

AUGUST 2016

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HIGHLAND PARK HIGHWOOD

SUMMIT

THE OFFICIAL HIGHLAND PARK & HIGHWOOD COMMUNITY NEWSLETTER



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3920 - 3A Street NE Calgary
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In addition we offer many services such as,
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Pre Purchase Inspections, Commercial Vehicle
Inspections, Dealer Maintenance Programs,
4 wheel alignments, Tune Ups, Tires And Brakes.



We are a AMA Approved Shop and for our neighbours in the area we are **OFFERING A 20% DISCOUNT FOR YOUR FIRST TIME VISIT AS WELL AS FOR AMA MEMBERS.**



Highland Park
Community
Association

3716-2 St. NW
Calgary, AB T2K 0Y4
403-276.6969
HPCA@shaw.ca



Highwood Community
Association

Box 64245-5628
4 Street NW
403.289.9329
Calgary, Alberta T2K 6J1
highwood99@hotmail.ca
www.highwoodcommunity.com

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Highland Park Community Association

Office: 403-276-6969

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COMMUNITY CONTACTS	
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Development Review	Paul Engler 403-671-6666
Seniors' Luncheon	Rosalind Kohut, 587-349-0870
Neighbourhood of Promise Contact	Jennifer Dimarzo, 403-476-7295 jennifer.dimarzo@calgary.ca
Police Service	Cst. Gord Denison, District 3, GDenison@calgarypolice.ca
Bylaw Infractions	Call 311, or complete form online at: www.calgary.ca/311online
Ward 4 Councillor	Sean Chu, 403-268-3727, Sean.Chu@calgary.ca
Volunteers	hpcavolunteercoord@gmail.com

Editorial Content DEADLINE of each month for the next month's issue
highlandparkeditor@gmail.com

HIGHLAND PARK HALL RENTAL RATES

Phone: 403-276-6969

We welcome rental enquiries for our facilities. We offer a choice in hall size, a kitchen with an updated stainless steel appliances, a portable bar, a projector, sound system, a pull down screen for sharing pictures of those special moments, and loads of tables and chairs.

Rental Rates:

Main Hall – 219 person capacity
\$550/day or \$55/hour; \$500 damage deposit

North Hall – 60 person capacity
\$400/day or \$44/hour; \$400 damage deposit

Lower Main Hall – 2500 sq. ft.
Ideal for recreation, rehearsals or children's programs
\$25/hour

Lower North Hall – 60 person capacity
\$25/hour

There is a once per year 25% discount for HPCA area residents with a current membership.

THE GOOD FOOD BOX

The Good Food Box is a Community Kitchen initiative available to anyone, not just residents of Highland Park. Bring **cash only** to the address below on the payment date, then pick up your produce on the pick-up date. It's an excellent deal on fresh produce! For more information call Kelly Irvine at 587-216-0638.

Large Family Size Box: 45-50 lbs \$35

Family Size Box: 35-40 lbs \$30

Single/Senior Box: 25-30 lbs \$25

Where: HPCA Hall, 3716 2 Street NW

Time: between 6:00pm and 7:30pm

Order Date	Pickup Date
August 23	September 1
September 20	September 29
October 18	October 27
November 15	November 24

HIGHLAND PARK PRESIDENT'S MESSAGE



Happy Summer Everyone. I am a little soggy right now- it's been a wet Stampede. We were really fortunate that it did not rain on our BBQ this past Wednesday and it was great to see everyone and

enjoy some nice visits. The preschool licensing effort is still ongoing, but looking very positive that we will have our September start. If you are looking for options for Preschool have a look at our website. We also have a fully licensed before and after school program starting at the Hall this September. We are just thrilled to see so many families using the Hall. June we had our Senior's Luncheon and it was fabulous - as always, these will kick off again in the fall. If you have interest in attending the Senior's Luncheon or helping out with the lunch don't hesitate to contact me.

Last but not least - the golf course development. This went before Council on Tuesday, July 5 and the proposal was tabled for further considerations. There are specific issues with the proposed development that require further attention and we have a great group of folks from not only Highland Park, but also Highwood and Thorncliffe Greenview. If you are interested in learning more about the proposed development please contact HPCA and I would be happy to sit down with you and chat - or you can always learn more in Paul's update from the Development Committee.

Other than that we have the Music in the Park series throughout the summer. The dates are August 3 and August 17- so please come out. August 17 will be Pizza in the Park.

*Elise Bieche, President
Highland Park Community Association
elise.bieche@shaw.ca
Twitter @HighlandPKCA*



Highland Park Preschool

Now taking registrations for September 2016!
A combined program for 3 and 4 year olds
Mornings 2, 3, 4, or 5 days per week, we are flexible to meet your needs!

2 days/week - \$130/month
3 days/week - \$170/month
4 days/week - \$225/month
5 days/week - \$280/month

Registration fee: \$60
(add an additional \$2.50 if paying by PayPal)

Please see our website for more details
highlandparkcommunity.ca

Call or email Carolyn at hpc@shaw.ca 403-276-6969



INTRODUCING NEXT

a before and after school program operating during the school year at Highland Park Community Hall

Call Paula Beekman for registration details at 403-992-9430 or email paulabeekman@shaw.ca

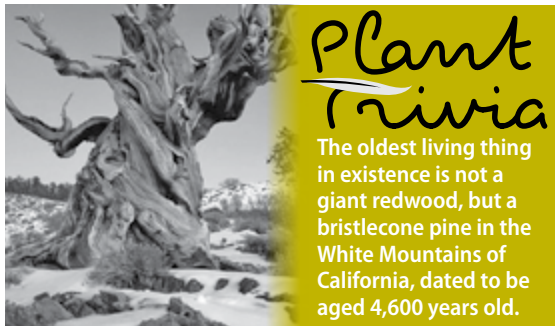
REGISTER NOW

HIGHLAND PARK PLANNING AND DEVELOPMENT ACTIVITIES

It was a busy month for the Planning and Development Committee; thank you to everyone who took time out of their busy days to participate in the Golf Course Awareness Rallies that happened on June 30th and attend City Council on July 5th. The amount of community engagement was amazing and allowed our voice to be heard by our elected officials on City Council and in the Provincial Legislature.

In case you haven't heard City Council has tabled the hearing on the Highland Park Golf Course development until January 2017 to allow for greater community consultation to occur. The next several months are going to be critical to getting a great result for the community. The Community, City Planning, and the Developer have been asked to work together to build a plan that works for everyone.

