

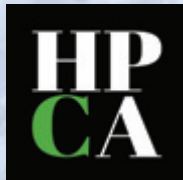
MARCH 2017

DELIVERED MONTHLY TO 4,100 HOUSEHOLDS

HIGHLAND PARK HIGHWOOD

SUMMIT

THE OFFICIAL HIGHLAND PARK & HIGHWOOD COMMUNITY NEWSLETTER





HIGHLAND PARK COMMUNITY SENIOR'S LUNCHEON


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

2017: March 21

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CLIMB FOR WILDERNESS


SATURDAY, APRIL 22, 2017
THE BOW BUILDING

CLIMB 1188 STAIRS

climbforwilderness.ca

SUPPORTING THE

ALBERTA WILDERNESS ASSOCIATION



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

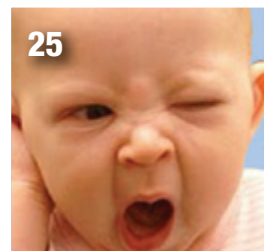
Interested in getting involved?

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



Boys & Girls Clubs of Calgary Home-Start Calgary





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.

#34-4550 112 Ave SE
 Calgary, AB
 T2C 2K2

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 | 511 | |
| Gamblers Anonymous | 403-237-0654 | |

Highland Park Community Association

Office: 403-276-6969

| BOARD OF DIRECTORS | |
|--------------------|--------------------------------|
| President | Elise Bieche |
| Vice President | Anne Naumann |
| Director | Jeanne Kimber Acting Treasurer |
| Secretary | Vacant |
| Director | Brenda Crompton |
| Director | Kathy Koehler |
| Director | Gary Koehler |
| Director | Paul Engler |
| Director | Jill Kowalchuk |
| Director | Rosalind Kohut |
| Director | Joe Reith |
| Director | Dr. Salma Mitha |
| Director | Greg Miller |
| Director | Donna Marzolf |
| Director | Tracy Kohut-Janzen |

| COMMUNITY CONTACTS | |
|----------------------------------|---|
| Website | www.highlandparkcommunity.ca |
| Facility Rental & Management | Carolyn Bergen, 403-276-6969, hpc@shaw.ca |
| Newsletter Editor | highlandparkeditor@gmail.com |
| Event Planning | Dr. Salma Mitha hpcavolunteercoord@gmail.com |
| Good Food Box | Kelly Irvine, 587-216-0638 |
| 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
 10 days of each month for the next month's issue
highlandparkeditor@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 |
|------------|--------------|------------|--------------|
| MAR. 14 | MAR. 23 | JUNE 20 | JUNE 29 |
| APR. 25 | MAY 4 | SEPT. 19 | SEPT. 28 |
| MAY 30 | JUNE 8 | OCT. 17 | OCT. 26 |
| | | NOV. 14 | NOV. 23 |

HIGHLAND PARK PRESIDENT'S MESSAGE



I hope that everyone is surviving the winter. Lots of things going on at the CA! We are headed into spring, I believe the saying is March in like a lion and out like a lamb. Fingers crossed that our spring gets here and March does close off 'like a lamb'. As I write this I note that the golf course is still outstanding. We return to City council on Monday March 20 for

the 3rd reading on 4 bylaws and the 2nd reading of 1 bylaw. This has not been an easy decision for Council to come to and I believe that this is a good thing. There are many unresolved issues, including the regional storm water study that has previously identified the former golf course as an ideal

location for storm water solutions. The NCLRT station go before Council in June and part of these decisions included the work that came out of the 40th Ave Charrette. We are eagerly awaiting further information in regards to the proposed ARP (area redevelopment plan) to ensure that Highland Park transitions and densifies with a plan.

The Preschool has registration open for Fall 2017 and we are thrilled that our first year has been such a great success. We also have NEXT- a before and after school program up and running and again it's great to see so many children and families using the Community Centre.

Stay tuned as we ramp up towards our annual Music in the Park again this summer, our Neighbor Day event in June and our Stampede BBQ.

We will also be holding our AGM on Thursday June 15 so book your calendar!!

