

SEPTEMBER 2016

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# HIGHLAND PARK HIGHWOOD

SUMMIT

THE OFFICIAL HIGHLAND PARK & HIGHWOOD COMMUNITY NEWSLETTER



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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

Highwood Seniors Strawberry Tea  
Photo by Tuan



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**HIGHLAND PARK COMMUNITY SENIOR'S LUNCHEON**

**2016**

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

**\$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.

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# Highland Park Community Association

Office: 403-276-6969

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COMMUNITY CONTACTS	
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Newsletter Editor	highlandparkeditor@gmail.com
Event Planning	Dr. Salma Mitha hpcavolunteercoord@gmail.com
Good Food Box	Kelly Irvine, 403-209-0026
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
September 20	September 29
October 18	October 27
November 15	November 24

## HIGHLAND PARK PRESIDENT'S MESSAGE



Hi All, I hope that you had a great summer. It was a bit of a rainy one!

In regards to the development of the golf course, I am happy to report that Calgary City Council chose to send the plan back to administration for further review. The Community Association now has 6 more months to work with the developer and the city on creating a better plan for this historic site. If you have thoughts or ideas on what you would like for the old golf course site we are planning on hosting a Community engagement session in September. Stay tuned for more details.

Music in the Park was a success for another year. We hosted 3 great evenings of music and fun. It is so awesome to see so many people come out and support local artists, visit with their neighbours and work with the CA in creating community spirit.

The Preschool is up and ready. We are really excited to have 23 families registered in the program. Our morning programs are nearly full, if you are looking for programming don't hesitate to contact the Hall to register. We will be looking at the potential of afternoon classes in the near future. I would like to thank everyone that involved themselves in this project. It's just awesome to know that all of our littlest residents will be running around that Hall very soon. The addition of more families in the area have led to more questions about the park at the Hall. If you are interested in helping us rejuvenate the playground at the Hall don't hesitate to drop me a line. Building a playground is a lot of work, takes a lot of volunteers and quite a bit of money...but it's not impossible with the right team of dedicated individuals.

The before and after school program is also all licensed and ready to go. If you need before or after school care for your child don't hesitate to contact Paula Beekman.

If you have any questions, comments or concerns about what's going on in Highland Park don't hesitate to drop me a line [elise.bieche@shaw.ca](mailto:elise.bieche@shaw.ca).

*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](http://highlandparkcommunity.ca)

Call or email Carolyn at [hpc@shaw.ca](mailto: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](mailto:paulabeekman@shaw.ca)

**REGISTER NOW**

## HIGHLAND PARK PLANNING AND DEVELOPMENT ACTIVITIES

Summer has flown by, it is hard to believe that July and August are gone and it is already September. It appears that development activity will be increasing this fall, as more development permits have come in over the summer than during the first six months of the year.

The owners of Highland Park Plaza, the current location of Master Meats on 40th, have filed a development permit for the redevelopment of this location. The proposal would see the current building extensively remodelled. With this remodel the developer is proposing bringing a Dairy Queen and (potentially) a liquor store to this location. This will also see Master Meats relocate to Greenview industrial, we will miss having them in the community but thankfully you are not moving too far away.

Looking forward to this fall the community engagement for the Golf Course Development is going to start. The dates have yet to be determined but this will be your chance to contribute to the proposed plans for the Highland Park Golf Course. Keep your eyes on the Highland Park Website for more details.

As a reminder the design charrette for the 40th Ave Green Line Station is happening from October 17th to 22nd at the West Campus of the Centre Street Church. Once, again we strongly encourage you to attend as many of these sessions as you can in order to make sure your voice is heard by the City, and that we get a great outcome for the community.

Hoping you had a great summer,

*The Planning and Development Committee*



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## 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  
Sunday Service 10:30 a.m.  
Showcase Sunday Sept. 18<sup>th</sup>  
Everyone Welcome!  
After service there will be displays from all the groups and committees that are active in our church.



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



## 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 – 2<sup>nd</sup> Street NW, Calgary, Alberta T2K 0Y4

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_



### COUNCILLOR, WARD 4 SEAN CHU

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

Greetings Residents,

#### Safety Reminders for Back to School

Safe driving goes beyond the first week of September, drivers need to exercise caution the rest of the year, too. Have a great school year and drive safely! Visit [www.canadasafetycouncil.org/child-safety/safety-reminders-back-school](http://www.canadasafetycouncil.org/child-safety/safety-reminders-back-school).

