

APRIL 2017

DELIVERED MONTHLY TO 4,100 HOUSEHOLDS

HIGHLAND PARK HIGHWOOD

SUMMIT

THE OFFICIAL HIGHLAND PARK & HIGHWOOD COMMUNITY NEWSLETTER





HIGHLAND PARK COMMUNITY SENIOR'S LUNCHEON **12 Noon**

\$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.

2017: April 18, May 16

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FURNACE & DUCT CLEANING SPRING BLOW-OUT SPECIAL

1 FURNACE & 12 VENTS \$129+ GST

BOOK BEFORE APRIL 30/17

INCLUDES 1 STANDARD DISPOSABLE FILTER

Make a difference in the life of a family...

Are you looking for a way to give back to your community?
Our Home-Start program is looking for volunteers!

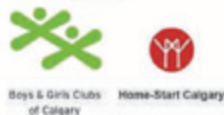
What does a Home-Start volunteer do?

- Visits a family's home once per week
- Provides support, friendship and encouragement
- Gets the family involved with the local community
- Shares their own experiences of parenting and family life

Interested in getting involved?

For more info, or to learn about upcoming training sessions, contact Home-Start or visit www.boysandgirlsclubsofcalgary.ca

North Calgary: 403-660-6809 South Calgary: 403-660-1136





HIGHLAND PARK CA
3716-2 St. NW
Calgary, AB T2K 0Y4
403-276.6969
HPCA@shaw.ca
www.highlandparkcommunity.ca

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

Delivered monthly to 4,100 households and businesses for 2 years!

Editorial Submissions

Highland Park: highlandparkeditor@gmail.com
Highwood: dstefura@telus.net
All editorial content must be submitted by the 10th of the month for the following month's publication.

Advertising Opportunities

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

Published by Great News Publishing

Serving Calgary communities for 28 years
91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

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Check out our website:
www.great-news.ca



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Highland and Highwood CA.

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

Great News Publishing and Highland and Highwood CA does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

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

Highland Park Community Association
Office: 403-276-6969

BOARD OF DIRECTORS	
President	Elise Bieche
Vice President	Anne Naumann
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Director	Gary Koehler
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Director	Joe Reith
Director	Dr. Salma Mitha
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Director	Tracy Kohut-Janzen

COMMUNITY CONTACTS	
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Good Food Box	Kelly Irvine, 587-216-0638
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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



HIGHLAND PARK HALL RENTAL RATES

Phone: 403-276-6969
www.highlandparkcommunity.ca

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	PICK-UP DATE	ORDER DATE	PICK-UP DATE
APR. 25	MAY 4	SEPT. 19	SEPT. 28
MAY 30	JUNE 8	OCT. 17	OCT. 26
JUNE 20	JUNE 29	NOV. 14	NOV. 23

HIGHLAND PARK PRESIDENT'S MESSAGE



We are coming through the end of winter (I hope) and soon things will start to look green. It's been a busy couple of months, and I'm really looking forward to this spring and summer. If you know of a great band we are always looking for local talent for our Music in the Park series. We will be doing

a Stampede BBQ and 2 other music sessions. They are a great way for you to come out and enjoy live entertainment, a little bit of dinner and have a visit with your neighbours.

Registration for our fall session of Preschool is ongoing and we are so fortunate to have awesome teachers and great families involved! We offer small class sizes and lots of flexibility for days and times. Our new space is bright and cheerful!

Thanks to everyone who worked to get the ice in and keep the ice up this past winter. It is just so awesome to see kids and families out skating in the evenings and on the weekends. I am also thrilled that we had another successful clothing drive. We are continuing the Good Food Box program - check it out - a great way to get fresh produce. Seniors luncheon is also a "go to" program at our Hall and it's been another winter of warm lunches and chances to connect.

Neighbor Day is fast approaching. Saturday June 17, 2017! Mark your calendars - I'm sure something will be happening at HPCA that day.

Please also consider coming out for our AGM on Thursday June 15. We will wrap up our business year and hold elections for the coming year. If you have time or interest we would love to have new faces at the Board table, if you have an idea of initiative we can also create a committee and help you implement. Don't hesitate to come out.

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

HIGHLAND PARK PLANNING & DEVELOPMENT ACTIVITIES

Hopefully by the time everyone is reading this spring will have finally sprung in Highland Park, it has sure felt like a long cold winter, and we are fondly looking towards the longer and warmer days. There has not been a lot of development activity in the community over the last month. Of note is the start of the expansion of the Wing Kei Care Centre.

March will be a busier month with the golf course application having gone to City Council for the final reading of the by-laws. Previously, four of the five by-laws have passed second reading which means that they can no longer be amended and one bylaw, 32D2017 failed so a new bylaw will be brought forward on March 20th.

There has been a lot of work done in conjunction with the Thorncliffe-Greenview to make sure that the Communities concerns about this development are heard. The Community Association is not in favor of the plan before City Council and we hope that Council has listened to the Community and its citizens and rejects the plan before them so that a plan that works better for everyone can be created. After years of work on this application we should soon know the fate of the Golf Course.

Also, in late mid-March, there was Green Line update being held at the Highland Park Community Centre. Unfortunately, that update from the City was after the deadline for the newsletter so we will have a better update for you next month.

Paul Engler on behalf of the Highland Park Community Association Planning and Development Committee.



Registration for the 2017-2018 school year is now open!

Open House May 11 4:30pm-7:30pm
Highland Park Community Centre
3716 2nd St. NW

For the 2017 - 2018 school year, Highland Park Preschool will be offering morning and afternoon classes for 3 & 4 year olds

Monday/Wednesday/Friday - \$170/mo - 4 year olds
Tuesday/Thursday - \$130/mo - 3 year olds
Registration fee \$65.00

*Flexibility on days of week and ages is possible on a case by case basis.

**4 and 5 day rates are available if families are interested in additional days

***Afternoon classes will be waitlisted until enough children are registered to confirm running the class.

Please see our website for more details
Highlandparkcommunity.ca

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

SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform RP 9 (Revised)
safetysync.com
403.668.6402

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 UPCOMING EVENTS, ACTIVITIES

If you want more information, please contact Anne at HPCAVolunteerCoord@gmail.com or by phone at 403-276-5048, or contact the Highland Park Hall at HPCA@shaw.ca or by phone at 403-276-6969.

Membership Renewal time: If you had a community membership in 2016, it will be expiring this year 12 months after the date of purchase, so it's time to think about renewal. If you didn't have one in 2016, what are you waiting for? Memberships can be purchased by completing the Membership Form in this newsletter & mailing or dropping it off with payment to our hall office, or via our website at: <http://www.highlandparkcommunity.ca/>

April 7 & 8: HPCA's first Casino! Many of the volunteer roles are filled, but we certainly need people to sign up in backup roles for last minute replacements in case someone else gets sick, called in to work, or has a family emergency. If you haven't volunteered at a casino before, it's fun! You get a free meal and a variety of snacks, and have a chance to get to know the other volunteers (who are your neighbours) by chatting, sharing jokes, or even jointly doing a crossword or playing a game of cribbage during the down time. We've created an online signup form with more details about the jobs that need to be filled and the times, so please check it out at: <http://www.signupgenius.com/go/409044fa5a62cabfb6-casino/>

BOWWEST
COMMUNITY RESOURCE CENTRE

Struggling to make ends meet?

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

403-703-0140 • victoria@bowwest.com



Join Us For A Free Movie Night

FRIDAY, APRIL 28th

Northminster United Church
3311 Centre Street N
www.northminster.ca
403-277-0322

Movie at 7:00 PM

Hawaii themed night – wear your summer favorites!
Popcorn and drinks provided – extra snacks for sharing
are always appreciated. Contact the office to RSVP.

Please bring a blanket, pillow, or lawn chair
to make viewing more comfortable.

