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PARKLAND news

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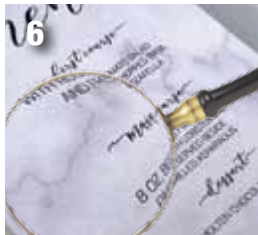


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Magazine Editors

Vanessa Gillard
Alexa Takayama
news@greatnewsmedia.ca

Design | Graphics

Rosemarie Bartschak
Joanne Bergen
Marina Litvak
Freddy Meynard
Carolina Tatar

Advertising Sales

Sam Brown
Susan Lavoie
Kay Petryk
sales@greatnewsmedia.ca | 403 720 0762

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Parkland Girl Guides	1-800-565-8111
167th Parkland Scouts	1-888-855-3336 or www.scouts.ca
Parkland Cares	Julie Kyliuk parklandcaresyc@gmail.com
Parkland Babysitting Co-op	Jenn Zeleke jennzee@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,	403-278-4515
Parkland State Centre	
Parkland Soccer	403-278-5330
Bow View Ringette	bowviewringette.com
Bonavista Hockey Program	lbbreakershockey.ca
Newsletter Editor	parklandca@telus.net
Delivery & Advertising	Great News Media 403-263-3044

Looking for ways to connect with various Parkland community members and associations?

Check out these Parkland based Facebook pages:

- Calgary Parkland Community Association
- Park96
- Parkland Community Buy Sell Swap Share (Calgary)
- Parkland Cares Calgary
- Parkland Neighbourhood Watch
- Annual Parkland Summerfest

Follow Us on

- Facebook: [facebook.com/Calgary Parkland Community Association](https://www.facebook.com/CalgaryParklandCommunityAssociation)
- Website: www.parklandyyc.ca
- Email: parklandca@telus.net

Parkland Community Association News

Parkland Hall Renovation Project

“It was such a pleasure to present the Parkland Community Association with a CFEP grant cheque for the Parkland Hall renovations. The Community Facilities Enhancement Program (CFEP) exists to support not-for-profit organizations in “building” Alberta, one community project at a time. It is wonderful to see the efforts of the Parkland Community Association Board come into full bloom with the renovations. My thanks to Sean, Janice, Kim, Erika and members of the Parkland Board for their work on this project. It was nice to have Councillor Peter Demong and Neighbourhood and Parks Liaison Brandy Kapell come out to show their support. I am proud to call Parkland home.”



- MLA Richard Godfried

Learn to Knit

Learn the wonderful craft of knitting, have fun and meet new friends. In this class, you will learn the basics: casting on, knit stitch, purl stitch and casting off. Make your choice of projects: ponytail hat, pompom hat, scarves, dish cloths and toques.

Wednesday evenings, 7:00 – 9:00 PM

May 8, 15, 22, 29

Class fee: \$50 Parkland Community Association members: \$60 non-members

Registration information at <http://www.parklandyyc.ca>

Program instructor, Carolyn Joels, has been an avid knitter for 55 years. Her knitting is award-winning – she has won ribbons at the Calgary Stampede and High River, Millarville and Heritage Park Country Fairs. Her designs have been featured in Chatelaine, Country Handcrafts and Calgary Herald. Carolyn welcomes the opportunity to pass along her passion for knitting.



PARKLAND NEWS & REVIEWS

Book, restaurant and movie reviews, community announcements and photographs by Parkland News' readers.

Namo Café

Here's a different little spot on Edmonton Trail (the old OEB location) that caters to vegans, vegetarians, and carnivores alike. It's a cozy restaurant that makes you feel welcome upon entering. The staff are super friendly and treat you like royalty as soon as you meet them. The place is clean and relaxing, with enough room between the tables so as not to hear others' conversations. If you notice, more and more restaurants are starting to cater to vegans especially breakfast/lunch places, which is wonderful when you like to meet up with vegans but can also enjoy true meat dishes. We're not such a small cow town after all.

I've enjoyed several meat options and seriously my favourite is their chicken and waffles (special that day) served with a twist on the chicken for flavour. The accompanying sauce puts maple syrup to shame; it's delicious! But I hear their duck and waffle is outstanding as well and that is on the menu on a regular basis. I will have to try that next time. And as for catering to vegans, their Laksa is simply the best, and there are many other unique options. The coffee selection is outstanding for taste and they supply smoothies and kombucha. Not to mention they offer a "kids' menu" as well. I love finding places to eat like this—a family run operation, with great food, a relaxing atmosphere and they are definitely want your repeat business. I take my coffee with honey and the first time I was there they didn't have any but the second time I went they did—love that! Put this on the list for the next meal out!