A time and place for the 40th Avenue Green Line Charrette have been announced. The charrette will take place from October 17- 22 at the West Campus of the Centre Street Church. The charrettes are a multi-evening process that allow for multiple rounds of community feedback to be integrated into the design. The City has put a very strong emphasis on the outcomes of the 40th Avenue Green Line Design Charrette in guiding the development of the Golf Course lands, so if at all possible please make time in your calendar to attend as many of the sessions as possible. This is your best opportunity to impact the outcomes of the Green Line and Golf Course developments as they pertain to Highland Park.



Plant Trivia

The oldest living thing in existence is not a giant redwood, but a bristlecone pine in the White Mountains of California, dated to be aged 4,600 years old.

Science of Spirituality

To become aware of our connection with all life is one of the main purposes of developing ourselves spiritually. Love is innate in our soul, but we can connect with this divine quality more deeply and permanently when we come in contact with a living, spiritual Master, attend satsang and meditate. When we learn to love all of God's creation, we inevitably draw closer.

All activities are held free of charge
Every Sunday from 5:30pm-7:30pm
North Hall
Highland Park Community Association
3716 – 2 Street NW, Calgary
Phone: 403-614-2613 or 403-241-3328

Northminster United Church

3311 Centre Street N • (403) 277 0322 • www.northminster.ca

Rev. Nancy Nourse
Sundays at 10:30 AM - SUMMER WORSHIP SERIES –
“Faith, Trust and Pixie Dust”
We'll be including both new and classic Disney movie clips in each Sunday's reflection, great for all ages.



Struggling to make ends meet?

BowWest connects you to resources:
Food, clothing, shelter, transportation, counselling, no or low cost recreation.

Highland Park Community Centre
Thursdays starting Aug 18/16, 1:00-4:00 pm
403-703-0140 | victoria@bowwest.com



Highland Park Community Association MEMBERSHIP FORM

Fees: Families - \$20 • Individuals aged 18 to 64 - \$10 • Individual seniors (age 65 & over) - \$5
Associate members (non-residents) - \$10

Memberships good for one year from date of purchase

Please make cheques payable to: Highland Park Community Association

Please mail cheque and this form to:

Highland Community Association, 3716 – 2nd Street NW, Calgary, Alberta T2K 0Y4

Name: _____

Address: _____ Postal Code: _____

Phone: _____ Email Address: _____



HIGHLAND PARK COMMUNITY SENIOR'S LUNCHEON

\$6.00 person for HPCA members (except potlucks)
\$10.00/person for non-members of HPCA
POTLUCKS: \$2.00/person for those that bring a dish.
Please contact Anne Klempa
(403) 277-3388 to confirm your attendance.

2016

Sept. 20
Oct. 18
Nov. 15
Dec. 13

Monica C. has been cooking for the Seniors' Lunch for many years. She is now taking a very deserved long term break. In order for the Seniors' Lunch to continue, we need help. We would like to get a small committee together so that the task is not on one person.

To date we had help from some of you to set up and to clean up and for dessert. We need some people to come together to also cook some meals. The senior's lunch happens once a month except during summer time and in June where it is usually a BBQ and potluck. So really only 9 times. The more we are the less work it is.

Can you please respond to jennifer.dimarzo@calgary.ca or rozkohut@gmail.com.

HALL SCHEDULE AUGUST 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 -HERITAGE DAY – OFFICE CLOSED -MH 7:30pm-9:30pm Bunbukan Karate	2 -MHB YMCA 9am-3:30pm -MH 7pm-10pm Martial Arts	3 -Music in the Park 6pm-8pm	4 -MHB YMCA 9am-3:30pm -MH 7pm-10pm Martial Arts	5 -MH/NH/MHB 6pm-2am New Covenant	6 -LNH 8pm-9pm AA Meeting
7 -All Halls 7am-2pm New Covenant -MH 2:30-4:30 Martial Arts -NH 5:30pm-7:30pm Science of Spirituality	8 -NH 7pm-9pm Planning & Development Meeting -MH 7:30pm-9:30pm Bunbukan Karate	9 -MHB YMCA 9am-3:30pm -MH 7pm-10pm Martial Arts	10 MH 6-8pm Stampede BBQ /Music in the Park	11 -MHB YMCA 9am- 3:30pm -MH 7pm-10pm Martial Arts	12 -MH New Covenant	13 -LNH 8pm-9pm AA Meeting -MH all day New Covenant
14 -All Halls 7am-2pm New Covenant -MH 2:30-4:30 Martial Arts -NH 5:30pm-7:30pm Science of Spirituality	15 -MH 7:30pm-9:30pm Bunbukan Karate	16 -MHB YMCA 9am-3:30pm -NH 7pm-9:30pm CaRWA -MH 7pm-10pm Martial Arts	17 -Music in the Park 6pm- 8pm	18 -MHB YMCA 9am- 3:30pm -NH 9:30am-10:30am Souffire Yoga -MH 7pm-10pm Martial Arts -NH 1-4pm Bow West	19 -MH/NH/MHB 6pm-10pm New Covenant	20 -MH 4pm-5pm Private Event -LNH 8pm-9pm AA Meeting
21 -All Halls 7am-2pm New Covenant -MH 2:30-4:30 Martial Arts -NH 5:30pm-7:30pm Science of Spirituality	22 -MH 7:30pm-9:30pm Bunbukan Karate -NH 7pm-9pm Mary Kay	23 -MHB YMCA 9am-3:30pm -MH 7pm-10pm Martial Arts	24	25 -MHB YMCA 9am- 3:30pm -MH 7pm-10pm Martial Arts -NH 1-4pm Bow West	26 -MH/NH/MHB 6pm-10pm New Covenant	27 -MH New Covenant -LNH 8pm-9pm AA Meeting -MH all day New Covenant
28 -All Halls 7am-2pm New Covenant -MH 2:30-4:30 Martial Arts -NH 5:30pm-7:30pm Science of Spirituality	29 -MH 7:30pm-9:30pm Bunbukan Karate -NH 7pm-9pm Mary Kay	30 -MH 7pm-10pm Martial Arts	31 -NH 7pm-8:30pm Preschool Meeting	LEGEND MH Main Hall; MHB Main Hall Basement; NH North Hall; LNH Lower North Hall For information regarding any of the above, please call Carolyn at the Community Hall at 403-276-6969.		

Why Should I Care about the Highland Golf Course Re-development

If you live on 40th Ave.

Traffic will greatly increase on this road as more commuters will use it to get to 14th Street.