Everyone Welcome!

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403-714-0711 gutterdoctor.ca

Free Tax Return Service for Low Income Taxpayers

The Highland Park Community Association is registered with the Canada Revenue Agency to offer a volunteer (that is, free!) tax return service for eligible taxpayers.

You are eligible if you have either no or a modest income, and a simple tax situation. Your tax situation is simple if your income comes from employment, pension, benefit or support payments, RRSPs, scholarships or grants, or interest income less than \$1000.

The following table will help you decide if you qualify to take advantage of the program:

	Maximum Annual Family Income (gross)
Single person	Up to \$30,000
Couple	Up to \$40,000
One adult with one child	Up to \$35,000

Add \$2,500 to the maximum family income for each additional dependant you have

Individuals with any of the following are NOT eligible to take advantage of this tax service:

- Have business or rental income and expenses
- Have capital gains or losses
- Are self-employed or have employment expenses
- File for bankruptcy
- Are completing a tax return for a deceased person
- Have interest income exceeding \$1000

Volunteer tax preparers are pre-screened, receive training from the CRA, and are required to follow strict rules to protect your privacy.

Email hpcacvitp@gmail.com or phone 403-276-6969 for more information or to book an appointment. Please note that we will be offering this free tax service only during the months of March and April 2017.

Time is Running Out to File your taxes!

D. Jeanne Kimber
Director & Acting Treasurer
Highland Park Community Association

MJP

IRISH DANCE

SOAR HIGH

Ages 4 to Adult
Beginner to Advanced

Three convenient locations:

Highland Park (NW)
Highland Park Community Centre, 3716 2 St N.W.

Highwood (NW)
Highwood Community Center, 16 Harlow Ave. N.W.

Misdun (SE)
Misdun Community Center, 50 Midpark Rise S.E.

Registration takes place every year in the fall but is also accepted year round.

403.271.0696 | Calgary, Alberta | MJPACADEMY.COM

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 @ 403-276-6969.						
1 -LNH 10am-12pm Calgary Baha'i Community -LNH 8pm-9pm AA Meeting -MH all day New Covenant	2 -All Halls 7am-2pm New Covenant -MH 2:30-4:30 Martial Arts -NH 5:30pm-7:30pm Science of Spirituality	3 -MHB 6:15am-6pm NEXT -MH 7:30pm-9:30pm Bumbukan Karate	4 -MHB 6:15am-6pm NEXT -NH 5:30pm-6:45pm Yoga -MH 7pm-10pm Martial Arts	5 -MHB 6:15am-6pm NEXT -MH/NH 5-9pm MJP Academy of Irish Dance	6 -MHB 6:15am-6pm NEXT -MH 7pm-10pm Martial Arts	7 -MHB 6:15am-6pm NEXT -MH/NH/MHB 6pm-10pm New Covenant -Casino
8 -LNH 10am-12pm Calgary Baha'i Community -MH all day New Covenant -LNH 8pm-9pm AA Meeting -Casino	9 -All Halls 7am-2pm New Covenant -MH 2:30-4:30 Martial Arts -NH 5:30pm-7:30pm Science of Spirituality	10 -MHB 6:15am-6pm NEXT -MH 7:30pm-9:30pm Bumbukan Karate	11 -MHB 6:15am-6pm NEXT -NH 5:30pm-6:45pm Yoga -MH 7pm-10pm Martial Arts	12 -MHB 6:15am-6pm NEXT -MH/NH 5-9pm MJP Academy of Irish Dance	13 -MHB 6:15am-6pm NEXT -MH 7pm-10pm Martial Arts -LNH HPP 7-8:30pm Committee Meeting	14 -MHB 6:15am-6pm NEXT -MH/NH/MHB 6pm-10pm New Covenant
15 -LNH 10am-12pm Calgary Baha'i Community -MH all day New Covenant -LNH 8pm-9pm AA Meeting	16 -All Halls 7am-2pm New Covenant -MH 2:30-4:30 Martial Arts -NH 5:30pm-7:30pm Science of Spirituality	17 -MHB 6:15am-6pm NEXT -MH 7:30pm-9:30pm Bumbukan Karate	18 -MHB 6:15am-6pm NEXT -NH Senior's Lunch -NH 5:30pm-6:45pm Yoga -MH 7pm-10pm Martial Arts	19 -MHB 6:15am-6pm NEXT -MH/NH 5-9pm MJP Academy of Irish Dance	20 -MHB 6:15am-6pm NEXT -HPP Cleaning Night 7-8:30pm -MH 7pm-10pm Martial Arts	21 -MHB 6:15am-6pm NEXT -MH/NH/MHB 6pm-10pm New Covenant
22 -LNH 10am-12pm Calgary Baha'i Community -MH all day New Covenant -MH 8pm-9pm AA Meeting	23 -All Halls 7am-2pm New Covenant -MH 2:30-4:30 Martial Arts -NH 5:30pm-7:30pm Science of Spirituality	24 -MHB 6:15am-6pm NEXT -MH 7:30pm-9:30pm Bumbukan Karate	25 -MHB 6:15am-6pm NEXT -NH 5:30pm-6:45pm Yoga -MH 7pm-10pm Martial Arts	26 -MHB 6:15am-6pm NEXT -MH/NH 5-9pm MJP Academy of Irish Dance	27 -MHB 6:15am-6pm NEXT -MH 7pm-10pm Martial Arts	28 -MHB 6:15am-6pm NEXT -MH/NH/MHB 6pm-10pm New Covenant
29 -LNH 10am-12pm Calgary Baha'i Community -MH all day New Covenant -MH 8pm-9pm AA Meeting	30 -All Halls 7am-2pm New Covenant -MH 2:30-4:30 Martial Arts -NH 5:30pm-7:30pm Science of Spirituality					



Another Successful Clothing Giveaway!

Submitted by Anne Naumann

Many thanks go out to the volunteers who helped put together another successful Clothing Giveaway event at our hall on Saturday March 11th! From preliminary set-up and preparations that began on Friday night, through to Saturday morning additional clothing sorting & adjustments to the set-up (based on what clothing we had received as donations), and on to Saturday afternoon helping shoppers when they arrived for opening at 1:30 pm, we had approximately 48 volunteer shifts filled, with several volunteers working all 3 shifts. It's always a fun event to volunteer for, in that you get a chance to chat with the other volunteers to get to know them better. What a great community we have!

In terms of how many shoppers we helped, we collected a few statistics on who was accessing this free event. During the 2 hour event we had 62 groups of shoppers come through our doors, who were shopping for others at home as well, totaling 174 people helped with new-to-them clothing. The shoppers came from 20 different communities, mostly across the north central region of Calgary, but some even from Martindale in the NE, and Chinook in the SW. About a third of our shoppers were from Highland Park, and about 10% each were from Thorncliffe-Greenview and Tuxedo. The majority of people heard about the event via the community newsletter, followed by word of mouth, the Centre St Church sign, their child's school, or information from their church, and some found out via online sources. I know I speak for the other volunteers in saying we all felt great after the event knowing we had helped so many people who needed a hand up.

I need to mention that we couldn't pull this event off each year without the gracious help from our local churches: Centre St Church, Highland Mennonite Brethren Church, Northminster United Church, and New Covenant Assembly Church. They all contributed in a variety of ways, including collecting donated clothing, baking treats for our volunteers, advertising the event at their services and on their signage, delivering racks for the clothing, and providing volunteers on both days. We also had great support from the Thorncliffe Safeway, and the Real Canadian Wholesale Club, who collected for us the dozens of cardboard boxes we need to sort the clothes into. And finally, a huge thank you also goes out to the HPCA residents (and one from TGCA too) and Board members who helped with this event, especially Rosalind Kohut, whose organizational skills continue to amaze us (and she makes a fantastic chili too!). Thanks for another successful event!



