November. Check our Facebook page or email us for updates.

Parkland Cares will be serving coffee and hot chocolate at the Park96 Craft fair on November the 4th. Proceeds will go towards our Christmas initiatives.

We hope to be sponsoring seniors and families in need again this year. Please let us know if you would like to spread some Christmas Cheer and help make someone's Christmas bright.

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 is **Tuesday November 14th at 7:15 at Park96, we would love to see you there.**



parklandcaresyyc@gmail.com.

Parkland Cares Calgary 403-863-9927

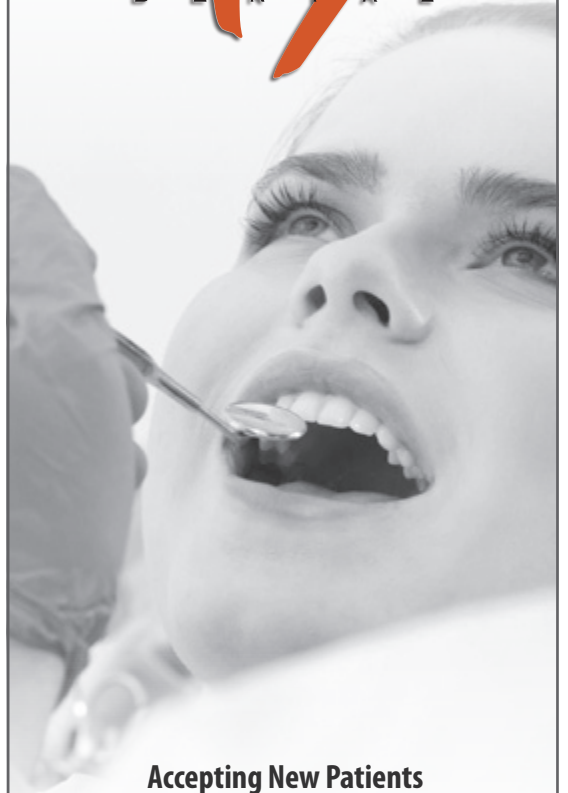
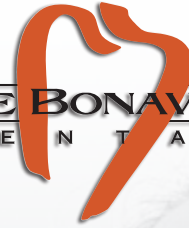
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## PARK96 INFORMATION

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

If you have any questions don't hesitate to contract the Office at [park96@telus.net](mailto: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](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.

## 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 <a href="mailto:parklandcaresyyc@gmail.com">parklandcaresyyc@gmail.com</a>
Parkland Babysitting Co-op	Jill Vaters <a href="mailto:mjvaters@shaw.ca">mjvaters@shaw.ca</a>
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	403-278-4515
Parkland Soccer	403-278-5330
Bow View Ringette	<a href="http://bowviewringette.com">bowviewringette.com</a>
Bonavista Hockey Program	<a href="http://lbbreakershockey.ca">lbbreakershockey.ca</a>
Newsletter Editor	Erika Diaz and Laurie Bradley <a href="mailto:parklandcanews@gmail.com">parklandcanews@gmail.com</a>
Delivery & Advertising	Great News Publishing 403-263-3044



### 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.

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## UPCOMING PARK96 EVENTS & PROGRAMS

**PARK96 PARKLAND CENTRE**  
14660 Parkland Blvd SE, T2J 6L5  
(403) 271-7516 | [www.park96.com](http://www.park96.com) | [park96@telus.net](mailto:park96@telus.net)

*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. This fee is used to maintain operations, support social and recreational programs and finance park improvements. The Park is managed by a board of directors, and meets on the fourth Tuesday of the month at 7 pm. Members with questions or concerns are welcome to attend, but must give prior notice by contacting the park.*

### UPCOMING PARK96 EVENTS & PROGRAMS BOARD GAME CLUB

**November 21 at 7pm-10pm**  
Info: Darren at  
[parklandboardgamesclub@gmail.com](mailto:parklandboardgamesclub@gmail.com)

### PAMJAM PARKLAND ACOUSTIC MUSIC JAM

**First Tuesday and Third Wednesday of  
the Month at 7:00pm**

To sign up go to  
[www.meetup.com/PAMJAM/](http://www.meetup.com/PAMJAM/)



### REMEMBRANCE

Canada observes the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.



### PARKLAND CHRISTMAS MARKET

Saturday, November 4  
10:00am to 4:00pm

Park96 is hosting a Christmas Market on Saturday November 4, 2017 from 10:00 am to 4:00 pm. Come and enjoy the warm atmosphere and wide selection of fabulous gifts from different vendors.

If you have any questions, please contact either Cathy Baker at 403-278-7717 or Caroline Hart at 403-278-0138.