Note, they have limited parking in the back, and are only open for breakfast and lunch.

Culinary Critiques by Julie Bray, a long-time resident of Parkland and a FOODIE! Enjoy all the wonderfulness of eating, savoured by sharing or eating alone.

DISCLAIMER

Disclaimer: he opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Media and the Parkland Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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A Star is Born

This movie is a remake of a remake, however it is well worth seeing; the music is excellent and the acting, particularly and surprisingly, by Lady Gaga is phenomenal. The movie stars Bradley Cooper as Jack Maine, Lady Gaga as Ally Campana and Sam Elliot as Bobby Maine, Jack's older brother. There is also the surprise casting of Andrew Dice Clay as Lorenzo Campana, Ally's father.

The 1976 version of A Star is Born starred Kris Kristofferson and Barbra Streisand. I saw this movie when it was released but couldn't quite remember the tragedy in the plot line. Therefore, when I saw this version, I was unprepared for its heart-wrenching ending. The story is a love story between Ally Campana and Jack Maine. Both are artists: Jack's career is on the wane due to his alcoholism, and Ally's has yet to begin. Their paths cross when Jack impulsively hops into a nightclub where Ally is singing. After her set, Jack joins her, and they talk well into the night. Ally expresses frustration in trying to get her career off the ground, and Jack impressed with her talent, invites her to his next show. I wouldn't be spoiling anything by revealing that they fall in love and get married.

This movie was surprising in a few ways for me. First, Lady Gaga, as Ally, blew me away. She did an outstanding acting job, as well as singing. She was almost unrecognizable, as she wore little makeup in order to authentically play a young woman who is unsure of her place in the world, and of her talent. Second, was the breadth of Bradley Cooper's talent and involvement in this movie. His portrayal of Jack, an alcoholic in his cups, was authentic. And he sang many of the songs! Cooper was also a Director, and one of the Producers and writers.

It was no surprise that the movie received eight nominations at the Academy Awards. And no surprise that Lady Gaga won an Oscar for best achievement in music written for motion pictures. She was also nominated for her acting, I just wish she had won.

Arctic

Arctic is a survival movie that has little dialogue and no actors that are instantly recognizable. The story is one of a lone survivor of a plane crash in the Arctic. The lead character named Overgard is played by Mads Mikkelsen. Overgard spends his days checking his fishing lines, working on a SOS message that he has carved into the snow, and at a set time each day, he operates a distress beacon hoping to attract rescuers. Overgard survives by living in the wreckage of the plane and feeding off the land. After some time, a search helicopter appears. However due to a storm it too crashes, killing the pilot and severely injuring the co-pilot played by Maria Thelma Smaradottir.

Overgard rescues the co-pilot and endeavours to help her recover. However, as time passes with no improvement in her condition, no sign of rescuers and

a raid by a polar bear on his fishing catch, Overgard decides to brave the terrain and try to bring himself and Maria to safety.

And what a journey that is, the conditions are bleak on all fronts; forbidding terrain, below zero temperatures, blowing snow, frostbite, pulling an immobile passenger, and an attack by a polar bear. Wikipedia stated that Mikkelsen referred to this movie as the most challenging in his career. I can believe it. Ultimately the movie has a better ending than its beginning!

If you are a fan of survival movies, you will find this one worth seeing. I liked it.

Erika Diaz

I have always been a movie fan, indeed; it is a passion I have had for many decades. I hope that by sharing my reviews, you also will develop a passion for this medium.



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 or call 403-278-5330 if interested in purchasing a membership

Parkland Weekly Calendar

PARKLAND HALL

MAIN ROOM:

Mondays

9:00 AM – noon	Parkland Preschool	403-225-0083
7:45 PM – 9:00 PM	Private booking	

Tuesdays

9:00 AM – noon	Parkland Preschool	403-225-0083
1:15 PM – 2:45 PM	Bliss Yoga	Rosemary@blissyogacalgary.ca

Wednesdays

9:00 AM – noon	Parkland Preschool	403-225-0083
1:15 PM – 3:15 PM	Bliss Yoga	Rosemary@blissyogacalgary.ca
6:30 PM – 7:30 PM	Community Adult/Family Karate	parklandca@telus.net
7:00 PM – 9:00 PM	Learn to Knit (age 14+)	parklandca@telus.net