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.

or!!

ONE 6 WEEK SESSION FOR \$60
TWO 2 WEEK SESSIONS FOR \$100

Tuesdays
 5:30 - 6:45pm
 march 21 - april 25
 highland park community hall
 3716, 2nd Street NW

Kindly Contact Martha to Register
403.669.6186
 marthaffleck@gmail.com

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.





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: _____

**memberships also available for purchase online at highlandparkcommunity.ca*



Highland Park/Highwood mybabysitterlist

Name	Age	Contact	Course
Aizlynn	13	587-437-7740	Yes
Angelica	17	587-223-0215	Yes
Chantelle	34	403-510-7474	Yes
Desiree	24	403-850-8486	Yes
Jacalyn	18	403-277-6174	Yes
Kyra	16	403-398-4365	Yes
Maya	15	403-276-1015	Yes
Olivia	14	403-289-2232	Yes
Reese	16	403-276-5048	Yes
Sebastian	16	403-971-1986	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.

BRAIN GAMES SUDOKU

	3				7			
		9					7	
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				8	4			
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	6					9		
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FIND SOLUTION ON PAGE 28



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 to him.



Sant Rajinder Singh Ji Maharaj is an internationally renowned spiritual Master.

Through his teachings, guidance, and example, he has helped millions of people around the world discover the beauty and power of the soul.

Under his leadership, Science of Spirituality strives to help individuals and communities achieve the cherished goals of inner and outer peace, and personal transformation, through meditation.

For information about

Science of Spirituality

<http://www.sos.org>

For information about

Sawan Kirpal Ruhani Mission

<http://skrm.sos.org>

Welcome to our **Satsang**, or spiritual program, which is sponsored by **Science of Spirituality**, a global, **non-denominational organization** dedicated to **Love, Unity and Peace**. We are millions of individuals, of all nationalities, races, and faiths, who are deeply committed to bettering ourselves and our world through a **spiritual way of living based on meditation, ethical values, and regard for life**.

This program is held under the direction of **Sant Rajinder Singh Ji Maharaj**, a spiritual Master who teaches the Sant Mat method of meditation on the **inner Light and Sound of God**. From its centers in countries all over the world, Science of Spirituality strives to help individuals and communities achieve deeper, richer inner lives with a stronger sense of meaning and purpose.

Each week our Calgary group gathers to meditate together, reflect on the words of the great spiritual Masters, and spend some time with others who share the goal of leading a spiritually enriched and fulfilling life.

All activities are held free of charge

Every Sunday from 5.15 PM to 7.15 PM at North Hall, Highland Park Community Association, 3716 2 StNW, Calgary, AB.

For Local Calgary centre, kindly contact – **Kamlesh Mehta**

Email – mehtakam@gmail.com, soscalgary.meditation@gmail.com

M – (403) 614 2613 H – (403) 2413328

AREA SCHOOL NEWS

Buchanan School

Apr. 3 - Classes resume
Apr. 10 - Dental Hygienist Kindergarten & Grade 1
Apr. 11 - School Council Meeting
Apr. 14 - Good Friday - No School
Apr. 17 - CBE Non-Instruction Day - No School
Apr. 19 - Spring Concert
Apr. 21 & 22 - City Youth Science Fair
Apr. 25 - Whole School and Class Photos
Apr. 27 - Special Lunch; Assembly 1:00
Apr. 28 - Nose Hill Park Grade 1/2 & 6; Movie Night "Sing" 6:00 pm

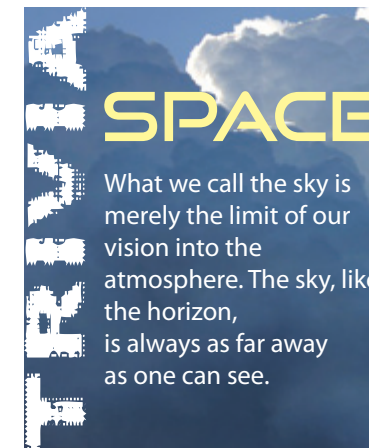
James Fowler High School

Apr. 3 - Classes resume
Apr. 4 - ELA PRT Timed Writing Exams
Apr. 5 - Diploma Exams, ELA, 30-1/30-2 Part A, ELA PRT Timed Writing Exams
Apr. 6 - Diploma Exams, SS 30-1/30-2 Part A, ELA PRT Timed Writing Exams
Apr. 7 - Diploma Exams, ELA 30-1/30-2 Part B
Apr. 10 - Term 4 Begins, Diploma Exams, SS 30-1/30-2 Part B
Apr. 11 - Diploma Exams, Math 30-1/30-2 /Chem 30
Apr. 11 - Diploma Exams, Biology 30/ Science 30
Apr. 13 - Term 3 Marks due, Diploma Exams, Physics 30
Apr. 14 - Good Friday, No School
Apr. 17 - Non-Instructional Day, No School
Apr. 21 - Report Cards go home
Apr. 28 - Dance show tech after school

Georges P. Vanier School

Saturday, April 1
Spring Break
Sunday, April 2
Spring Break
Monday, April 3
3:50pm
Gr 8 Badminton Practice
Tuesday, April 4
7:45am
Gr 9 Badminton Practice 3:50pm
Gr 7 Badminton Practice
Wednesday, April 5
7:45am
Gr 8 Badminton Practice
Thursday, April 6
7:45am
Gr 7 Badminton Practice 3:50pm
Gr 9 Badminton Practice
Friday, April 7
7:45am
Gr 8 Badminton Practice 9:00am
Early dismissal Day 4 per 4, 5, 6, 7
Monday, April 10
7:45am
Gr 9 Badminton Practice 3:50pm
Gr 8 Badminton Practice 4:00pm
Gr 7 Badminton Tournament 6:00pm
Band Parent Meeting 6:45pm
School Council
Tuesday, April 11
7:45am
Gr 9 Badminton Practice 3:50pm
Gr 7 Badminton Practice
Wednesday, April 12
7:45am

Gr 8 Badminton Practice
Thursday, April 13
7:45am
Gr 7 Badminton Practice 3:50pm
Gr 9 Badminton practice 4:00pm
Gr 8 Badminton Tournament
Monday, April 17
9:00am
Non-instruction day
Wednesday, April 19
7:45am
Gr 8 Badminton Practice 4:00pm
Gr 9 Badminton Tournament
Friday, April 21
Day 4
9:00am
Vaccinations- Grade 9 Round 3
Tuesday, April 25
1:00pm
Simon Fraser School Tour
Wednesday, April 26
9:00am
Gr 9 Theatre - Hannah's Suitcase
Friday, April 28
9:00am
Early dismissal Day 1 per 1, 2, 3, 4



NEXT

Expand. Explore. Excel

Before & After School Care Program
Register Today, also accepting fall 2017 registration
Kindergarten to Grade 6

NEXT has been operating for 7 years out of Strathmore, AB and has now expanded to Calgary and Area. Offering exciting programming, quality care, and excellent, qualified staff.

Day by day NEXT has been growing and becoming the amazing program we had anticipated to start, if you require care for your child please feel free to contact our program, any time for questions or more information. Taking fall 2017 registrations.

Offering

- Before and After School Care
- Kindergarten Programs (for all types: 1/2 day, full day, alternating days)
- PD/Non-School Day Programming
- Transportation to and from school (Grades k-6), including half day kindergarten transportation and drop off

Affordable and conveniently located at the Highland Park Community Hall

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Subsidy Is Available

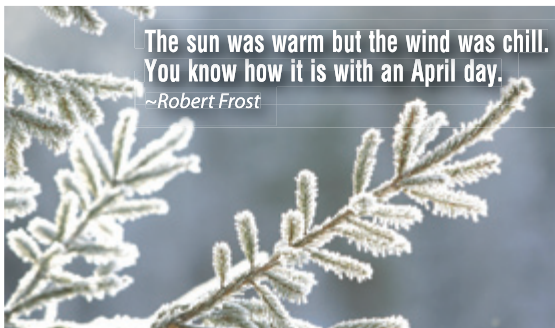
Contact us today at: www.nextkidsinc.com

fb: Highland NEXT

P: 587.727.0407

e: highlandnext@gmail.com

Director: Courtney Beekman



The sun was warm but the wind was chill.
You know how it is with an April day.