If you live on 44th Ave.

This is one of the roads planned to get in and out of the development. More traffic could use it to cut through Highwood to get to Northmount Drive.

If you live on 4th St.

This road would certainly see more traffic and possible parking restrictions.

If you like green spaces

They are planning on cutting down over 500 trees. Only 2% will be left for green space.

A creek runs through it

It has been hidden in a vaulted causeway and filled over. The springs and wetlands will be destroyed and filled in.

If you like multi-use amenities

Coffee shops, restaurants, shops, not just apartments and condos. It could be a wonderful redevelopment, if it is done right. This project needs your input.

If you are concerned about how your city tax dollars are spent

The money for the subsequent infrastructure is coming from your municipal taxes. You should have a say in how it's spent.

Then I should care

What the Community would like

- ☞ Reduce the number of units.
- ☞ Preserve the trees.
- ☞ Include more green space.
- ☞ Include more multi-use amenities.
- ☞ Protect the wetlands.
- ☞ Follow the City's own redevelopment policies.
- ☞ Follow the City's 'Biodiversity Strategic Plan'

What can I do?

- ☞ Attend the charrettes (multi-day workshops) that will be scheduled in the fall (TBA)
- ☞ Come to the Public Hearing at City Council scheduled for January 2017 (TBA)
- ☞ Write a letter to;
 - Highwood Councillor
Druh Farrell ward07@calgary.ca
 - Highland Park Councillor
Sean Chu ward04@calgary.ca
 - The Mayor
Naheed Nenshi themayor@calgary.ca
 - To your MLA
Craig Coolahan klein@assembly.ab.ca
- ☞ Get involved.
- ☞ Have your say.

Facts and tidbits

- ☞ 2100 - 4000 units are proposed for the development. No single family homes.
- ☞ No other Community has been asked to take on this density.
- ☞ Construction could take 10 - 15 years to complete. There is no planned time limit.
- ☞ The current developer could sell off parcels to other groups to develop.
- ☞ Traffic will increase significantly.
- ☞ The greenspace will be filled with 3 - 5m of earth requiring 98% of the trees to be removed.
- ☞ Confederation Creek runs through but is buried.

'Anyone who thinks they are too small to make a difference, has never tried to fall asleep with a mosquito in the room'



Highland Park's "Music in the Park" is back!

Jazz in the Park
Wednesday, August 3
6:00 to 8:00pm

Come out for treats in the park while listening to the *Mark Schultz Quintet*. These young musicians specialize in jazz style and improvisation. They play a variety of genres, from blues to Latin and everything in between. Be prepared to be impressed!

Pizza in the Park
Wednesday, August 17
6:00 to 8:00pm

Join us for our famous pizza evening with live music from fan favourite *Locomotive Ghost*. A piece of pizza is two dollars, or the first slice is free with a HPCA membership.

Locomotive Ghost performs original folk-pop songs that incorporate elements of indie-rock, Americana, and spoken word to create music that is "at once artistically expressive, accessible, fun, and full of small surprises". (Avenue Calgary)

Neighbourhood of Promise

Learn about Programs & Services in your neighbourhood!
The Accessible Programs & Services Committee is highlighting a different resource in your community each month. We hope this lets you know about some of the great services available to you and gets you connected to the people and places around you.

If you are interested in being a part of this, contact your Community Social Worker: Jennifer Dimarzo, 403-476-7295 or jennifer.dimarzo@calgary.ca

Community Cleanup September 10 9am – 2pm

Get ready for our community cleanup event in September! Any Calgarian – doesn't matter if you live in Highland Park or not -- will have the opportunity to dispose of unwanted items and yard waste free of charge. There will be two city garbage trucks and a green waste truck for yard and garden debris. Electronics and metals recycling will be provided by Technotrash and Recon Metals, and the Diabetes Clothesline will take your good used clothing and small housewares. It's a great chance to purge broken, worn out and unwanted "stuff" from your home. The cleanup takes place at the Highland Park Community Hall, 3716 – 2nd Street NW.

The *Community Standards Bylaw* requires that loose garbage, yard waste, bottles, can, boxes, household furniture, packing materials, machinery parts, equipment, or appliances must not be visible from outside the property. And something you may not know – if you have a back alley (as many properties do in Calgary), then you need to have your house number clearly displayed at the back of the property so that it is visible from the alley.

For more information, see the City of Calgary's *Good Neighbour Guide* at http://www.calgary.ca/CSPS/ABS/Documents/good_neighbour_guide.pdf. You can also browse through the Bylaws by Topic at <http://www.calgary.ca/CSPS/ABS/Pages/Bylaws-by-topic/Bylaws-by-topic.aspx>. For information about what and where to recycle or discard unwanted materials, see <http://www.calgary.ca/UEP/WRS/Pages/What-goes-where/Default.aspx>

WE NEED VOLUNTEERS ON SEPTEMBER 10th. Email: hpcavolunteercoord@gmail.com if you can lend a hand.

Highland Park YOGA

Highland Park Community Hall 3716 2nd St. NW

TUESDAY 5:30-6:45pm
September 6th - October 25th

1 Registration \$80 - 8 weeks
*** 2 Registrations \$140 ***

Martha has been teaching since 2013 and her foundation is in Hatha yoga. She is certified in Restorative Yoga and she is currently in her 500 hrs in Yoga Therapy at Mount Royal University. In this class you will explore 26 foundational poses plus the breathing and relaxation practices.

Participants are asked to bring a yoga mat, a blanket, and a bottle of water. Please wear something that is comfortable and allows you to move. This class is available to all-levels and all ages.

Contact Martha to register:
403-669-6186
marthaffleck@gmail.com

IN & AROUND CALGARY

EMS: Accidental Poisoning

Alberta Health Services, EMS, would like to remind parents of precautions they can take to prevent accidental poisoning emergencies in their home. The ingestion of prescription or over-the-counter medications is the leading cause of accidental poisoning in children. Just small amounts of adult medications can be seriously harmful or even fatal to your child if swallowed. Other causes of poisoning are household cleaning products, dishwasher tablets, or personal care items, such as mouthwash or nail polish.