- Elise Bieche

Mark your Calendar for September 9 Community Cleanup

Once again, the Highland Park Community Association will be holding a Community Cleanup event. It will be your opportunity to discard - free of charge - unwanted furniture, lawn and garden waste, and other scrap. This year we are investigating the possibility of providing paint and/or tire recycling. More information about the event, and what you will be able to discard or recycle will be provided in future newsletters.

HIGHLAND PARK PLANNING & DEVELOPMENT ACTIVITIES

A belated Happy New Year to everyone. 2017 has definitely started out with a bang. The redevelopment plan finally had its day(s) before City Council, with the application taking several days to get heard.

It was very heartwarming to hear all of the presentations put forward by the citizens of Highland Park and Thorncliffe-Greenview. In the end nothing has been decided, four of the five by-laws have passed second reading which means that they can no longer be amended and will be heading back to City Council on March 20th for third and final reading. One bylaw, 32D2017, failed so a new bylaw will be brought forward on March 20th. This by-law is the one that covers the central part of the golf course, where there was a desire for greater green space in alignment with TOD principles and more in alignment with the plan that was produced as part of the 40th avenue Green Line Charrette.

So, March 20th will be the day when we will know the fate of the golf course lands. The process around the development of the golf course lands has been long and tiring, but we have gotten the attention of City Council, with several councilors and the Mayor expressing their displeasure with the proposal for these lands. We strongly encourage everyone to stay the course and continue to make your voice heard with City Council so that we can have a great outcome for our community.



Registration for the 2017-2018 school year is now open!
Open House for new families - March 9, 5pm-6:30p

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



Rosy Cheeks and Rainbow Ice - the Highland Park Preschool enjoyed outside time at the community center, making castles and snow Angels!

Sacrifice the Calgary we Love? No Way!

Like most Calgarians you want quality residential developments but you also care about the environment. You can make a difference! On March 20th, 2017 City Council will vote whether to approve a plan to destroy a historical creek valley, pave over two wetlands, and cut down an urban forest that helps to prevent flooding. All sacrificed to make way for as many as 4000 high rise condos. Go to **Save the Highland Valley Wetlands** Facebook page for more information. Help us protect the Calgary we all love.



Neighbourhood of Promise

FREE "Gather Dinner and Conversation"

For residents of Highland Park, Greenview and Thorncliffe, "Gather" dinners are an opportunity for you to:

- enjoy a healthy dinner
- meet neighbors
- learn and talk about a variety of topics

Join us for our second session to talk about **MONEY**

When: Tuesday, February 21st at 6:00pm

Where: Northminster United Church
3311 Centre Street North

We will talk about a variety of money topics including: banking, credit and taxes. You may also request information on a certain topic when you register. Also learn about programs to help with saving and managing money offered by Momentum (www.momentum.org).

This is a free program but registration is required.

To reserve your spot, contact your Community Social Worker:

Jennifer DiMarzo

Highland Park

Phone: 403-476-7295; Email: Jennifer.dimarzo@calgary.ca

Tannis Eapen

Thorncliffe & Greenview

Phone: 403-828-8394; Email: tannis.eapen@calgary.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

The 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.

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



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 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
marthafleck@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.



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 Row S.E.

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

403.271.0696 | Calgary, Alberta | MJPACADEMY.COM

NORTHMINSTER UNITED CHURCH

Who is Our Neighbour?

A Message from Rev. Nancy Nourse

I so appreciate being a part of this neighbourhood! There are strong partnerships between the schools, faith communities, the neighbourhood association, and many organizations. They support and keep us connected. And as our neighbourhood continues to change, it's even more important that we have opportunities to get to know each other.

There's so much fear in our world right now. Fear within politics. Fear from economic uncertainty. Fear in not knowing our neighbours like we used to. Fear is a normal emotion, but I am thankful there are ways that we don't let fear have the last word.

There is a story of a traveller who was injured on the side of the road. Many people passed by him and those who you expected might help him did not. The wonderful twist in the story is that it was an outsider - someone new who people didn't look favourably upon - who offered care and help. What a great message to hear as our communities,

schools, nations, and world are increasingly diverse and we are more likely than ever to run into people who look different, or believe differently, or observe different cultural customs than we do.