~Robert Frost



Last 12 Months HIGHLAND PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2017	\$517,000	\$500,000
January 2017	\$598,450	\$584,300
December 2016	\$639,900	\$617,500
November 2016	\$0	\$0
October 2016	\$579,450	\$572,400
September 2016	\$529,900	\$500,000
August 2016	\$554,450	\$537,500
July 2016	\$564,900	\$555,000
June 2016	\$669,999	\$669,999
May 2016	\$664,000	\$647,500
April 2016	\$669,950	\$651,000
March 2016	\$649,900	\$626,750

Last 12 Months HIGHWOOD MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2017	\$512,000	\$502,450
January 2017	\$0	\$0
December 2016	\$494,850	\$445,500
November 2016	\$549,900	\$502,500
October 2016	\$549,900	\$540,000
September 2016	\$374,000	\$370,000
August 2016	\$559,000	\$552,000
July 2016	\$474,500	\$464,000
June 2016	\$469,750	\$460,000
May 2016	\$510,000	\$494,400
April 2016	\$424,900	\$400,050
March 2016	\$0	\$0

To view more detailed information that comprise the above MLS averages please visit highland-park.great-news.ca or highwood.great-news.ca

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	VACANT	
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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	Tuan Pham	403-202-3123
McKNIGHT SPORTS REP.		soccer@mcknightsports.ca
NORTH CENTRAL BASKETBALL CLUB		northcentralbball.com
		northcentralbball@hotmail.com , 973-6665

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)

Curious • Creative • Confident
A Reggio Emilia inspired, parent-child cooperative preschool for 3 and 4 year olds.
Inspiring classroom plus a gym and outdoor area.
Maximum 18 children per class with 2 co-teachers and parent volunteer.

Highwood COMMUNITY Playschool

OPEN HOUSE FEBRUARY 25, 2017 11AM - 1PM
highwoodcommunityplayschool.com



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



Highwood Ladies' Group

Our group continues to gather at the hall every Monday from 1-3:00 pm and we invite those interested to "drop in" whenever the mood strikes. You will always be welcomed.


This past month International Women's Day sparked a discussion on how our mothers lived with their large families, very little help, few conveniences and few choices. We agreed that changes over the years have made life easier for all of us.

Greg Miller, who is contesting the position of Ward 4 councillor in the upcoming fall election spoke to the group. He explained that because boundaries have changed we will be facing a new slate of contenders for this position.

Members exchanged books and donations were made to our Highwood Little Free Libraries.

TRIVIA

Minerals
A diamond will not dissolve in acid. The only thing that can destroy it is intense heat.




HIGHWOOD COMMUNITY ASSOCIATION Gentle Fitness Classes

Excellent for individuals struggling with a chronic illness, recovering from surgery, or looking for a gentle fitness class

Chair and standing exercises, muscle strengthening, stretching, and relaxation.

Join us on Saturdays
April 15-June 17
Time: 10:30-11:30 am
7 classes for \$60

For more information please contact Judi
jvanden1@telus.net or 403-288-6046

Northmount Baptist Church

451 Northmount Dr. NW • Phone: 403.289-8185
Senior - Pastor Greg Butt cell: 587-777-4789
Outreach - Pastor Gabriel Alalade
Sunday Service - 10:30 a.m.
Mom's Squad - Thursdays 9:30-11:30 a.m.
Equip Young Adults - Friday, March 4, 6:30-8:30 p.m.
Drop in Café - March 9, and 23, 6:30-8:30 p.m.
www.nbcchurch.ca office@nbcchurch.ca

HIGHWOOD TREASURER MESSAGE

Hello Fellow Highwoodians,

As I sit down to write this, I'm looking out my office window at a city blanketed in snow eagerly awaiting the first signs of spring, knowing that in a few short weeks I'll hopefully be basking in the sun with a cold beer and thinking about how I'm going to bring my grass back from the dead.

In the meantime, I and all of your Highwood Community Association Board Members have been busy and as we look forward to the rest of 2017, things do not look to be slowing down anytime in the near future.

In 2016 the community association, along with the community pool hosted numerous events including our annual Taste of Highwood in August, our Halloween party in October and our Doggy Swim at the outdoor pool in September. We also introduced new events stewarded by our newest board members which included our Outdoor Movie in the Park which looks to become our newest annual event. These events are all focused on bringing people of our community together and helping to develop that "know your neighbor" community that helps make Highwood feel like home. If you have ideas or events that you'd like to see become a reality in our community, come out to our board meetings (2nd Tuesday of every month at 7pm at the Highwood Community Hall) and share your ideas. We are always looking for additional people to spearhead and organize community events.

In 2017 we expect to repeat many of our previously successful events and, perhaps most exciting, we expect the first phase of our outdoor rink upgrade to be completed. This project has been a long time in the making and has taken significant effort from many board members and we are all very excited to have a firm timeline in place for construction to begin this spring.

My final thought to leave you with is the upcoming redevelopment that will be occurring in or around our community in the upcoming years. Currently, there is ongoing dialog about proposed changes to the John Laurie and McKnight intersection (session to be held

on April 18 at 7pm at North Haven Community Association), a proposed extension to the cell tower located at 390 Northmount Drive and substantive redevelopment to the Highland Park Golf Course. These projects will have far reaching impacts on our community and those around us. I encourage you to make yourself aware of these planned projects and voice your ideas and concerns through the appropriate channels. We have to take an active role in the decisions that affect our neighborhood in order to ensure the impact to our residents is considered in these decisions.

Finally, follow us on Facebook (Highwood Community Association) to make sure you are aware of all of our upcoming events and get the latest news on any redevelopment ongoing in or around our community.

Cheers,
Bryan Seitz, Treasurer

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Dr. Liang Zhao

DEC, DMD

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We offer Saturday appointments, as well as select Evenings.

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- ASK Dental -

#200N, 4400 - 14th Street NW
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askdrzhao@gmail.com
www.askdrzhao.com

Gardening by the phases of the moon

April 3 First Quarter (waxing)
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

April 10 Full Moon (waning)
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

April 19 Last Quarter (waning)
Decreased gravitational pull and moonlight. A resting period. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