### STRENGTH AND RESTORE YOGA

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

Monday 9:30 am and Thursday 7:30 pm

Contact: 403 281-7553, email: [janesponiar@gmail.com](mailto:janesponiar@gmail.com),  
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### WOW! WORKOUT WOMEN

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- Afternoons: Mondays and Wednesdays 4:15-5:10pm
- After Work: Mondays and Wednesdays 5:15 -6:10pm
- Mornings: Tuesdays, Thursdays and Fridays  
9:15am – 10:10am

Cost: for 6 weeks, twice a week \$187

**To sign up:** and for next **Try WOW! for FREE!**  
**dates:** <http://www.workoutwomen.ca>, call Susan 403.660.4194, email [info@livewelllifestyleservices.com](mailto:info@livewelllifestyleservices.com)

For more information on the Park96 monthly calendars contact:

*Jennifer Stone, Administrator*



# LIVEWELL LIFESTYLE SERVICES

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

## The Weather Outside is Frightful, But You Can Still Feel Delightful!

Don't you wish you had the tools to ensure health and wellness at every stage of life? With these active aging tips from Personal Trainer and Traditional Foods Teacher, Susan Hildebrandt, you'll be empowered to do just that!

### STEP 1

Keep your cells strong with fresh, local, organic food.

As we age, our cells are impacted. They breakdown, are less resistant to stress, and the ability to reproduce diminishes, eventually leading to cell death. One way to keep our cells as healthy as possible is to eat nourishing, mineral-rich foods. Winter may not be the greenest of seasons, but you can still enjoy plenty of local foods. Check out your grocery store and farmers markets for these wholesome foods:

#### 1. Fermented Foods & Drinks:

Fermented foods and drinks: Fermented vegetables, fruits and dairy are all rich in healthy bacteria, aid digestion and improve immunity. Some more common fermented foods and drinks include kimchi, sauerkraut, yoghurt, kefir, crème fraiche, older cheeses and kombucha.

#### 2. Vegetables and Fruits:

Fruits and vegetable are known to be mineral rich and potent immune boosters, especially the deep coloured ones. Locally-grown produce like carrots, beets, cabbage, potatoes, onions, kale and berries store really well. Even in the middle of winter we can get fresh, local greens, such as small leafy greens, sprouts and herbs.

### 3. Meat and Eggs from Pastured Animals:

Meat and eggs from pastured animals: Animal products, especially organ meats, are a significant source of iron, zinc and B vitamin complex. Alberta has an abundance of farmers who pasture-raise animals using organic and sustainable farming methods.

## STEP 2

Get out there and play! It's great for your immune system.

### 1. Exercise outdoors.

We have an abundance of beautiful outdoor space in and around Calgary. Walk, snowshoe, ski or skate! Take advantage of the clean air at our nearby forested and mountainous regions.

### 2. Experience cold water.

Our clean natural bodies of water are best for boosting our immune system, but a bit extreme for most of us in winter. What you can do instead is end your shower by turning the temperature to freezing cold for about a minute. You'll feel alive, as well as experience a multitude of health benefits!

### 3. Get your Vitamin D3.

Research shows we can get our vitamin D3, a natural immune booster, with 20 minutes' sun exposure midday between April and September. During our winter months, we need to get our Vitamin D in other forms. Check with your healthcare professional on recommended sources and amounts.

## STEP 3

Keep yourself well hydrated.

It's recommended we drink 7 to 10 cups of water per day. If you struggle to drink enough water or

are simply looking to try something new, flavour it! All you need is a mason jar or water jug, fresh ingredients like mint, cucumber, or lemon, and filtered water. Let the ingredients stand for half an hour, and voila!

Now put these tips into action and, if you're feeling up to it, take the next step! LiveWell Lifestyle Services offers in-home immune boosting, fermented foods workshops, as well as WOW! WorkOut Women small group exercise programs. Contact us today to learn more!

### ABOUT LIVEWELL LIFESTYLE SERVICES

LiveWell Lifestyle Services exists to inspire healthy lifestyles of women in South Calgary. We do this by empowering women to find fun, meaningful and relevant ways to move well every day, choose and prepare nourishing foods to eat well every meal, and fine-tune their lifestyles to be well for life. For more information on our small group exercise classes, personal training services and traditional food workshops, visit [www.LiveWellLifestyleServices.com](http://www.LiveWellLifestyleServices.com).

**REGISTER NOW**  
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WorkOutWomen.ca  
403-660-4194  
info@LiveWellLifestyleServices.com

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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.