#### Calgary AfterSchool

Trying to figure out what to do with your child once school starts? Calgary AfterSchool offers, fun, safe, supervised, and quality after school programs for Calgary kids aged 6 to 16. A collaborative effort between The City of Calgary and community partners, Calgary AfterSchool programming takes place during the critical hours of 3 p.m. – 6 p.m., when kids are out of school, but parents may not yet be home. Calgary AfterSchool participants gain physical, social, leadership and cre-

ative skills. For more information, including a listing of all programs, visit [Calgary.ca/AfterSchool](http://Calgary.ca/AfterSchool).

#### 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](http://calgary.ca/fairentry).



# 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](mailto:jennifer.dimarzo@calgary.ca).



# Struggling to make ends meet?

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

Where: Highland Park Community Centre  
When: Thursdays starting Aug 18/16, 1:00-4:00 pm  
Call: 403-703-0140  
Email: [victoria@bowwest.com](mailto:victoria@bowwest.com)

# 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 – 2<sup>nd</sup> 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](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 10<sup>th</sup>.** Email: [hpcavolunteercoord@gmail.com](mailto:hpcavolunteercoord@gmail.com) if you can lend a hand.

# September

Su	Mo	Tu	We
4	5	6	7
11	12	13	14

## Save the Date!

Hi all Highland Park Community Association members, please mark your calendars:

**Monday Sept 12<sup>th</sup>  
7 pm to 7:15 pm**

**Special General Meeting**  
to make minor but important HPCA Bylaw changes

**Monday Sept 12<sup>th</sup>  
7:15 pm to 9:00 pm**

**Golf Course Development Update & Info**  
re **October GreenLine Charette**

You are invited to attend these meetings which will be held at our hall at 3716 2 St NW, in the upper main hall. Please arrive by 6:45 pm to check in, so voting members (Individual members & all adults within the family home for a Family membership) can be given voting slips.

The Special General Meeting should be very short, but it is very important, and is being held just to correct some errors in our Bylaws which need to be revised so we don't jeopardize our casino dates which will be in early 2017. It is very important that our members attend so we have enough voters to approve the changes.

Following that short meeting will be a longer community meeting open to

# HIGHLAND PARK YOGA with Martha!



Martha has been teaching yoga since 2013 and her foundation is in Hatha Yoga. She is certified in Restorative Yoga and she is currently completing her 500 hours of yoga therapy training at Mount Royal University. In this series of classes, you will explore 26 staple postures as well as proper breathing and relaxation practices.



ONE 8 WEEK SESSION FOR \$80  
TWO 8 WEEK SESSIONS FOR \$140

Tuesdays  
5:30 - 6:45pm  
september 6 - october 25  
highland park community hall  
3716, 2nd Street NW

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

Kindly Contact Martha to Register  
**403.669.6186**  
[marthaffleck@gmail.com](mailto:marthaffleck@gmail.com)

all residents, area businesses, and reps from neighbouring communities, to provide everyone with an update on the latest information we have regarding the golf course development proposal, and to provide information on how you can participate in the October 17-22 Charette (multi-day design workshops) for the GreenLine LRT station that will be located at 40 Ave NW & Centre St.