April 26 New Moon (waxing)
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

HIGHWOOD APRIL 2017 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Registration begins April 3 for Highwood Outdoor Pool DayCamps and Private Rentals. Book now for the best selection of dates and times. Please visit the website for details. www.highwoodoutdoorpool.com						
2 CCNV - MH, MR, KI 8:00am to 3:00pm Airborne Dance Center 3:30 - 5:30	3 Ladies Meet-Up - 1:00 to 3:00pm Yoga - 3:00 to 4:00pm Baniff Trailers 7:00-	4 MJP Academy of Irish Dance MH 5:00 - 9:30PM MR 5:00 - 8:00PM"	5 MJP Academy of Irish Dance MH 5:00 - 9:30PM MR 5:00 - 8:00PM"	6 Calgary Bird School 6:00 - 9:00pm	7 CCNV - MH, MR, K 5:00 - 11:00pm	8 MJP Academy of Irish Dance 9:30am - 11:30am
9 CCNV - MH, MR, KI 8:00am to 3:00pm Airborne Dance Center 3:30 - 5:30	10 Ladies Meet-Up - 1:00 to 3:00pm Yoga - 3:00 to 4:00pm Baniff Trailers 7:00-	11 MJP Academy of Irish Dance MH 5:00 - 9:30PM MR 5:00 - 8:00PM"	12 Calgary Eagles Jr. Forest Wardens MH, MR 6:00 to 9:00pm	13	14	15
16 CCNV - MH, MR, KI 8:00am to 3:00pm	17 Ladies Meet-Up - 1:00 to 3:00pm Yoga - 3:00 to 4:00pm Baniff Trailers 7:00-	18 MJP Academy of Irish Dance MH 5:00 - 9:30PM MR 5:00 - 8:00PM"	19	20	21	22 Crop For Critters Scrapbook Event (Sandra 8:30am to 10:00pm)
23 CCNV - MH, MR, KI 8:00am to 3:00pm	24 Ladies Meet-Up - 1:00 to 3:00pm Yoga - 3:00 to 4:00pm Baniff Trailers 7:00-	25 MJP Academy of Irish Dance MH 5:00 - 9:30PM MR 5:00 - 8:00PM"	26 Calgary Eagles Jr. Forest Wardens MH, MR 6:00 to 9:00pm	27	28	29
30	Notes					
CCNV - MH, MR, KI 8:00am to 3:00pm	Highwood Community Playschool - registrar@highwoodcommunityplayschool.com 3-year old classes: Tuesdays & Thursdays 9:05 to 11:20am 4-year old classes: Mondays, Wednesdays and Fridays 9:05 to 11:35am					

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 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, 2016 – August 31, 2017 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.



I HAVE GREAT FAITH
IN FOOLS —
SELF-CONFIDENCE,
MY FRIENDS CALL IT.

~EDGAR ALLAN POE



- A Reggio Emilia inspired Playschool for 3 and 4 year olds
- Where children learn and develop in an inspiring and nurturing environment
- Registration is now open for 2017/2018!

Playschool News

Thanks to our teachers and parent volunteers for a very successful Open House. It was a wonderful opportunity to connect with families in our community and to share what our playschool is all about. Registration is ongoing for both classes (3's are Tues/Thurs mornings and 4's are Mon/Wed/Fri mornings).



Both our classes recently enjoyed a field trip to Inglewood Bird Sanctuary, where staff engaged the children in games and hands-on activities about ladybugs and coyotes. Despite the chilly weather the kids were enthusiastic to explore outside and were thrilled to discover some fresh coyote tracks in the snow! Ms. Kelly-Sue and Ms. Jane displayed photos of the visit which prompted the

children to share stories and ideas from the trip back in the classroom. Other fun activities in the classroom have included exploring gemstones and crystals with magnifying glasses, as well as some tactile experiments involving goop!

Registration for the 2017/2018 school year is now open. For more information, please visit our webpage www.highwoodplayschool.ca or email us at hello@highwoodplayschool.ca. We would be happy to show you the classroom and answer any questions you might have.



Helping Your Children with Social and Emotional Skills

As parents, we strive to help our children learn new things in the early years of their lives. These things include learning to walk, dress themselves, use the potty, and many many more things. Teaching your child social-emotional skills are just as important. These skills are: recognizing and understanding their thoughts and feelings; making healthy decisions and learning right from wrong; being a friend and making friends (teaching conflict resolution and cooperation); self regulation (calming themselves down in an appropriate manner); being empathetic to others.

Here are some tips on how to foster social emotional development in a preschool child:

1. Parents need to role model proper interactions and self control.
2. Listen to what the child is saying instead of judging.
3. Give reasons for the behavior you want and make goals to achieve the behavior.
4. Teach a child empathy instead of being sympathetic all the time. It never hurts to try and see something from another's point of view.

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: nwecdcoalitions@gmail.com.

SPRING YARD WASTE LANDFILL DROP-OFF



Between April 7 and May 28,
bring your yard waste to
any City of Calgary landfill for
free composting.

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Invitation to April 18 Meeting McKnight Blvd and John Laurie Blvd Information Session

NHCA will host an information and discussion open meeting on April 18 from 7 to 9 PM. City Transportation representatives have been advised of this meeting and invited to take part.

The primary topic will be the dangerous "T" intersection of John Laurie Blvd, McKnight Blvd and 48th Avenue, where several accidents have occurred, at least one of which was fatal. One was very recent.

In 2005, after several consultations with the community, a consultant's report was given approval in principal by City Council, but never funded.

The report recommended a major re-alignment to eliminate the "T" intersection and make it a smooth 70 kmh curve. An underpass would permit free flow on eastbound 48 Avenue to merge with eastbound McKnight traffic near Northmount Drive.

Several properties in Highwood and a few in Thorncliffe would be needed and all were purchased by the City.

The funding for the work is not in the Investing in Mobility 2015-2024 plan.

Related to the above, intensive development to the east including the Highland Park golf course project and the transit oriented development that will accompany the Green Line LRT will put even more pressure on the corridor all the way to Deerfoot. This is the main route to the airport for North Haven residents.

There is also concern about pedestrian and to a lesser extent bicycle safety at this intersection.

Please attend, and if you wish, contribute your ideas and opinions about how to move this onto the front burner.

Bob Porteous
Member, Development Review Committee
North Haven Community Association

IN & AROUND CALGARY



Green Line Update

Green Line in my community

In June 2017, the Green Line team will present final recommendations on the route alignment, station location and transit oriented development to City Council and we want your input before then. Please join us for one of three upcoming information sessions where you'll be able to learn more details on the Green Line route, station locations and provide feedback on access to and from nearby communities.

Green Line in my community – Beddington Blvd. to North Pointe

Where: Notre Dame High School, 11900 Country Village Link N.E.

When: Tuesday, March 14; 5:30 p.m. – 8 p.m.

Green Line in my community – Bow River to McKnight Blvd.

Where: Highland Park Community Association, 3716-2 Street N.W.

When: Wednesday, March 15; 5:30 – 8 p.m.

Green Line in my community – McKnight Blvd. – Beddington Blvd.

Where: Thorncliffe/Greenview Community Association, 5600 Centre Street N

When: Tuesday, March 21; 5:30 - 8 p.m.

Green Line in Ramsay

The City of Calgary's Green Line team is exploring different options for connecting the route from 12 Avenue in the Beltline to the Inglewood/Ramsay area. One of these options involves a street-level LRT along MacDonald Avenue SE.

The City hosted a public meeting on this topic on Thursday, March 2. A presentation was followed by a Q&A

with members of the project team and Councillor Carra. This was just the first of many conversations The City will have with the community if the MacDonald Avenue SE option continues to move forward. If you were unable to attend this meeting, there will be more opportunities to provide your input in the coming months.

The MacDonald Avenue alignment is only one of the options that The City is considering for this area, and no decision on a recommended alignment has been made yet. On March 15, the Green Line team will update the Transportation and Transit (T&T) Council Committee meeting with technical data, constraints, and opportunities of all the options being considered, this update will also include community feedback from the March 3 session.

Visit our blog for more information about the Beltline segment and the MacDonald Ave SE option.

Upcoming Council Committee Updates

In April, the project team will be presenting on Green Line at a number of Council Committees. All committee meetings are open to the public and your input is welcome at the upcoming committee date:

April 5: Standing Policy Committee (SPC) on Community and Protective Services

In June, the team will return to City Council to present the long term vision and also recommend approval of the full alignment and station locations. Other recommendations in June include approval of the Transit Oriented Development (TOD) plans as well as a staged plan on constructing the Green Line.



Blue Cart recycling tip of the month

Did you know that tin food cans and tin foil are the only “metal” that can go in your blue cart? Frying pans, bike tires, car parts and propane tanks are all no-no’s!

Here are some common “metal” items you may have in your home and the proper way to recycle or dispose it.