Being a neighbor involves not only giving help but also being willing to receive it, even and especially to and from those we don't normally see as "like us." So perhaps this is an opportunity as neighbours to not just imagine those we should be helping, but to consider those who might help us ... if we gave them a chance.

I hope you might see this as an invitation to be a community that is bound together by our diversity and our shared need, by a sense that good things come through so many people who care for one another. We all need each other.

Northminster United Church is a place where you can get to know your neighbour. It's a community where you can find support, and where you can care for those who need you, too. We meet Sunday mornings at 10:30 AM, and there are many other activities for children, youth, adults, and seniors - find the details on our website - www.northminster.ca. We are located at 3311 Centre Street North. Call us for more info 403 277 0322!



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

| 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. | | | | | | |
| 5 -All Halls 7am-2pm New Covenant -MH 2:30-4:30 Martial Arts -NH 5:30pm-7:30pm Science of Spirituality | 6 -MHB 6:15am-6pm NEXT -MH 7:30pm-9:30pm Bumbukan Karate | 7 -MHB 6:15am-6pm NEXT -NH 5:30pm-6:45pm Yoga -MH 7pm-10pm Martial Arts | 8 -MHB 6:15am-6pm NEXT -MH/NH 5-9pm MJP Academy of Irish Dance | 1 -MHB 6:15am-6pm NEXT -MH/NH 5-9pm MJP Academy of Irish Dance | 2 -MHB 6:15am-6pm NEXT -MH 7pm-10pm Martial Arts -NH 1pm-4pm Bow West | 3 -MHB 6:15am-6pm NEXT -MH 6pm-2am New Covenant |
| 12 -All Halls 7am-2pm New Covenant -MH 2:30-4:30 Martial Arts -NH 5:30pm-7:30pm Science of Spirituality | 13 -MHB 6:15am-6pm NEXT -MH 7:30pm-9:30pm Bumbukan Karate | 14 -12pm Senior's Lunch -MHB 6:15am-6pm NEXT -NH 5:30pm-6:45pm Yoga -MH 7pm-10pm Martial Arts | 15 -MHB 6:15am-6pm NEXT | 16 -MHB 6:15am-6pm NEXT -NH 1pm-4pm Bow West -MH 7pm-10pm Martial Arts | 17 -MHB 6:15am-6pm NEXT -MH/NH/MHB 6pm-10pm New Covenant | 18 -LNH 10am-12pm Calgary Bahai Community -MH all day New Covenant -LNH 8pm-9pm AA Meeting |
| 19 -All Halls 7am-2pm New Covenant -MH 2:30-4:30 Martial Arts -NH 5:30pm-7:30pm Science of Spirituality | 20 -MHB 6:15am-6pm NEXT -MH 7:30pm-9:30pm Bumbukan Karate | 21 -MHB 6:15am-6pm NEXT -NH 5:30pm-6:45pm Yoga -Senior's Lunch -MH 7pm-10pm Martial Arts | 22 -MHB 6:15am-6pm NEXT | 23 -MHB 6:15am-6pm NEXT -HPP Cleaning Night 7-8:30pm -MH 7pm-10pm Martial Arts | 24 -MHB 6:15am-6pm NEXT -MH/NH/MHB 6pm-10pm New Covenant | 25 -LNH 10am-12pm Calgary Bahai Community -LNH 2pm-5pm Private Event -LNH 9:30pm-12am Private Event -MH all day Private Event -MH eve. Private Event -MH 8pm-9pm AA Meeting |
| 26 -All Halls 7am-2pm New Covenant -MH 2:30-4:30 Martial Arts -NH 5:30pm-7:30pm Science of Spirituality | 27 -MHB 6:15am-6pm NEXT -MH 7:30pm-9:30pm Bumbukan Karate | 28 -MHB 6:15am-6pm NEXT -NH 5:30pm-6:45pm Yoga -MH 7pm-10pm Martial Arts | 29 -MHB 6:15am-6pm NEXT | 30 -MHB 6:15am-6pm NEXT -NH 7pm Private Event -MH 7pm-10pm Martial Arts | 31 -MHB 6:15am-6pm NEXT -MH/NH/MHB 6pm-10pm New Covenant | |



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*



| Name | Age | Contact | Course |
|-----------|-----|--------------|--------|
| Aizlyne | 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.