# HIGHLAND PARK HALL SCHEDULE 2016

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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.						
	4 -All Halls 7am-2pm New Covenant -MH 2:30-4:30 Martial Arts -NH 5:30pm-7:30pm Science of Spirituality	5 -MHB 6:15am-6pm NEXT -NH 7pm-9pm Planning & Development Meeting -MH 7:30pm-9:30pm Bunkan Karate	6 -MHB 6:15am-6pm NEXT -NH 5:30pm-6:45pm Yoga -MH 7pm-10pm Martial Arts	7 -MHB 6:15am-6pm NEXT -MH/NH 5-9pm Irish Dance	8 -MHB 6:15am-6pm NEXT -NH 1pm-4pm Bow West -MH 7pm-10pm Martial Arts	9 -MHB 6:15am-6pm NEXT -MH 6pm-10pm New Covenant	10 -HPCA Community Clean Up -NH 4pm-11pm Davies -LNH 8pm-9pm AA Meeting
	11 -All Halls 7am-2pm New Covenant -MH 2:30-4:30 Martial Arts -NH 5:30pm-7:30pm Science of Spirituality	12 -MHB 6:15am-6pm NEXT -NH 7pm to 7:15pm Special General Meeting -NH 7:15pm to 9:00pm Golf Course Development Update & Info re October GreenLine Charette	13 -MHB 6:15am-6pm NEXT -NH 5:30pm-6:45pm Yoga -MH 7pm-10pm Martial Arts	14 -MHB 6:15am-6pm NEXT -MH/NH 5-9pm Irish Dance	15 -MHB 6:15am-6pm NEXT -NH 1pm-4pm Bow West -MH 7pm-10pm Martial Arts	16 -MHB 6:15am-6pm NEXT -MH/NH/MHB 6pm-10pm New Covenant	17 -MH all day reserved -LNH 8pm-9pm AA Meeting
	18 -All Halls 7am-2pm New Covenant -MH 2:30-4:30 Martial Arts -NH 5:30pm-7:30pm Science of Spirituality	19 -MHB 6:15am-6pm NEXT -MH 7:30pm-9:30pm Bunkan Karate	20 -MHB 6:15am-6pm NEXT -NH 5:30pm-6:45pm Yoga -NH 7pm-9:30pm GaRWA -MH 7pm-10pm Martial Arts	21 -MHB 6:15am-6pm NEXT -MH/NH 5-9pm Irish Dance	22 -MHB 6:15am-6pm NEXT -NH 1pm-4pm Bow West -MH 7pm-10pm Martial Arts	23 -MHB 6:15am-6pm NEXT -MH/NH/MHB 6pm-10pm New Covenant	24 -MH all day New Covenant -LNH 8pm-9pm AA Meeting
	25 -All Halls 7am-2pm New Covenant -MH 2:30-4:30 Martial Arts -NH 5:30pm-7:30pm Science of Spirituality	26 -MHB 6:15am-6pm NEXT -MH 7:30pm-9:30pm Bunkan Karate	27 -MHB 6:15am-6pm NEXT -NH 5:30pm-6:45pm Yoga -MH 7pm-10pm Martial Arts	28 -MHB 6:15am-6pm NEXT -MH/NH 5-9pm Irish Dance	29 -MHB 6:15am-6pm NEXT -NH 1pm-4pm Bow West -MH 7pm-10pm Martial Arts	30 -MHB 6:15am-6pm NEXT -MH/NH/MHB 6pm-10pm New Covenant	

## HIGHWOOD COMMUNITY ASSOCIATION

PRESIDENT	Jay Meakin	jaymeakin@me.com
VICE PRESIDENT	Dean Stewart	dean.stewart@shaw.ca
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POOL COORDINATOR	Gloria Kelly	403-289-3645
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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



## 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

## 58 THORNCLIFFE SCOUTS



The **58<sup>th</sup> 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)

**BOTTLE DRIVE SATURDAY, SEPTEMBER 25 9 – 11am.** Collected on the East side of the Thorncliffe/Greenview Hall

**Editorial 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@nbchurch.ca



## 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 Michelle Unrau at 403 815-3217 or email at michelleunrau@outlook.com 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 Michelle at 403 815-3217 (michelleunrau@outlook.com) to make arrangements.

## Highwood Outdoor Pool Special Events

**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.



## HIGHWOOD BOARD REPORT

Greetings Highwoodians!

Fall is approaching, although as I write this we have had a pretty wet summer with big thunderstorms and heavy rain. Here's hoping for a nice gentle fall to ease us into winter. Hockey will be underway along with other programs and of course a new school year begins. Good luck students, keep building those beautiful minds!

Which reminds me to remind everyone to appreciate the blessings we have both as individuals and as a community. My compliments if you squeezed every drop of goodness out of your summer, spending quality time with friends and family. The summer is not over, so get out and enjoy our community and events on the schedule for September.

I have many blessings to be grateful for. Last October I went into Sheldon Chumir experiencing an unusual feeling in my left arm. A seizure ensued shortly after arriving at Foothills Hospital and I was subsequently diagnosed with a brain lesion. I was operated on and an infection was found to be the cause of my seizure. The subsequent care I received was of the highest level one can imagine. I have recovered fully and was able to re-engage my practice as a mortgage broker, father, and husband. Thank you to everyone that contributed to the recovery, and of course to my fellow board members for picking up the slack while I was unable to participate in Community activities.