Yes – can go in your blue cart	Safely dispose – household hazardous waste drop-offs	Scrap metal recycling – bring to a City landfill (charges will apply) or to a metal recycler.
<ul style="list-style-type: none"> • Tin foil – crumple up into a ball • Tin pie plates • Tin cookie jars and coffee cans • Metal food cans including the metal lid • Metal jar lids 	<ul style="list-style-type: none"> • Propane tanks (full-size and small camping size) • Helium tanks • Bear spray • Household aerosols (ie. cooking spray, shaving foam, hair spray etc.) 	<ul style="list-style-type: none"> • Pots and pans • Car parts • Metal shelves • Furniture • Barbecues • Lawnmowers

If you’re not sure of what to do with an item, use our online search tool at calgary.ca/whatgoeswhere to find the answers.



Leave space around your carts on collection day




If you can walk between and around your carts, that’s enough space.

calgary.ca/cartplacement

Celebrating 150 years of Canadian Wildlife!



Manitoba



Who Am I?

Grazing on the open prairie, solemnly I stand,
A silhouette against a golden plain.
I’m heavy and I’m bulky, I travel in a herd,
My head hangs low and has a shaggy mane.

My horns are short and curved, I’ve a tassel on my tail,
My shoulders have a hump that’s mighty large.
You’ll think I’m slow to move, but I’m fast upon my hooves,
So be prepared, I might decide to *charge!*

Moose White-Tailed Deer Bison

Turn page upside-down for answer!

© Rosemary Gal, 2017

Compliments of the Friends of the Bowmont Natural Environment Park Area

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

May 6 – 7, IFK Kickstart Garage Builder’s Motorcycle Show - Christine Klassen Gallery

An annual showcase of garage-built motorcycles from across Alberta, most small in budget but all big in creativity. Join us from May 6-7 from 11am to 5pm and see what we’ve created over the winter! More info at facebook.com/kickstartshow

May 7, The Debaters Live! – The Jack Singer Concert Hall

A fundraising event for JFSC hosted by award-winning comedian, Steve Patterson, and features two of his favourite comics, (Dave Hemstad and Kate Davis) - they perform stand-up, followed by a comedic debate. More info at artscommons.ca/WhatsOn/ShowDetails

May 12 – 13, Vintage Redefined Market – Century Casino Showroom

The new vintage market with purpose! This ain’t your typical tea-time at grandma’s house. An exciting venue filled with treasures sure to delight and excite men and women alike! Over 80+ vendors featuring: True vintage, Collectibles, Re-purposed, Reclaimed, Oil & Gas, Records, Jewelry, Video Games, Antiques, Comics & more! More info at facebook.com/Vintage.Redefined.Market

May 13 – June 11, The Drowning Girls – Vertigo Theatre

The Drowning Girls is a lyrical exploration of a trio of murdered wives who gather evidence against their murderous husband by reliving the shocking events leading up to their deaths. One Yellow Rabbit Co-Founders Blake Brooker and Denise Clarke lead an incredible creative team in bringing this macabre fantasia to the Vertigo stage. More info at vertigotheatre.com

May 19, Raiders of the Lost Ark: Original Film with Orchestra – Jubilee Auditorium

The film that gave the world one of its greatest movie heroes, Indiana Jones, is back and better than ever before! Relive the magic on the big screen with the original great adventure, Raiders of the Lost Ark with John Williams’ epic score performed live alongside the film by the Calgary Philharmonic Orchestra. More info at calgaryphil.com

May 26, Nose Creek Players Presents: Anne of Green Gables – The Bert Church Theatre

Your community theatre company, Nose Creek Players, is proud to present Lucy Maud Montgomery’s iconic tale of Ann Shirley. This beloved Canadian yarn tells the story of an imaginative red-haired girl searching for a place to belong; for her kindred spirit. More info at airdrie.ca

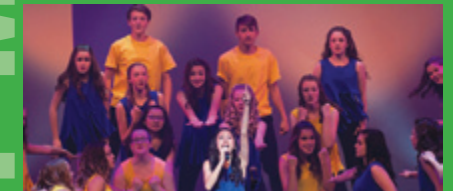
MAY 5 – 6 CALGARY INTERNATIONAL BEERFEST – BMO CENTRE, STAMPEDE GROUNDS

For the seasoned brew lover and budding beer enthusiast alike, Beerfest appears to have it all. Over 500 brews of all shades and compositions, contests, take part in beer seminars, vote for the People’s Choice awards, meet new people, sample delicious foods, enjoy the atmosphere and entertainment, and most importantly have a great time! More info at albertabeerfestivals.com



MAY 13, YOUTH SINGERS OF CALGARY PRESENT: #IAMMUSIC – 1415 14 AVE NW

The Youth Singers of Calgary have a long, proud history as ambassadors of true Canadian spirit and as a voice for Canadian youth through singing, dancing and acting. To celebrate Canada’s 150th Birthday we have asked the question ‘what does it mean to be a young, Canadian artist in this digital age?’ On May 13th we raise our collective voices to answer that question. #IAMCanadian #IAMConnected #IAMMusic More info at youthsingers.org



MAY 24 – 27, CALGARY INTERNATIONAL CHILDREN’S FESTIVAL – ART COMMONS AND OLYMPIC PLAZA

Open the door to your imagination! The Calgary International Children’s Festival (Kidsfest) celebrates its 31st anniversary this season. From its humble beginning in 1987, Kidsfest has grown to become one of the most prominent arts festivals of its kind in Canada and the largest presenter of performing arts for young people in Calgary. More info at calgarykidsfest.ca



MAY MAY MAY MAY MAY



White-Faced Ibis an Unusual Visitor

Article by J.G. Turner

The White-Faced Ibis is a medium sized, dark wading bird, with long dark legs and a long, downward curving bill. Its plumage is dark chestnut in colour, with a purple and green glossy look during the breeding season. Breeding adults have a bare pinkish face in front of the eyes, bordered with white feathers and red eyes. In the non-breeding season, the White-Faced Ibis appears as a much more drab brown bird with dark wings.

Fun Facts:

- This South American native that had its first confirmed sighting in southeast Alberta in 1974.
 - Most of its kind lives in the United States, Central America and the southern half of South America. For the winter this unusual visitor migrates to find warmth in the southern United States.
 - The conditions found in that corner of the province were sufficient to attract a small but consistent number of breeding pairs. This bird is considered to be an isolated breeder in the province, separated from other populations, which are breeding further south on the continent.
- This bird's sickle shaped bill is ideal for foraging for its favourite foods. It pokes its bill down into water and mud to find insects, leeches, snails and earthworms, and also fish, crayfish, newts and frogs.
- The White-Faced Ibis chooses to nest in marshy areas where there is dense vegetation such as reeds, cattails and bulrushes and builds its nest from the stalks of these plants.
- The White-Faced Ibis lays a clutch of 3 or 4 green-blue eggs.
- The White-Faced Ibis will live about nine years.

White-Faced Ibis populations have shown modest growth in some areas of North America over the years. However, they face many threats from human activities:

from being hunted to habitat destruction. As the White-Faced Ibis is reliant on wetlands and marshes for both feeding and nesting, changes to wetlands, such as those caused by pollution or draining to increase farmland acreage, can have a very harmful impact on their survival.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

BRAIN GAMES SUDOKU

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



Giving People a Voice in Mental Health Research

By Caitlin Crawshaw

The Mental Health Commission of Canada reports that in a given year, one in five people in Canada experiences a mental health problem or illness. In Alberta, that's more than 675,000 people.

Researchers and clinicians in the province recognize the need to learn more about mental health, but realize most research topics are chosen by the researcher, not the people living with mental illness. A new study partly funded by Alberta Innovates (previously Alberta Innovates – Health Solutions) is changing that. This fall, the Alberta Depression Research Priority Setting Project surveyed people who have experienced depression, as well as their clinicians and caregivers, to pinpoint gaps in current research.