Thursdays

9:00 AM – noon	Parkland Preschool	403-225-0083
5:00 PM – 6:00 PM	Engage Pilates	Engagemobilepilates@gmail.com
7:00 PM – 8:00 PM	OMg yoga	www.omgyyc.com

Fridays

9:00 AM – noon	Parkland Preschool	403-225-0083
2:00 PM – 4:00 PM	Learn to Knit (Youth)	parklandca@telus.net
7:00 PM – 9:00 PM	Private booking	

Saturdays

1:00 AM – 2:00 PM	Available for bookings	
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Sundays

9:15 AM – 10:00 AM	Sportball, 18 mon. – 2 years	sportball.ca/Calgary
10:00 AM – 10:45	Sportball, ages 2 – 3 years	sportball.ca/Calgary

MEETING ROOM:

Mondays

7:00 PM – 9:00 PM	Bonavista Figure Skating Club Meeting - 1st Monday of the month	
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Tuesdays

11:00 AM – 1:00 PM	Bible Study, Pastor Sam Cadiz	587-832-4103
5:30 PM – 7:45 PM	Parkland Brownies	800-565-8111

Wednesdays

4:30 PM – 6:00 PM	Girls Circle	staceydmanseil@gmail.com
6:30 PM – 8:30 PM	Fish Creek Bravehearts Toastmasters Club - Alternate weeks	587-436-3334

Thursdays

1:00 PM – 3:00 PM	Learn to Knit (Adults)	parklandca@telus.net
7:00 – 9:00 PM	Parkland Board Meeting 4th Thursday of the month	403-278-5330

Fridays

1:00 PM – 3:00 PM	Parkland Book Club Third Friday of the month	403-278-5462
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Sundays

10:45 AM – 11:45 AM	OMg yoga	info@omgyyc.com
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UPCOMING EVENTS

Mosaic Birdhouse Workshop,
Sunday, May 5
artisticcreations.net

**Celebrate Alberta, Canada Day
Pancake Breakfast,**
July 1, parklandca@telus.net

**Parkland Clean-up Day &
Garage Sale,**
September TBA

Parkland Community Soccer on the Parkland fields,
Mondays & Wednesdays, 6:00 – 8:00 PM,
parklandca@telus.net

Please contact Erika at parklandca@telus.net or
403 278-5330 for Hall rental information or to view.

Remember: Parkland Community Association members receive a
discounted rental rate.

PARK 96

Board Game Club

Tuesday, February 19 at 7pm-10pm
Info: Darren at parklandboardgamesclub@
gmail.com

Parkland Acoustic Music Jam

7:00 – 10:00 pm on the first Tuesday and third
Wednesday each month.
parklandpamjam@gmail.com

Yoga in the Park

Mondays 9:30am
Contact: 403 281-7553 | email: janesponiar@
gmail.com www.LivingTaiChi.ca

Zoë's Martial Arts Classes for Kids

Times: Wednesdays 6-7pm
Age: 7 – 16 years old
For more information contact: Zoe Reeves
zoereeves@gmail.com.

UPCOMING EVENTS

SPRING & SUMMER PROGRAM REGISTRATION OPEN
Pop into Park96 to register for spring tennis lessons
for youth and adults plus get information for the
other camps running in the Park. Registration forms
are online at www.park96.com and available in the
office.

PARKLAND SUMMERFEST

Saturday, June 22.
Tickets at park96.com

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Yeah, you sent her a card, but did you build her a *shrine*?



Andrews Methodist Episcopal Church has been designated as a shrine to all mothers. The founder of Mother's Day, Anna Jarvis, attended the church in her youth and sent over 500 carnations on May 10, 1908, to be distributed to the congregation's mothers. In 1914, Mother's Day became a nationally observed holiday in the United States.

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

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Initiatives:

The Birthday Bag program, run by the Calgary Food Bank, is one of our most popular initiatives of the year. It's an all-ages activity that better the lives of those around us, it's also one of our easiest projects to contribute to if free time is at a premium.

This is a fun, social event with bag stuffing and card making. It is suitable for all ages.

VOLUNTEER! Come out on May 5th from 1:30-3:30 to help put the bags together, younger children can help make birthday cards.

DONATE! We are off to a fantastic start! Thanks to the generous support of Richard Gotfried, we already have 100 cake mixes, 100 cake icings, and 100 boxes of candles.

Donation Bins will be at Park96 from April 19th-May 3rd. Thank you for your part in helping make birthdays great for disadvantaged kids in Calgary!