Speaking of community activities, "Taste of Highwood" completed year 2 thanks to Tuan Pham, Janet Mclean and Michelle Unrau! Nice work you 3.

The band "Black Snake Moan" performed southern rock music to delight of fans. Thanks to my good friend Brad Krygier for finding us a great band on short notice. WE are planning for a bigger and even better event next year and are looking for interested community members to join our Taste of Highwood 2017 committee. A SHOUT OUT to all those who came to enjoy and help out.

Finally, Check out our Halloween Party this year! Costume contests, Live DJ all night, Potluck snacks. Contact Tuan Pham 403-966-2725 (email idstudio@shaw.ca), Michelle Unrau (michelleunrau@outlook.com) or Janet (janetshivas@gmail.com) if you'd like to volunteer. It will be an awesome all ages event, so get that costume together and come party!!!

## Area School News

### Buchan School

Sept. 5 - Labour Day - schools closed  
Sept. 6 - Back to School; staggered entry for Kindergarten: surnames beginning with A-L will attend  
Sept. 7 - Kindergarten students with surnames beginning with letters M-Z will attend  
Sept. 8 - All Kindergarten students attend  
Sept. 23 - CBE non-instruction day - schools closed

### James Fowler High School

Sept 5 Labour Day holiday  
Sept 6 Grade 10s First Day of School/Welcome BBQ/ Lifetouch/Dismissal 1:45 pm  
Sept 7 All students in/Lifetouch Grade 11/12 Assembly Music course info meeting at noon  
Sept 9 Music auditions Afterschool  
Sept 12 Outside Music classes begin, Clubs and Spirit Week  
Sept 13 Clubs and Spirit Week  
Sept 14 Clubs and Spirit Week  
Sept 15 Clubs and Spirit Week  
Sept 16 Pep Rally  
Sept 19 Dance Team Auditions at Lunch  
Sept 20 Dance Team Auditions at Lunch  
Sept 21 Dance Team Auditions at Lunch  
Sept 22 Parents Night AP/ACL program orientation  
Sept 23 IPP Day/Retreats

### Georges P. Vanier School Thursday, September 15

Late French Immersion Camp

### Friday, September 16

Late French Immersion Camp

### Thursday, September 22

9:00am School photo



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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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**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.



## Highwood Ladies' Group

This group will reconvene on Monday, September 12 from 1:00 pm to 3:00 pm at the Highwood Community Hall. We welcome anyone who would enjoy an afternoon out of the house to share a cup of tea some conversation and a few laughs. Just drop in whenever the mood strikes you.

October 3. Monday Presentation by Angie Lang who is the Community Outreach rep from

MEALS ON WHEELS. She will explain the program, give options and bring samples of their food. Please join us.

November 7. Monday. David McKee from the Better Business Bureau will give a slide/oral presentation on Savvy Consumer Information plus Senior's Scams. Please support our group by attending.

## COMMUNITY ANNOUNCEMENTS

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

**FOUND ZIPPERED CASE WITH 48 CDS** Aug 2, Harlow Ave near Holly Street in Highwood. Includes photos of wedding and grad 2010. 403 284 3648 press 5 after listening to short message.

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Highland Park/Highwood  
**mybabysitterlist**

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

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**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.

## A Tale from Wales

This picture shows Olwyn Press holding a 103 years old silver teapot that has been used at our annual Strawberry Tea for the last seventeen years.

Engraved on the teapot is this message: PRESENTED TO MR AND MRS GEO. EVANS ON THE OCCASION OF THEIR DEPARTURE FOR CANADA, AS A TOKEN OF ESTEEM FROM THE CONGREGATION OF ST. LUKE'S CHURCH ABERCARN, WALES MARCH 1913

The teapot is now 103 years old and is a memory of Olwyn's grandparents.

George and Caroline Evans had 14 children, 10 of whom came to Canada with their parents.

Land was purchased southeast of Nanton near the village of Parkland where they remained until they died, six weeks apart in 1949. Two of the boys died in 1916 serving in the Canadian Army in France. Olwyn's mother, who had trained as a nurse did not come to Canada as she had enlisted in the British Army spending time in London and on the front in France. Following the war she travelled to Canada on a boat bringing wounded soldiers back to Canada.