"Someone with lived experience will likely have a different perspective than someone doing the research," explains Robbie Babins-Wagner, PhD, a professor at the University of Calgary Faculty of Social Work and a member of the project's advisory group.

Researchers are analyzing the survey answers to better understand the needs of people who experience depression. And what they find will shape research to help meet their needs. "This will allow the voice of people living with and caring for mental illness to influence research projects," adds Babins-Wagner.

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

HEART & STROKE CANVASS: Become a volunteer canvasser this June 2017 to share life-saving information, inspire healthy habits and raise funds for vital research. Every dollar you raise, every person you reach and every heart you inspire helps save lives and support families in your own community, and across Canada. No experience necessary. Opportunities to canvass door-to-door or online. Visit www.heartandstroke.ca/help or call 403 351-7073.

CLOTHING GIVEAWAY: Saturday, May 6 10:00 am – 1:00 pm at All Saints Lutheran Church, 380 Midpark Blvd. SE. Spring/summer clothing donations welcomed at the church from May 2-5, between 11:00 am – 3:00 pm. For more information call Retta at 403-201-7500.

CLOTHING / TEXTILE RECYCLING DRIVE: While spring cleaning, you may find old, worn, torn or stained fabric items. Bring them to the May 9-16 **Clothing/Textile Recycling Drive** at Corpus Christi Parish Hall, 5931 4th St NW. For details, visit www.corpuschristicalgary.org.

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalatitudes.org.

VOLUNTEERING.... *Good for the Soul*

IN & AROUND CALGARY

Calgary Fire Department

Greetings from the Community Safety Team of your Calgary Fire Department!

ICE SAFETY

With spring around the corner, now is a good time to ensure that you and your family continue to be safe when it comes to rivers, community lakes, storm ponds, or waterways.

Every year 25-30 Canadians die in ice related incidents, and countless others fall through ice and have a close brush with death.

Some tips to remember:

- Always keep a safe distance from riverbanks and lake-shores to avoid accidentally falling through the ice.
- Don't walk on ice-covered bodies of water, including storm ponds. It's difficult to assess the thickness of the ice and its ability to hold the weight of a person or animal.
- If a person or an animal falls through ice into water, call 9-1-1. Do not attempt to rescue them yourself. Encourage the person to kick and pull themselves up onto the ice and roll, rather than walk, towards the shore.
- For outdoor skating, only skate on open ice surfaces specifically designated for skating, and on City of Calgary or community rinks; for locations visit <http://www.calgary.ca/CSPS/Parks/Pages/Locations/Outdoor-skating-rinks.aspx>

What to do if you fall through ice into water

- Stay calm and try to keep your head out of the water and control your breathing.
- Try to pull yourself up onto the ice and on your stomach then, roll towards the shore, where the ice may be thicker.
- If you can't get out of the water in less than 10 minutes, stop kicking and trying to pull yourself out, and anchor yourself to the ice shelf. Continue to call for help.

If you do witness a person falling through the ice,

Stay back, do not go onto the ice and call 9-1-1.

For further information please <http://www.calgary.ca/CSPS/Fire/Pages/Safety-tips/Ice-safety.aspx>

Stay Safe!



EMS: Bicycle Helmet Safety

Head injuries are a leading cause of serious injury and death to children riding bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

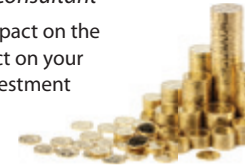
Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

HOW DO INTEREST RATES INFLUENCE YOUR INVESTMENT CHOICES?

Suzanne Smith-Demers – Consultant

Interest rates have a wide impact on the economy with a direct impact on your investments and on your investment choices.



Lowering interest rates

- Make it possible to borrow money at extremely attractive interest rates.
- Conservative income-producing securities, Guaranteed Investment Certificates (GICs) and direct investment in bonds, become more attractive because the rate of interest may be higher and is locked-in for the duration of the investment.

Low interest rates

- Means money in savings accounts earns very low interest, which motivates investors to look elsewhere for better returns.
- Federal monetary objective of stimulating the economy by making more money easily available for purchases and investing.

Rising interest rates

- Generally reduces the amount of money in circulation which helps to keep inflation low.
- Conservative income-producing securities with locked-in interest rates lose value. Although as fixed-rate investments mature, the proceeds can be reinvested at higher rates and higher bond rates tend to sway investors toward bonds and away from stocks.

Higher interest rates

- Make borrowing money more expensive and thus increases expenses for companies, which can lower stock prices (although interest rates are just one of many interrelated factors that affect stock valuations).
- Borrowing becomes more expensive for consumers who spending more to service debt.

It's inevitable: interest rates will rise and fall, markets will experience periods of volatility, and the economy will grow and contract. While all of these factors will influence your investment choices, the key to your long-term investment success is maintaining a properly diversified portfolio guided by an asset allocation strategy, align that with your tolerance for risk and designed it to achieve your investment goals. Talk to your professional advisor about how to do just that within a financial plan tailored to you.

BUSINESS CLASSIFIEDS

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

ACTION LAWN CARE: Lawn Cuts, Seasonal Clean-Ups. Aerate-Power rake. Eaves trough clean. Fertilize, Rototilling, Hedge Trimming. Karl 403-651-3900.

CALGARY FENCE & DECK: We are a trusted and referred leader in wood fence and deck construction. Specializing in fence and deck removal and replacement using pressure treated lumber. Call today for a free on-site quote. 403-461-6682. www.calgaryfence.ca.

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.

YARD BUSTERS LANDSCAPING: Weekly lawn mowing \$36, power-rake \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. yardbusterslandscaping.com.

THE GUTTER DOCTOR! We install, fix and clean eaves-troughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB member. 2017 Consumers Choice Award Winner. www.gutterdoctor.ca. 403-714-0711.

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.



Calgary Confederation
Len Webber, MP
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 403-220-0888
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Birth of a Nation

It was 100 years ago on April 9th that Canada won Vimy Ridge in France at enormous cost and made their mark on history.

Vimy Ridge was seven kilometers of strategic high ground in France. Allies had previously lost 150,000 soldiers trying to capture the commanding view without success.

Our allies fought along side us in this key battle, but it was Canada's key contributions and subsequent victory that changed the course of history.

The preparation plans were extensive and the attack had been rehearsed many times beforehand. Canada knew it would be a big fight and they came prepared.

At dawn on April 9th, 1917, close to 100,000 Canadians rose from their trenches, tunnels and dugouts to take on the enemy in a battle many thought could not be won. We fought as one, but there were English, French, recent immigrants and First Nations that joined together to fight as Canadians.

The battle, fought uphill, was a surprising quick attack with much of the fighting over by noon.

At the end of that morning, 10,000 Canadian lay dead or wounded. It would be the bloodiest day in Canadian

military history, but it would cement Canada as a fighting force to be reckoned with. Over the months that followed, Canadian troops became more independent instead of fighting under British command.

The battle of Vimy Ridge is credited with being the first time Canada was seen as its own fighting force and not simply a British colony. Some have said that on April 9th, 1917, a nation was born in the eyes of the world.

As Brigadier General Alexander Ross said, "I thought then...that in those few minutes I witnessed the birth of a nation."

This victory is thought by some to be the key reason Canada got its own seat at the Treaty of Versailles.

In 1922, France gave Vimy Ridge and the surrounding land to Canada in perpetuity and a magnificent monument was built to honour all Canadians who died in France. The stark, gleaming white marble towers are a powerful and imposing testament to the historic battle.

Every year, young Canadians work at the visitors centre and thousands of Canadians make the pilgrimage to this historic place in Canadian history. If you want to visit Vimy Ridge or learn more about the battle, please visit www.veterans.gc.ca.