Medication storage

- Store all medications in a locked container and place in an area inaccessible to children.
- Keep medications in their original child-resistant packaging.
- Do not mix multiple medications inside one bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Ensure visitors to your home keep their personal belongings out of children's reach as they may contain unsafe items.
- Take extra precautions with medicines that appeal to children such as chewable vitamins, or flavored cough and cold syrups.
- Properly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, car supplies, and cosmetics in cupboards or drawers that can be locked.
- Apply child safety latches to drawers and cabinets if they are within a child's reach.
- Know and label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness when ingested.
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.
- In case of a poisoning emergency, call 9-1-1.
- Provide the name of the product ingested or, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

Community Standards Bylaw Review

The Community Standards Bylaw promotes clean, safe, healthy communities by regulating neighbourhood nuisances like yard maintenance, noise, and fire pit use. The bylaw allows Calgary Community Standards to partner with Calgarians to build better communities and better communities build happiness.

The City is reviewing the Community Standards Bylaw to ensure that it still meets the needs of citizens. We want your feedback, please send your ideas to improve the Community Standards Bylaw to CSBreview@calgary.ca. Let's continue making communities across the city the best they can be.

How will Calgary's main streets evolve in the future?

The City's Main Streets initiative has heard from Calgarians like you. In addition to considering your input, City planners have been working with economic research experts and industry partners to understand what the market demand, opportunities and challenges are for development in main street areas.

To see what The City learned about your main street neighbourhood through this work, visit calgary.ca/mainstreets.

Upcoming opportunities to get involved"

There will be more opportunities to share your input about the future of Calgary's main streets in the fall.

Visit calgary.ca/mainstreets to become a subscriber and receive email updates about event dates and online input opportunities.

Get Moving This Summer!

Did you know that The City of Calgary has a variety of free and affordable community programs and events for families, youth and seniors this summer?

Don't sit at home. Get out and get moving! Take advantage of hundreds of community programs and events organized by The City.

Visit Calgary.ca/GetMoving to find an activity that's right for you!



Last 12 Months HIGHLAND PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$669,999.00	\$669,999.00
May 2016	\$669,000.00	\$655,000.00
April 2016	\$669,950.00	\$651,000.00
March 2016	\$649,900.00	\$626,750.00
February 2016	\$629,900.00	\$620,000.00
January 2016	\$0.00	\$0.00
December 2015	\$607,450.00	\$597,500.00
November 2015	\$569,450.00	\$557,500.00
October 2015	\$699,900.00	\$687,500.00
September 2015	\$516,950.00	\$497,750.00
August 2015	\$587,493.50	\$568,500.00
July 2015	\$468,400.00	\$450,500.00

Last 12 Months HIGHWOOD MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	12	11
May 2016	12	11
April 2016	10	8
March 2016	11	6
February 2016	11	8
January 2016	12	0
December 2015	9	4
November 2015	6	6
October 2015	14	5
September 2015	10	4
August 2015	13	6
July 2015	11	2

To view the specific SOLD Listings that comprise the above MLS averages please visit highland-park.great-news.ca or highwood.great-news.ca



IN & AROUND CALGARY

The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains round-worm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.

Backyard Fire Safety tips from your Calgary Fire Department

Enjoying a recreational fire in your backyard can be a great way to spend a summers evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

Rules for fire pits

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fir pit locations.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide. This helps to ensure embers, sparks or smoke don't harm anyone or cause a nuisance to your neighbours.
5. Only burn clean, dry firewood. **Do NOT burn:**
 - Wood that is painted, treated or contains glue or resin
 - Wet or green/fresh cut wood
 - Yard waste (cut grass or leaves)
 - Garbage
 - Rubber or plastic
 - Furniture
6. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
7. All fires in your fire pit must never be left unattended.

Aside from safety considerations, not following these rules can lead to fines of \$500, \$1000 or even \$5000. For more information, go to Calgary.ca/fire.



**COUNCILLOR, WARD 4
SEAN CHU**

403-268-3727 • ward04@calgary.ca
www.calgary.ca/ward4 • www.seanchu.ca

Greetings everyone,

In case of an emergency, know your location

Each year, Calgary's 9-1-1 centre receives over one million emergency and non-emergency calls. It takes a team of over 300 employees, working in a 24-7 environment to answer those calls and get citizens the help they need.

The most important piece of information a 9-1-1 emergency communications officer needs is your location. If you don't know where you are, there may be a delay in getting you the help you need. Many citizens assume that emergency responders can find them based on cell phone GPS. This is not true. While the 9-1-1 officer may receive your approximate location, it's not always accurate. That's why it is so important to always pay attention to your surroundings and know your location.

It's easy if you're at home where you can provide your home address to the 9-1-1 officer. But what if you were outside, enjoying your day in one of Calgary's parks, when you suddenly need to call 9-1-1? If you're in Fish Creek Park, Glenmore Reservoir or on the Bow River pathway, you can look for our emergency locator signs. These signs are an initiative between Calgary Parks and Calgary 9-1-1. Taking note of them will help crews locate you in an emergency.

Whether you're at home or out enjoying the summer in our city, Calgary 9-1-1 is there to help you stay safe.

For more information on Calgary 9-1-1, visit Calgary.ca/911

New to Canada?

Arriving in a new city can be overwhelming. In Calgary, there are many resources and services to assist newcomers, community organizations to help you get settled, and immigrant serving agencies who can help if you're new to Canada.

The Newcomers Guide to Calgary (available in English and Arabic) provides important information for new residents in an easy to download and print format. For more information, visit calgary.ca/newcomers.

Have a great Summer!

HIGHWOOD AUGUST 2016 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
HOP DayCamps Weekly to Sept. 2 8:30am - 4:15pm		MS Society 10:30-12:00			MS Society 12:00 - 1:00 CCNV - MH, MR, K 5:00 - 11:00pm	
7	8	9	10	11	12	13
CCNV - MH, MR, KI 8:00am to 3:00pm		MS Society 10:30-12:00			MS Society 12:00 - 1:00 CCNV - MH, MR, K 5:00 - 11:00pm	All areas booked 16-2 8:00am to 1:30am
14	15	16	17	18	19	20
CCNV - MH, MR, KI 8:00am to 3:00pm					CCNV - MH, MR, K 5:00 - 11:00pm	
21	22	23	24	25	26	27
CCNV - MH, MR, KI 8:00am to 3:00pm		MJP Foyer 5:00 - 7:00pm				MJP 9:00am - 2:00pm
28	29	30	31			
CCNV - MH, MR, KI 8:00am to 3:00pm MJP MH 10:00 - noon	MJP MH 9:00 - noon	MJP MH 9:00 - noon	MJP MH 9:00 - noon	MJP MH 9:00 - noon	MJP MH 9:00 - noon	
Notes:						