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



parklandcaresyyc@gmail.com

Parkland Cares Calgary

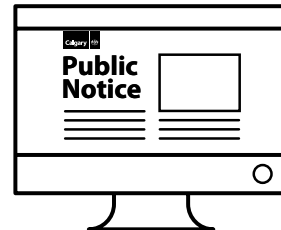
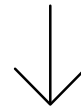
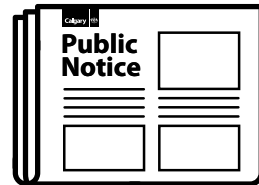
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Calgary



Development Permit Notices are Moving Online

Development Permit Notices will no longer be published in the newspaper after May 16th. Visit **Calgary.ca/publicnotices** to see detailed information on development activity in your neighbourhood.



19-00217417



Mental Health is Going to the Dogs

by Nancy Bergeron, Registered Provisional Psychologist

From dealing with addiction, loneliness, stress, anxiety, PTSD, learning disabilities, age-related disorders, depression, autism, to social situations, dogs are filling the biopsychosocial gaps.

The human-canine bond goes back thousands of years. Dogs descend from wolves and have been attracted to humans ever since we began living in settlements. That created an advantage for wolves to live near humans, and since it tended to be the less aggressive wolves that could do this more effectively, they essentially self-domesticated over time. Simply petting a dog can decrease levels of stress hormones, regulate breathing, and lower blood pressure. Research also has shown that petting releases oxytocin, a hormone associated with bonding and affection, in both the dog and the human. Dogs make people feel good, says Brian Hare, an associate professor of cognitive neuroscience at Duke University, who points out that dogs are found now in some courtrooms, exam study

halls, hospitals, nursing homes, hospice-care settings, classrooms, airports and elsewhere, "and their only job is to help people in stressful situations feel better. Many people seem to respond to dogs in a positive way."

We live in a high-tech, low-touch world and people have a longing for connection. Companion animals like dogs can be that bond, these bonds help us to feel good. When we see, touch, hear or talk to our companion animals, beneficial neuro-hormones are released and that induces a sense of goodwill, joy, nurturing and happiness. At the same time, the stress hormone cortisol is suppressed. Heart rate, blood pressure and respiratory rate can all decrease, leaving us more relaxed and able to manage stress in ways that aren't harmful to our health. Dogs make for easier conversation, they are social lubricant. People are likely to respond more positively to someone who has an animal with them. Animals give us permission to engage in ways we wouldn't otherwise, less formal ways, silly ways. But at a minimum, animals provide a topic of conversation that's not stressful. And that's helpful in settings ranging from workplaces to hospitals and other settings where trained therapy dogs work.

"The bond between man and dog is something that can really cure a lot of emptiness," says Stephen Knight. "I'm a recovering addict, six years clean and sober. I did work in non-profits and social services but went into addiction hard core and ended up homeless, living out of my car, and lost everything in life that matters. Getting a dog eight months into recovery changed my life. There's a lot of voids that you fill with drinking and drugs. Dogs can replace that with their love."

Paws To Read is an organization that matches child certified therapy dogs and handlers with children who struggle to read. Kids read to the dogs and are encouraged to pick books they think the dog would like to hear. Their dogs provide undivided attention to the kids as they read aloud. Studies have shown that reading to dogs encourages confidence and boosts self-esteem in children who struggle to read aloud in class, therefore boosting their literacy. St. Philip Elementary school participated in a similar program.

Thousands of dogs are waiting to be rescued so they can in turn rescue you...just one more way a dog can add meaning to your life. This article is dedicated to Seamus, my dachshund who rescued me last month.

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Park96 INFORMATION

Parkland Community Centre (or affectionately known as Park96)
14660 Parkland Blvd SE
Calgary, AB T2J 6L5
Phone: 403-271-7516
Email: park96@telus.net

PARK96 ANNUAL FEES

Invoices for the 2019 Annual Fee were mailed out the middle of January avoiding the Holiday rush. The annual fee is \$200.00 (including GST) and interest begins on April 15, 2019. 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.
3. Come in person or call the Administration Office to pay by Debit or Credit Cards.

March Office Hours for Park96 Invoicing Season

Monday: 9:00am-2:30pm
Tuesday: 9:00am-2:30pm
Wednesday: 9:00am-2:30pm
Thursday: 9:00am-2:30pm
Friday, Saturday & Sunday: Closed

If you wish to make an appointment outside of Official Office Hours don't hesitate to contact the office to arrange a time convenient for you!

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.

Greetings Ward 14!

I hope you had a great April. Here are your May newsletter topics.