She married Olwyn's dad in 1922.







# Strawberry Tea update

The annual Strawberry Tea was lots of fun for lots of people. Tuan snapped a number of pictures that verify that very fact.



**COUNCILLOR, WARD 7**  
**DRUH FARRELL**

ward07@calgary.ca • www.druhfarrell.ca  
Twitter: @DruhFarrell • Facebook: Druh Farrell

With rising household costs, a growing number of families are struggling to afford shelter and other basic needs such as food, medication, and childcare. Household incomes in Calgary have not kept up to housing prices. Over the past decade, prices have increased 156% while incomes have increased 34%.

Over 4000 households are currently on the qualified waiting list for Calgary Housing Company, but the actual need is far greater. In Calgary, over 38,000 renter households need affordable housing. These Calgarians require some extra assistance to ensure they have access to safe and affordable places to call home. Those in need include students, seniors, young couples, people with disabilities, people who are unemployed, low-income workers and their families, and new Canadians.

What do we mean by affordable housing? For housing to be affordable, The Canada Mortgage and Housing Corporation states a household should not spend more than 30 percent of its gross income on rent. That target is especially difficult for lower income Calgarians to meet and they must often spend larger percentages of their incomes on basic shelter.

Although increasing the affordable housing supply is one of City Council's priorities, the City of Calgary has not added a single affordable housing unit in the past three years. This is one of the reasons that Council unanimously passed the new Affordable Housing Strategy in July.

The strategy calls for the City to secure funding from the provincial and federal governments, to work with partner agencies and the development industry, and to prioritize private projects that include some affordable and accessible units. The strategy also calls for the City to build new rental units through Calgary Housing Company and affordable homes for ownership through Attainable Homes Calgary.

Learning from the past, the City no longer concentrates affordable housing in one area, but instead encourages smaller projects that better integrate into all neighbourhoods. Most Ward 7 communities already host at least one affordable housing development.

Proposed affordable housing projects will include public engagement to ensure that they integrate well with the surrounding neighbourhood. Should your neighbourhood be selected to host affordable housing, please ask how it can best be accommodated and welcomed into the community. Your new neighbours will certainly appreciate it.



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**LEN WEBBER**

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len.webber@parl.gc.ca

### No Opportunity Like It!

There is a way to get your post-secondary education for free. In fact, those eligible can also be paid a full-time salary, with benefits and a pension plan, while they get their free education and training.

This offer is available for careers that range from doctors and accountants to mechanics and air traffic controllers. These opportunities are available across Canada and offer the opportunity for travel.

The Canadian Armed Forces is one of Canada's largest employers and provides Canadians with hundreds of career options in every career field imaginable.

While many think of a career in the Forces as being a soldier, a pilot, or a sailor, the reality is that most in the Forces support these roles through jobs that resemble the careers we see every day in our communities. There are accountants, lawyers, cooks, dentists, psychologists, social workers, welders, and every job in between. There are also careers that do not require any post-secondary education because specialized training is provided by the Forces.

If you are looking for part-time jobs, they offer those too through the Reserves. The Reserves provide a unique way for Canadians to serve their country while maintaining a professional career in their community. This is also a great option for those who are also working on completing their education.

The Forces offer many advantages to its members including three years of guaranteed employment following initial training and ongoing career development. Given the size of the organization and its variety of roles, there are endless opportunities for growing or changing your profession while staying in the Forces in the years ahead.

Their competitive salary and benefit packages are often better than those offered in the private sector. In addition to an attractive pension program, members are provided with 20 vacation days per year and this increases to 25 days after five years. Qualifying veterans are also entitled to significant additional programs and benefits.

Do you have questions? Not sure where to start? Visit [www.forces.gc.ca](http://www.forces.gc.ca) to see the hundreds of career opportunities available today. You can speak directly to a recruiter by calling the Canadian Forces recruiting center at 403-974-2900 or emailing [info.calgary@forces.gc.ca](mailto:info.calgary@forces.gc.ca). A recruiter will walk you through the entire process and answer any questions you may have.

In closing, I would like to thank those who have chosen to serve their country through the Canadian Armed Forces at home and abroad. Your professionalism and dedication is appreciated and respected by all Canadians.