CAPACITY 133 serving liquor, 150 no liquor served
Weekend (12:00pm Saturday to 1:30am Sunday)
\$400.00 flat rate Non-Community Members + \$350.00 refundable deposit
\$325.00 flat rate Community Members + \$350.00 refundable deposit
Hourly
\$35.00/hr Non-Community Members + \$350.00 refundable deposit
\$30.00/hr Community Members + \$350.00 refundable deposit

There is a 3 hour minimum required on all hourly rentals.
All rentals are subject to GST
Bereavement - The hall will be made available to Highwood Community Members free of charge (rental calendar permitting) for up to a 4 hour memorial gathering or service.
Long term rates - \$25.00/hr main hall, add kitchen \$5.00, add meeting room \$5.00

HIGHWOOD COMMUNITY ASSOCIATION

PRESIDENT	Jay Meakin	jaymeakin@me.com
VICE PRESIDENT	Dean Stewart	dean.stewart@shaw.ca
TREASURER	Bryan Seitz	bryan.d.seitz@gmail.com
SECRETARY	Chris Carlile	chris.carlile@live.ca
SOCIAL DIRECTOR	Tuan Pham	403-202-3123
NEWSLETTER EDITOR	Donna Stefura	dstefura@telus.net
HALL RENTALS	Gloria Kelly	403-289-3645
MEMBERSHIP	Glenn Blackett	403-298-8474
	Tuan Pham	403-202-3123
CARETAKER	Kari B.	
POOL COORDINATOR	Gloria Kelly	403-289-3645
PLAYSCHOOL	Colleen Underwood	colleen.underwood@cbc.ca
ICEMAKER	Dean Parker	403-284-5737
WEBMASTER	Dan Waldon	dan@redelements.com
FACILITY DIRECTOR	Justin Elton	403-467-3096
CO-FACILITY DIRECTOR	Mike Neufeld	
SENIORS GROUP	Doreen Ratsoy	403-282-1030
SNOW REMOVAL PROGRAM	Joni Wright	403-284-5999
	Cathy South	403-289-1264
RINK RENOVATION COMMITTEE	Brody Todd	
COMMUNITY ENGAGEMENT COMMITTEE	Ryan Carnahan	403-275-8834
DIRECTOR AT LARGE	Stephenie Healey	403-389-8468
DIRECTOR AT LARGE	Judy Johnson	403-282-4366
DIRECTOR AT LARGE	Michelle Unrau	michelleunrau@hotmail.com
DIRECTOR AT LARGE	Janet Shivas	janetshivas@gmail.com
McKNIGHT SPORTS REP.		soccer@mcknightsports.ca
NORTH CENTRAL BASKETBALL CLUB		northcentralbball.com northcentralbball@hotmail.com, 973-6665

Community Meetings
are held at 7:30pm
on the second Tuesday of each month
at the Highwood Community Hall
16 Harlow Avenue NW



58 THORNCLIFFE SCOUTS

The **58th Thorncliffe Scouts Group** is accepting registrations for next year. We have a full contingent of sections for girls and boys to enroll in.

Beavers (ages 5 – 7 yrs)
Cubs (ages 8 – 10 yrs)
Scouts (10 – 14 yrs)
Venturers (15 – 17 yrs)
Rovers (18+ yrs)

Register before June 30 at **Scouts.ca** and get in on the discount.

Editorial **10** Content DEADLINE
of each month for the next month's issue
Donna at 282-6198 or dstefura@telus.net

Northmount Baptist Church

451 Northmount Dr. NW • Ph. 403.289- 8185
Pastor Greg Butt
Traditional Service 10:30 a.m. Stampede Breakfast
Saturday July 9th 9:30-11:30
office@nbcchurch.ca

HIGHWOOD BOARD REPORT

Summer is generally a time of increased relaxation, but that hasn't been the case around the Highwood Community Hall. The space occupied by the Highwood Playschool has received a major renovation. With the carpets in decline, it was necessary to replace the flooring. This wasn't a simple procedure as asbestos tiles were underneath the sub-floor, and as such, the job required a complete remediation. In late June, volunteers from the community and Playschool worked hard to remove furniture from the room so that the remediation crew could tarp and seal off the room. The remediation crew worked hard for the better part of a week, and with air quality tests complete we were faced with a wide open room that could then receive new flooring. We decided to use a 5mm, luxury-vinyl tile in the space due to its durability and versatility. The floor looks fantastic and we are excited to see how the Playschool will utilize the space. We are very thankful that the City of Calgary came through with a CGC Grant that covered the majority of expenses for this project.

It is always great to see progress on projects such as these, and we wish that we could report forward momentum on the Highwood Rink Renovation. Despite the hard work of numerous Highwood citizens throughout the winter and spring, the project is currently stalled as we await an engineering study to be completed by the City of Calgary. We are hopeful that the study can be completed in a timely fashion so that we can at least complete several steps of the project before winter.

The silver-lining in this rink renovation delay is that the rink will be completely intact for "The Taste of Highwood" celebration to be held on August 20, from 5-11pm (for details see the ad in this bulletin). We look forward to seeing everyone there!

Mike Neufeld
Co-Facilities Director
Highwood Community Association

VOLUNTEERING....
Good for the Soul

IN & AROUND CALGARY



Going on a Holiday?
A message from the Federation of Calgary Communities

Building Safe Communities Program

Summer is a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock.

Below are a few tips to help reduce your risk:

- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the lawn is cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more helpful safety resources, check out the Federation of Calgary Communities website at calgarycommunities.com, under the Building Safe Communities tab.

HIGHWOOD HALL RENTAL RATES

Weekend (12:00pm Saturday to 1:30am Sunday)
\$400.00 flat rate Non-Community Members
\$325.00 flat rate Community Members
Hourly
\$35.00/hr Non-Community Members
\$30.00/hr Community Members
There is a 3 hour minimum required on all hourly rentals.

All rentals are subject to GST and will require a \$350.00 (refundable) deposit.
Bereavement - The hall will be made available to Highwood Community Members free of charge (rental calendar permitting) for up to a 4 hour memorial gathering or service.
Long term rates - \$25.00/hr main hall, add kitchen \$5.00, add meeting room \$5.00

Highland Park/Highwood mybabysitterlist

Name	Age	Contact	Course
Olivia	13	403-289-2232	Yes
Maya	14	403-276-1015	Yes
Kyra	15	403-398-4365	Yes
Reese	15	403-276-5048	Yes
Angelica	16	587-223-0215	Yes
Sebastian	16	403-971-1986	Yes
Jacalyn	17	403-277-6174	Yes
Desiree	24	403-850-8486	Yes
Chantelle	34	403-510-7474	Yes

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

Highwood Outdoor Pool Special Events



Twilight Swim - Thursday, July 28

8:00 to 10:00pm

Want to swim a little later? Grab your towel, pick up your favourite floatie and come on out to catch a life-guard with your favourite water soaker in Lifeguards VS Swimmers. All ages.