## Accountant Stanley Doherty, CPA, CMA

#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4  
Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd

[dohertysb@shaw.ca](mailto:dohertysb@shaw.ca)

[accountingservicescalgary.net](http://accountingservicescalgary.net)

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### Prince of Wales School

When the bell rang at the end of the school day at Prince of Wales (POW) on September 29, it was a sea of orange shirts that emerged. Students recognized the history of residential schooling and our nation's commitment to ensuring that everyone matters by participating in Orange Shirt Day. Prompting conversations and increasing awareness about this important topic between students, teachers and parents is a valuable step forward. Congratulations, POW.

Open doors at Prince of Wales led to much reminiscing on September 14. The school celebrated its 40th anniversary by inviting the community and students past and present to view artifacts, enjoy coffee, tea and cake, and view first-hand the many changes over the school's four-decade history.

Many thanks to David's Tea and the POW School Council for providing the refreshments, the volunteers who worked on artifact displays, and the POW staff who showcased many exciting new things throughout the school.

POW's annual Terry Fox Run and fundraising campaign took place on October 6 with hundreds of students running along Fish Creek Ridge in memory of Terry. Several students chose to shave their heads as part of their fundraising efforts. Stay tuned for the school's fundraising results.

With heavily congested streets during school drop-off and pick-up times, a reminder to the community and all POW families: there is no parking or stopping in the Bus Zone. Parking is also not allowed within 1.5 meters of a residential driveway.

# 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

**Please contact [parklandca@telus.net](mailto:parklandca@telus.net) or call 403-278-5330 if interested in purchasing a membership**



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**MENTION THIS AD AND RECEIVE NO GST ON YOUR ORDER.** Expires November 30/17

## HAPPENINGS AT THE HALL

### Parkland Community Mosaic Mural Project

Thank you to everyone who participated in our community mosaic mural project: Parkland community residents, Sparks & Brownies, Cubs & Scouts, Prince of Wales grade 4 and St Philips grade 5. Thank you for contributing your enthusiasm and talent into the making of a stunning piece of art for the community to



enjoy for years to come. Thank you to Michelena Bamford of Wolf Willow Studio for her guidance, Cindy Ross for her artistic leadership, and to our funders: the Calgary Foundation Neighbour Fund and Government of Alberta Community Initiatives Project.

*Janice Schneider*



## Oakridge Medical

10003 24 St. SW  
**403-287-6770**

**Family Practice  
accepting new patients.**

**Dr. Yasmine Halat & Dr. Kayode Oloniyo**

### **FLU SEASON IS HERE.**

Don't sit around in walk in waiting rooms, minimize your exposure.

We accept **same day bookings**, so to avoid lengthy wait times during flu season and to minimize exposure you can book appts whether you have a family physician with our clinic or not. Simply call ahead for an appointment. Open 6 days a week, evening and weekend hours available. Phones lines open at 8:30 am.

### **Women's Health Appointments AVAILABLE WEEKLY**

Female physicians to do paps, breast exams, IUD insertions, birth control or hormone discussions.

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## HAPPENINGS AT THE HALL

### Parkland Halloween Parties

Saturday, October 28

Parkland Hall

### CHILDREN'S PARTY

Spooky entertainment for

ages 3 – 10

5 – 7 PM

\$2 members; \$5 non-members

### HALLO-TWEEN/TEEN DANCE PARTY

Ages 9 – 14

8 – 10 PM

\$5 members

\$7 non-members



## Silver and Golden Girls

The girl's name Aurelia comes from the Latin word for golden (aurelius). If you wanted to name a girl after the Latin word for silver, the name would be Argentina (from argenteus).



## Wagging Tails

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## St. Bonaventure Junior High School

*School motto: spirituality, citizenship, and excellence.*

The St. Bonaventure school community looks forward to a number of exciting November events that are representative of spirituality and citizenship.

Liturgically, the Remembrance Day Liturgy of the Word will remind each of us that peace is a responsibility that we all share. Looking back, our Thanksgiving Food Drive provided the student body with the opportunity to perform the corporal work of feeding the hungry. Through this, students were able to gain a sense of the true meaning of service learning. A special thanks to St. Bonaventure Parish for supporting our efforts.

Athletically, the volleyball and cross country running seasons have concluded. Sincere thanks to athletes, coaches, and parents for their contributions. It is greatly appreciated. The next sport on the athletic calendar is

wrestling. The team will aim to build toward the city championships in December.

In the fine arts department, our band students attended a band bootcamp with Monsignor J.S. Smith and Father James Whelihan. In addition, the music ministry practices weekly in order to enhance our school liturgies. Parents are always welcome to our liturgy celebrations.





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January - September

Styles	# of Sales 2016	# of Sales 2017
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