Extended Producer Responsibility

Some have likely noticed me mention Extended Producer Responsibility (EPR) over the last few months. Simply put, EPR shifts the responsibility and costs of managing recyclable materials from municipalities to producers. It is not new. It exists in some form in every province in Canada, other than Alberta.

I am a proponent of EPR for two main reasons:

1. In 2016, producers provided more than \$367 million to fund provincially-regulated paper and packaging recycling across Canada because of EPR. Because Alberta does not have EPR legislation we received NOTHING. Yet we pay for the cost of EPR in other provinces that producers pass on. We are paying twice for our recycling, and EPR could change that.
2. EPR provides an incentive for industry to innovate ways to waste less and recycle more.

Cities, and towns across the province have shown their support for a province-wide EPR program, but what we really need is for Albertans to tell the Province to stop making them pay twice. If you want to see EPR in Alberta, tell your MLA. You can visit calgary.ca/ward14EPR for more info about EPR.

Counciltalk

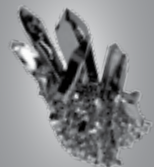
The next Counciltalk is on May 4 from 12 p.m. to 2 p.m. at the Parkland Community Hall (505 Parkvalley Rd SE). Visit calgary.ca/counciltalk for future dates.

Please feel free to contact me any time. The best way to do so is by visiting calgary.ca/contactward14.

Osmium

Osmium is a blue-gray metal that is roughly twice as dense as lead, comparably hard as a diamond, and twice as reflective as gold. Osmium alloys (osmium mixed with other elements) can be found in fingerprint detection technology, fountain pen nibs, and was once used for lightbulb filaments (before tungsten).

Os



Ticket info - park96.com

**PARK
LAND
SUMMER
FEST**

June 22, 2019



Alberta
Foundation
for the Arts

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> Annual Parkland Summerfest

Fun run
Tennis
Car show
Face painting
Bicycle decorating &
Bike parade
Food trucks
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Village Brewery
Eau Claire Distillery
&
Much, much more



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Be the Change: Creating Inclusive Environments

Part of my job is to speak with recreation facilities to ask if they can accept a child into their program. This child is always the right age for the activity. He or she has the necessary skills to be successful. They want to participate. And they have a disability.

My job is necessary due to a combination of many things. This child might be denied a spot because of an inflexible policy, a lack of funding for equipment or staff, a gap in knowledge on how to adapt the activity or program, or a misunderstanding of what a person can do—if given an opportunity. Sometimes, the answer is no.

Studies show that children who do not have a disability participate in a greater number and variety of activities, are more likely to take part in social activities with friends (rather than with family), and report *enjoying* their experience more than children who have a disability. Around 200,000 children in Canada have a disability, and each person has a different story about why this rings true for them.

Here is one story, from one person that I work with, about his experience:

“Having a disability has greatly impacted my life. For 6 long years I could only think my thoughts but never share them, simply because I could not speak. This made me feel very sad, lonely and so different from everybody else. Even though a lot of people helped me, all I felt was just: I can’t speak; I can’t hang out with friends because that involves talking; I can’t have friends really; I can’t fit in; I am always the slowest in my class; I can’t go to summer camp or other programs like my brother or sister. Instead, I see therapists and study inside. Kids pity me. I have a disability which keeps me away from so much, except for going to school.”

Recreation is activity done for enjoyment, when one is not working or at school. Access to recreation is not equal; there are barriers that stop some people from enjoying the benefits of healthier lifestyles, increased self-esteem, and opportunities to build friendships with others. Children and youth with disabilities often do not experience the widening world of opportunity that comes from regular access to recreation in the same way as their typically developing peers.

Most of us agree that everyone should have equal access to reach their full potential in society, but the difference in opportunity continues to exist. To gain equity, we need to do more than acknowledge rights and pledge to treat people fairly. We need to make real efforts to address the discriminatory effects of policies and programs. We need to change the mindset which allows this reality to persist in our society. We need to work harder to make sure that everyone is included.

The next time you are given an opportunity to include someone with a disability, please consider how you can make that happen.

For assistance or more information, contact The Calgary AbilityNetwork at 403 219 3606 or calgaryabilitynetwork.ca.

Amanda Wilson
Community Engagement Coordinator
Between Friends

Parkland Community Association is committed to fostering an inclusive environment. We want our Parkland Hall to be the most accessible community Hall in Calgary! We have recently installed accessible door hardware and raised the patio to be flush with the interior level. But we know there is more we need to do. We welcome your suggestions for improvement.

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