Family Pool Party - Saturday, August 20

1:30 to 4:00 PM

A fun day of water games colouring sheets and giveaways for all to enjoy. Activities include penny dives.

So Long Summer! Youth Party - Thursday, September 1

8:00 to 10:30 PM Ages 11 to 17

Swimming games, try to put on a frozen t-shirt contest, and prizes. Guests will receive a hot dog or hamburger and a snow cone. New this year: Special Guests...the youth band "Wet Paint".

Doggy Swim - Monday, September 5

5:30 to 7:00 PM

Bring out your well mannered best 4 legged friend and let them have a dip in the pool. Requested minimum admission of \$2.50 per pet will be donated to a local animal rescue society. Donations of older used towels will also be accepted and delivered to AB Spay Neuter Clinic.

IN & AROUND CALGARY

Call for Community Volunteer Award Nominations

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

The four award categories are:

Step Up Award

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

Spark Award

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

Be Part of It Group Award

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

Community Builder Award

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

Visit calgarycommunities.com/community-volunteer-awards for more information or to nominate someone today!

In case of an emergency, know your location

Each year, Calgary's 9-1-1 centre receives over one million emergency and non-emergency calls. It takes a team of over 300 employees, working in a 24-7 environment to answer those calls and get citizens the help they need.

The most important piece of information a 9-1-1 emergency communications officer needs is your location. If you don't know where you are, there may be a delay in getting you the help you need. Many citizens assume that emergency responders can find them based on cell phone GPS. This is not true. While the 9-1-1 officer may receive your approximate location, it's not always accurate. That's why it is so important to always pay attention to your surroundings and know your location.

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Whether you're at home or out enjoying the summer in our city, Calgary 9-1-1 is there to help you stay safe.

For more information on Calgary 9-1-1, visit calgary.ca/911

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 23

AUGUST MOON CALENDAR



New Moon
Aug 2



First Quarter
Aug 10



Full Moon
Aug 18



Last Quarter
Aug 24



Highwood Community Association MEMBERSHIP FORM



Family \$15 • Single \$10 • Senior \$5(circle one)

Make Cheques payable to Highwood Community Association. Box 64245, 5628 - 4 St. NW Calgary T2K 6J1
Please call Terry Day 587-223-4977 to arrange pick-up

Name: _____

Address: _____ Postal Code: _____

Phone: _____ Email Address: _____

Programs Requiring Membership:
Community Playschool
Pool Day Care Camps
Snow Removal Program
Youth Groups held - Community Sports
Social Programs • Seniors Programs

Membership Perks:
Ice Skating
Hockey rink
The Summit newsletter
Craft Sale
Community Parties

Membership Discounts:
Highwood Hall Rental
Bereavement (Funeral)
Outdoor Pool
Swimming lessons

Highwood Community Membership Incentive!

When Highwood Residents purchase a September 1, 2015 – August 31, 2016 Highwood Membership Card they will also receive a Federation of Calgary Communities Club Member card. This card can be used at Cloverdale Paint when purchasing paint. Present this card and you will receive 25% off paint and 15% off paint accessories. Anyone who already has a current Highwood Membership Card and would like the Federation of Calgary Club Member card can phone 587 223 4977 or email terry-stu@shaw.ca to make arrangements to pick up a Club card.

IN & AROUND CALGARY

YOUR CITY SECTION

Check out these important updates from The City of Calgary

The City's free summer concert series, Music in the Park, is back! Come enjoy live music with family and friends in beautiful parks around the city.	calgary.ca/parks
You have opinions. We want to hear them! The City is looking for more Calgarians to join Calgary's online panel at citizensview.ca.	citizensview.ca
Explore swimming and flying creatures this summer at The City's free children's nature drop-in programs.	calgary.ca/parksguide
New bus routes are coming to northwest and inner city communities starting September 5, 2016.	calgarytransit.com/2016ServiceReview
This summer, The City is providing a variety of free and affordable community programs and events for families, youth and seniors. Join the movement!	calgary.ca/getmoving

Stay connected to the City of Calgary

facebook.com/thecityofcalgary | twitter.com/cityofcalgary | calgarycitynews.com

IN & AROUND CALGARY

Property Tax Assistance Program

Property Tax Assistance Program: Help is available. The City of Calgary may provide a grant/credit of the increase in residential property taxes from 2015 to 2016.

To be eligible, the applicant must:

- Experience an increase in property taxes from 2015 to 2016.
- Live in the principal residence for a minimum of one year.
- Own no other property.
- Must meet low income guidelines of the Fair Entry Program. Visit calgary.ca/FairEntry or call 311.
- Provide an acceptable proof of household income for all members 18 years of age and older. Visit calgary.ca/FairEntry or call 311.
- Apply for the grant/credit by **Dec. 1, 2016**. Visit calgary.ca/FairEntry or call 311.
- Even if you are not eligible for the Property Tax Assistance Program, we may be able to help you access other community resources.

Please note: Even though an application has been made to the Property Tax Assistance Program, all property taxes must be paid in full by the due date, June 30, 2016, to avoid a seven per cent penalty.

For more information, or to apply, please contact 311 or visit calgary.ca/FairEntry.

Subsidies are available for City services

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

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

Apply for:

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

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



Get Hip to Flipster!

Calgary Public Library patrons can now access even more digital content on their computers, laptops or mobile devices: Flipster! Flipster has unique and desirable online magazine content that Calgarians want to see, particularly Canadian content. (Zinio continues to be available.)

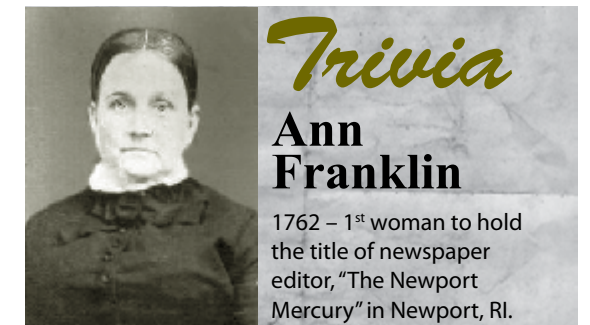
With Flipster, you can find Maclean's, MoneySense, Rolling Stone, Chatelaine, Flare, and Today's Parent, and much more. Other unique and patron-requested titles in Flipster include magazines from the Time Inc. Group—People, Sports Illustrated, Fortune, Cooking Light, Entertainment Weekly, Food & Wine, InStyle, Real Simple, and Travel & Leisure.