MLA Calgary-Klein
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 calgary.klein@assembly.ab.ca

Hello Calgary-Klein,

Cuts to the salaries of the highest paid top executives of the government's agencies, boards and commissions were announced in late February by the Alberta government. Perks such as retention bonuses, golf club membership and housing allowances have also been eliminated.

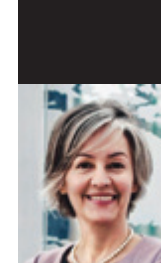
For much too long, previous governments allowed bloated CEO salaries beyond acceptable levels. Albertans deserve better, especially in tough times. These changes to compensation are expected to save government and agencies nearly \$16 million a year.

Agencies, boards and commissions are now subject to a new compensation framework. The new framework benchmarks agency salaries against public sector market data in the Alberta Public Service, municipalities, public bodies and other Canadian jurisdictions. Similar measures have been implemented in British Columbia, Ontario, Quebec and Nova Scotia. These changes ensure that salaries for agencies, boards, and commissions are reasonable and in line with other provinces, while serving the public interest.

Future contracts will be reviewed by the new Public Agency Secretariat to ensure they are in line with the new rules. These changes are a part of the Government of Alberta's review of all agencies, boards and commissions, which has introduced a transparent and accountable recruiting process, as well as public disclosure of compensation amounts.

For more information about Alberta's public agencies, boards and commissions and their compensation, please visit <https://www.alberta.ca/abc-compensation.aspx>.

Our office is happy to hear from you, and may be reached at calgary.klein@assembly.ab.ca or 403-216-5430. I'll be available for the next *Coffee with Craig* at the Velvet Café (502 25 Ave NW) on May 13th from 10am-12pm.



Councillor, Ward 7
Druh Farrell
 ward07@calgary.ca • www.druhfarrell.ca
 Twitter: @DruhFarrell
 Facebook: Druh Farrell

Downtown Economic Summit

I have witnessed many boom and bust cycles over the years in Calgary. Each time, we wait out the downturn and carry on with business as usual.

Although there are positive signs of recovery, this recession is different. Rather than a regular downturn in the business cycle that will fix itself, financial experts agree Calgary is experiencing a 'structural recession'. This more serious type of recession exposes the risks of relying heavily on a single industry. We cannot treat a structural recession with tools meant for a cyclical one. In other words, we cannot wait this one out.

Evidence of the downturn is obvious in all areas of Calgary, but particularly in the downtown core. Downtown historically generated around 40% of The City's non-residential tax revenue and 25% of City-wide employment. With record vacancy rates and declining property values in the downtown, 2016 saw a sharp decline in property tax, parking, and transit revenues. Because Calgary's economic health is heavily reliant on the health of our downtown, this resulted in a dramatic tax burden shift to businesses outside the core.

Having been a small business owner for 17 years, and the manager of the Kensington Business Revitalization Zone, I understand the challenges businesses face. That is why I supported \$45 million in one-time relief for businesses experiencing large increases in property taxes. While The City is able to afford short-term assistance, we need long-term solutions to address the root cause of the tax shift – a struggling downtown core. Businesses across Calgary, both small and large, depend on a strong downtown.

Calgary's downtown worked well for 1980, but will it work for 2025 and beyond? The problem is complex with no easy solutions. Earlier this year, Council supported my motion to host a Downtown Economic Summit to bring together the best minds to create recommendations for a more resilient, creative, and diversified downtown. Work from the private sector, social organisations, and all three orders of government is required to fundamentally shift the downtown economy and emerge from the recession better than ever.

All is not doom and gloom. We have a tremendous opportunity to create conditions for businesses to thrive and to get Calgarians back to work.

To sign up for updates on key community and Ward 7 issues, please visit www.DruhFarrell.ca. You can also follow us on Twitter at @DruhFarrell and on Facebook at @DruhFarrellCalgary.

Calgary

What Goes Where?

Find the right place for all your unwanted stuff. The What Goes Where online search tool is an easy way to find the answers for recycling, donating and safely disposing of materials around your home.

Visit calgary.ca/whatgoeswhere to get started.



Councillor, Ward 4
Sean Chu

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

Greetings Residents,

Census and voter registration 2017

Complete your census and voter registration at the same time! Watch the mail for your access code and visit calgary.ca/census from **April 1 to 21** to complete your census and voter registration online.

The census data collected every year is used to ensure adequate programs and services are available to meet the needs of Calgarians.

If you are unable to complete your census online, door-to-door census and voter registration collection will begin **April 22, 2017**.

Spring programs

The City of Calgary offers a wide variety of fun and FREE drop-in programs and activities for children, youth and families.

From after school programs, to health and wellness classes, to leadership opportunities, we have something for everyone.

Find out what's happening in your area, visit calgary.ca/CommunityPrograms.

Never say the words "I'm bored" again.

Calgary AfterSchool offers, fun, safe and FREE after school programs for children and youth. A collaborative effort between The City of Calgary and its community partners, Calgary AfterSchool drop-in programs run on school days and begin after school hours.

Calgary AfterSchool provides children and youth with supervised recreational, artistic, healthy living, leadership development and social activities in a safe and stimulating environment.

For more information, including a listing of all programs, visit calgary.ca/AfterSchool.

Spring Yard Waste landfill drop-off program

What's old is new again when composting your yard waste. **From April 7 – May 28, all three City landfills** will waive fees for residential spring yard waste. Bring

your leaves, branches, plants (no sod – it can't be composted) and other yard waste to any City landfill for free composting.

Please use paper yard waste bags, leave the material loose or bring it in plastic bags (plastic bags must be emptied onsite). This program is only for residential customers and charges will apply if your load contains other items.

By composting your yard waste, this material is kept out of the landfill and given a second life as compost.

Free mulch is available for pick up at all City landfills for both residents and businesses. Bring your shovels as you are required to load your own vehicle.

Please note that landfill hours have changed! Check the days/hours of your nearest landfill and other program details at calgary.ca/yardwaste.

BRAIN GAMES SUDOKU

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

**OPEN FOR THE SUMMER
SATURDAY
JUNE 17TH AT 1:00PM**

**Support Community and Swim With Us
At
Highwood Outdoor Pool
25 Holmwood Ave. NW**

We Offer

- Red Cross & Lifesaving Society swim lessons
- Public Swimming in heated pools with slides
- Wade Pool with 2 slides for tots
- Private Rentals for birthday or windup parties
- Youth Events
- DayCamps
- Lane Swim

Upon showing a current HCA membership when registering, Highwood Community Association Members will receive the following discount opportunities:

- \$5.00 off per set of swim lessons (does not include private lessons)
- \$5.00 per hour discount off Private Rentals
- \$5.00 off a 1/2-Day weeklong DayCamp registration
- \$10.00 off a Full Day weeklong DayCamp registration.

Visit us online at:
www.highwoodoutdoorpool.com

Registration for camps and rentals starts April 3.
Please visit the website for forms and information.

Calgary



2016-2466

FREE tree education

ReTree YYC will be in your community, sharing tree-care tips and advice. Learn how you can help our urban forest and green your yard – for free.

Visit calgary.ca/trees to register today.

Together we can ReTree YYC.

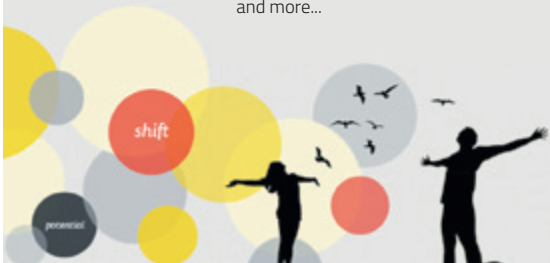
Hoffman

INSTITUTE

The Hoffman Process helps remove the barriers that are holding you back from being the best version of yourself.

Visit www.hoffmaninstitute.ca to find out how you can,

- Gain better personal relationships
- Renew your enthusiasm for life and vitality
- Create greater emotional resilience
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