# North of the River

Matt Grant

By mid-July, it had become clear that my humble gardening efforts had failed. If I hoped to enjoy Alberta-grown produce, farmers' markets were my best remaining option.

Three of my favourites are in communities stretched along the northern banks of the Bow River, in Bridgeland Riverside, Hillhurst-Sunnyside and Parkdale.

Bridgeland Riverside's Farmers' Market (917 Centre Avenue N.E.) runs every Thursday from 3:30 pm to 7:00 pm until October 6<sup>th</sup>. Now in its second year, a growing range of vendors display their wares beneath tents spread out across a lawn boasting one of the best views of downtown Calgary. And while you're in Bridgeland Riverside, may I suggest a walk along the increasingly interesting 1<sup>st</sup> Avenue N.E.? Whether you're into sushi, ramen, burgers, breakfast, pizza, cocktails, coffee or vinyl, Bridgeland Riverside has it all. I'm biased – I used to live there – but this community is great and getting greater.

The Hillhurst-Sunnyside Farmers' Market (1320 – 5 Avenue N.W.) is every Wednesday from 3:00 pm to 7:00 pm and every Saturday from 9:30 am to 1:30 pm. One of the coolest things about this market (and there are many) is that folks in need can stop by on Mondays for fresh produce. They believe "community members should have access to good food". I couldn't agree more.

The Parkdale Farmers' Market (3512 – 5 Avenue N.W.) runs every Wednesday from 2:00 pm to 6:30 pm, all year round. After you're loaded up with fresh food, why not bike west to Edworthy Park for a picnic. En route, check out Brian Tolle's public artwork *Outflow*, along the banks of the Bow at 34A Street N.W.

This harvest season, these three markets promise to be vibrant destinations for Calgarians looking to meet neighbours and support local vendors and producers.

Matt Grant lives north of the River – now in West Hillhurst after many years in Bridgeland Riverside.



## MLA CALGARY-KLEIN CRAIG COOLAHAN

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calgary.klein@assembly.ab.ca

Hello Calgary-Klein!

It's the middle of the summer, and time to look back at another successful Stampede season. There's been a lot of amazing events taking place, and one of those events was our 2<sup>nd</sup> Annual Calgary-Klein Stampede BBQ. On July 8<sup>th</sup>, 2500 Calgarians joined us at our 2400 Centre St N plaza for our office's BBQ in collaboration with Palmer Salmon Insurance and Registries Direct.

I really valued getting to meet so many constituents a second year in a row, and it was a great opportunity to hear directly from Calgary-Klein constituents on what they think about everything our government has accomplished this past year. I talked to people about our plan to end predatory lending, the Climate Leadership Plan, and what diversifying our economy looks like.

Our little contribution to the Calgary Stampede 2016 truly had a great atmosphere, and with such delicious burgers and classic country music why wouldn't it! I want to say a big thank you to all the incredible people, who put so much effort into the event. We are extremely grateful to all our volunteers, who helped us run the Stampede BBQ without a hitch.

Until next year Calgary,

Yahoo!!!



**Highwood Lutheran Church**  
419 Northmount Drive NW Calgary  
**Communion Service**  
Sundays at 10:30

- **Sunday School Registration throughout September**  
Classes start on the Sept. 25th
- **Confirmation Class:**  
First meeting September 11
- **Commemorative concert**  
November 18th
- **More events coming**  
Check our web site

**Need more information?**  
Call the Office 403-289-8206  
[www.highwoodlutheran.com](http://www.highwoodlutheran.com)  
Check us out on Facebook

**STEP INTO FALL**

Are you thinking of becoming more active?  
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

**To participate you must be:**

- 18 years of age or older
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- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

**By completing the 3 questionnaires you will receive:**

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**To participate contact:**  
Research Coordinator  
403.210.7044 or [perryr@ucalgary.ca](mailto:perryr@ucalgary.ca)

Ethics ID: REB15-2944  
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.



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# Chartwell Fall Fest

## LET'S CELEBRATE THE FALL SEASON TOGETHER!

Since moving to their Chartwell home, Rita and Jean-Louis have more time to socialize with friends and participate in their favourite activities. Now you too are invited to meet new people and experience all the season has to offer.

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