This means more FREE magazines for Calgarians to enjoy on their electronic devices! All you need is your Library card to get started! Visit calgarylibrary.ca or ask your librarian for more information.

Calgary's Newest Library: Quarry Park!

Swim, workout, and check out a book at your NEW Quarry Park Library at Remington YMCA!

The new Quarry Park Library features more rooms for programming and community events, longer hours, and more seating and space. Located within the new Remington YMCA in Quarry Park, patrons have easy access to a fitness centre, swimming pool, and daycare. The Library Book Truck continues to visit the communities surrounding the former Glenmore Square Library.



Trivia
**Ann
Franklin**

1762 – 1st woman to hold the title of newspaper editor, "The Newport Mercury" in Newport, RI.



The Over-achieving Swainson's Hawk

Article by Cheryl Bowman and Andrea S. H. Hunt. Photo by Andrea S. H. Hunt

Swainson's Hawks are commonly seen raptors that live in southern Alberta from May – October. They are a medium sized hawk (50 centimetres long) that can be identified by a distinctive dark reddish bib on their chest, pointed wingtips (in flight) and dark bars on the underside of their tails. Swainson's Hawks live in prairie and grasslands, including crop and grazing lands.

Fun Facts:

- Swainson's Hawks have one of the longest migratory routes of any North American raptor.
- These hawks can travel over 20,000 km annually between their breeding grounds in Alberta and their wintering grounds in South America (Uruguay, Paraguay and Argentina).
- The diet of a Swainson's Hawk changes depending on the time of year.
- When nesting in the summer months, they eat rodents but Swainson's Hawks switch to grasshoppers in September and October (about 100 per day!) in order

to transition to their largely insectivore diet in South America.

- Look out for these hawks in farmer's fields in the autumn, chasing grasshoppers on foot!
- Swainson's Hawks are also known as locust or grasshopper hawks.
- Swainson's Hawks are protected under Alberta's *Wildlife Act*.
- A group of migrating or soaring hawks is called a kettle. A kettle can contain tens of thousands of individuals.
- A young hawk is called an eyas.

Did you know?

- Fledgling Swainson's Hawks are quite heavy and often crash on their first flight out of the nest, which can break their wings.

If you find an injured or orphaned Swainson's Hawk, please call our wildlife hotline 403-239-2488 or bring it to our wildlife hospital in the northwest of Calgary (www.calgarywildlife.org).

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

GRASSROOTS FARMERS MARKET

Calgary's oldest and largest FARMERS' MARKET

Now at Deerfoot City

Deerfoot Trail (HWY 2) & 64th Ave NE interchange
June 7-Sept 27, TUESDAYS from 3:30-7pm



403.282.9299 | www.grassrootsmarket.ca
Check us out on Facebook at
fb.com/GrassrootsFarmersMarket



CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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.

THE GUTTER DOCTOR! We install, repair and clean eavestroughs, and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.



It is just like man's vanity and impertinence to call an animal dumb because it is dumb to his dull perceptions.

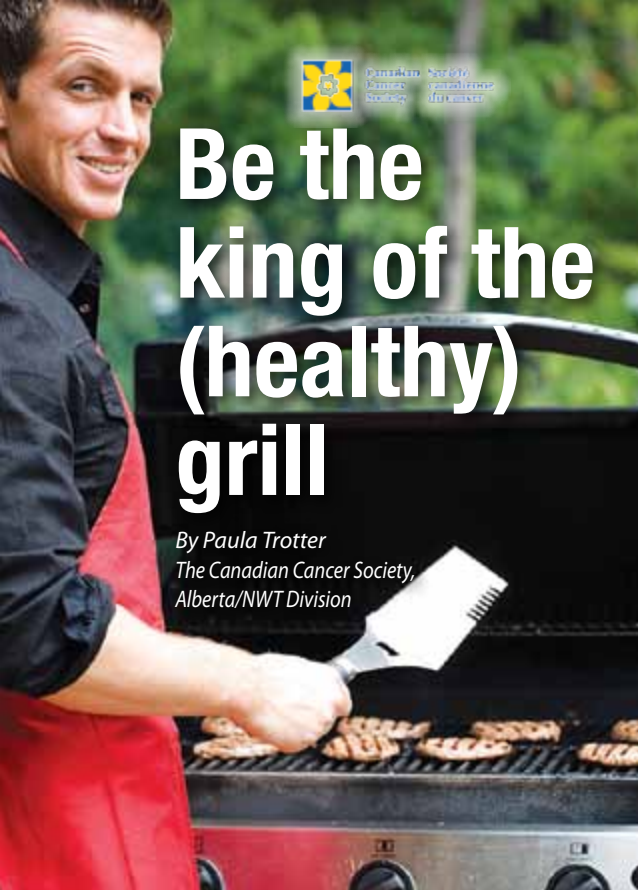
Mark Twain

TLC CLEANING: Over 18 years' experience in the business! TLC Cleaning is a small and personalized cleaning company. Licensed, insured, bonded, and WCB covered for your piece of mind. Excellent rates and references, environmentally friendly options too. Let us put a little TLC into your home! Free estimates; please call Carol at 403-614-8522.

HIGHWOOD FAMILY MEDICAL CLINIC: Walk-ins are welcome. Open Monday - Friday: 9:00am - 5:00pm and Saturdays: 10:00am - 3:00pm. Male and Female Doctors Available! Women's Clinic available monthly at this clinic. Call 403-475-8200 to book appointment, or simply walk in. Thank you.

BRAIN GAMES SUDOKU

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



Be the king of the (healthy) grill

By Paula Trotter
The Canadian Cancer Society,
Alberta/NWT Division

Canadians love to grill.

And rightfully so – there’s nothing quite like a summer barbecue with family and friends.

So I know being told to limit barbecuing meat can be tough to hear. But studies have shown that eating a lot of well-done and charred meat cooked at high temperatures may increase your risk of developing certain cancers, such as colorectal cancer.

That’s because cooking meat, poultry and fish at high temperatures – including barbecuing, broiling and frying – creates chemicals that are associated with an increased risk of developing cancer.

I’m not telling you to stop grilling outright – instead, cut back on how much barbecued meat you eat.

And when you do fire up the barbecue, follow these Canadian Cancer Society tips to safely prepare your grilled food:

- Marinate meat, poultry and fish in vinegar or lemon juice and your favourite herbs before cooking. This will reduce the formation of the chemicals that increase the risk of cancer.
- Choose lean cuts of meat, poultry and seafood over higher-fat meat, and trim off any visible fat (including the skin from poultry). This will reduce the amount of harmful chemicals from the smoke created by burning fats.
- Barbecue slowly and prevent charring by keeping the food away from the hot coals so that flames are less likely to engulf the food.
- Skewer a kebab. Smaller cuts of meat cook faster, which means there is less time for chemicals to form.
- Partially cook your meat before throwing it on the grill. The less time your meat is on the grill, the less it will be exposed to chemicals.

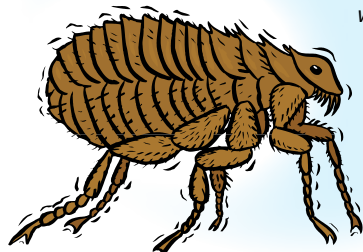
Bonus tip: Learn to enjoy slow cooking. Choose to cook your meats at lower temperatures by braising, stewing, steaming or roasting more often. Then serve with a side of barbecued vegetables – most experts agree plant-based foods do not form cancer-causing chemicals when cooked at high temperatures. Grilled fruit is also delicious for dessert.

Insects and Technology

Fleas Knees

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas.

This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A manufacturer has produced a near-perfect rubber with 98 percent resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.



Discovery Magazine

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	
Gamblers Anonymous	403.237.0654

DISCLAIMER

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COMMUNITY ANNOUNCEMENTS

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

Contact news@great-news.ca

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

IN & AROUND CALGARY

Looking for free entertainment this summer?

The City’s summer concert series, Music in the Park, is back! Enjoy free live music with family and friends in beautiful parks around the city throughout July and August. Events will feature different artists from a variety of musical genres that are sure to get you movin’ and groovin’ this summer.

Check out calgary.ca/parks for an event near you, then pack a picnic lunch, grab a blanket and settle in for some great entertainment.

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**MP, CALGARY CONFEDERATION
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len.webber@parl.gc.ca

Did you know that 24% of the residents of our Calgary Confederation riding are over the age of 55? In Canada, 30% of the population are aged 55 or older and by 2020 that number will increase to almost 38%.

Canada is the best country in the world in which to live and we owe much of that to our nation's Seniors. They are largely responsible for fighting the wars that gave us our freedom, paying the taxes that built our cities and having the foresight to create the infrastructure and programs many of us take for granted.

As your Member of Parliament, I will continue to stand up for all constituents, but it is my privilege to show my respect and gratitude to our Seniors by devoting my recent community mailing to them. The mailing goes to every household in the riding and is also available on my website at www.lenwebber.ca.

For Canada's elderly to receive their full benefits and entitlements, it is critical that they apply for these programs. One of the best ways for any person to determine if they are getting the benefits they may be entitled to, is to visit www.canadabenefits.gc.ca and use the online 'benefits finder' which generates personalized results based on a few simple questions.

Also, many financial assistance programs require up-to-date tax filings, so it is also very important that those in need of some help keep up-to-date on their taxes. The Canada Revenue Agency has thousands of volunteers who can also assist with this task.

Should you encounter difficulties getting your benefits, my staff and I are here to assist you. It is requested that you make an appointment before coming to the office with your concerns as this allows us to serve you better and ensure you are not required to wait an excessive amount of time. Often, we are able to assist you over the telephone without the need for an appointment too.

For office contact information, photographs, my Parliamentary speeches, helpful links and other important information, please visit my website at www.lenwebber.ca on a regular basis. You can also follow me on Twitter, Facebook and YouTube for the latest updates.

Finally, I want to congratulate all the Canadian Olympic athletes and their coaches on their achievements. While the world focuses on these elite athletes for only a few weeks every four years, their dedication to their sport and personal success is a daily commitment for many years.



**COUNCILLOR, WARD 7
DRUH FARRELL**

ward07@calgary.ca • www.druhfarrell.ca
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Biodiversity

The dog days of summer are the perfect time to think about critters. While Calgary is home to 1.2 million humans, we rarely think about the countless other species of flora and fauna that far outnumber us.

"Biodiversity" is the term we use to describe the variety and richness of living organisms and habitats. With 80% of Canadians now living in urban areas, reasonable protection of biodiversity is becoming increasingly important for municipal governments to ensure that we maintain a healthy ecology.

Last year, Calgary City Council approved *Our Biodiversity*, Calgary's 10-year biodiversity strategic plan. The plan is based on principles for the protection, development, and management of Calgary parks and ecosystems in support of biodiversity.

Biodiversity project goals:

1. Evaluate landscapes in Calgary and set targets for conservation measures to identify, protect, and manage ecological cores and corridors;
2. Restore 20 per cent of Calgary's current open space to increase biodiversity;
3. Identify and manage invasive species in Calgary's open space.

The City will implement the plan through a variety of initiatives. This summer, Calgary Parks launched a pilot project using a herd of goats to manage invasive plant species in Confluence Park. This creative approach to weed control not only reduced the need for pesticides, but also improved the health of native ecosystems by reducing overgrowth and encouraging the growth of non-invasive plants.

The City is also working to turn back the progress that invasive species have made over the years. Efforts to combat *smooth brome*, a highly competitive grass that smothers native species, and *Canada thistle* are underway. We are also re-introducing native species into our parks and landscaping projects. Native species are naturally suited to the local climate and require less care over time.

For Calgarians interested in enhancing biodiversity closer to home, the City has numerous resources to help enhance biodiversity in your own yard. A good place to start is www.calgary.ca/yardsmart. There, you can find tips on how to transform your garden into an inviting landscape that will inspire both your neighbours and wildlife.

To learn more about this and other topics, visit www.druhfarrell.ca. To sign up for updates on key issues, please email ward07@calgary.ca.

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6pm - 11pm - Live Music!

If you are a local/home base business and you want to showcase/sell your products and services...

Please email: michelleunrau@outlook.com, janetshivas@gmail.com or idstudio@shaw.ca

We are also looking for volunteers for this great event! Please email above...



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IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

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

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GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



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

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

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

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

Refreshments will be provided
Complimentary parking on site
Includes access to interactive sports,
Hall of Fame Gallery & Museum Tour

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