One of the biggest challenges of mental illness is feeling alone.

With SupportWorks, it doesn't have to be.

We host weekly drop-in peer support meetings throughout Calgary to help people living with:

- Depression
- Anxiety
- Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Bipolar Disorder

For more information on meeting times and locations, visit SupportWorks.ca



Highland Park Clothing Giveaway Event

Mark your calendars! Highland Park CA is again hosting a free Clothing Giveaway event on Saturday March 11, 2017 in partnership with several churches in our area. The event will be open to the public from 1:30 pm to 3:30 pm at our hall, at 3716 2 St. NW. Come and get some gently used clothing for your children, or yourself.

Approximately 45 volunteers are also needed both beforehand and on the day to make this event a success. Please note, all volunteers will be provided with lunch, snacks, and beverages during their shift, as well as getting a first look at the clothing that has been donated.

Volunteer shifts and duties on the day are:

9:00 am to 1:00 pm: tasks include:

- setting up tables, racks, and sorting boxes for clothing
- putting up signage
- sorting clothes into categories & sizes
- greeting customers before doors open and asking them to do a short survey

12:30 pm to 4:30 pm: tasks include:

- greeting customers on arrival and asking them to do a short survey
- handing out shopping bags to customers, and helping customers find items
- re-stocking / re-folding clothes on tables
- after doors close to customers, putting away tables, racks, and boxes
- packing up leftover clothes to be donated
- cleaning up leftover food & beverages

To volunteer for this event or to donate gently used, clean clothing please contact HPCAVolunteerCoord@gmail.com, or call Anne at 403-276-5048.

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/>

• **Saturday March 11: HPCA Clothing Giveaway event.** Clothing donations needed & volunteer shifts available to be filled. Contact HPCAVolunteerCoord@gmail.com, or call Anne at 403-276-5048

• **Monday March 20: City Council Hearing re Highland valley (former golf course).** The opportunity to speak at Council is finished for this file, but we'd like to have lots of "bums in seats" in the Council Chambers that day to show City Council that we are watching what they're doing regarding this proposal. Join us! Check our website, Facebook page, and Twitter feed for the time of day we believe this will be heard.

• **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/>

AREA SCHOOL NEWS

Buchanan School

- Mar. 1-3 - Swim Program "Swim to Survive"
- Mar. 8 - Grade 1 vaccination
- Mar. 10 - TASC Swimming
- Mar. 12 & 13 - School Council Casino
- Mar. 17 - TASC Swimming; Movie Night 6:00
- Mar. 20-22 - Book Fair
- Mar. 22 - Virtue Assembly 9:15; Last day of classes; Student-Led Conferences 4:30 - 8:30
- Mar. 23 & 24 - CBE Non-instruction Day - no school
- Mar. 27-31 - Spring Break
- Apr. 3 - Classes resume

James Fowler High School

- Mar. 1 - Club Week, Trade Fair 6:30pm-8:30pm
- Mar. 2 - Club Week
- Mar. 3 - Pep Rally
- Mar. 7 - LEAD Kananaskis Trip
- Mar. 8 - LEAD Kananaskis Trip
- Mar. 10 - Interim Report Cards
- Mar. 15 - Career Fair
- Mar. 16 - Parent-Teachers Interview 2-4/5-8pm/ dismissal at 12:15-pm
- Mar. 23 - 31 Spring Break

Georges P. Vanier School

- Friday, March 3 Day 2
- Friday, March 10 9:00am. Early dismissal Day 3 per 4, 5, 6, 7
- Monday, March 13 6:00pm Band Parent Meeting 6:45pm School Council
- Wednesday, March 15 9:00am French Week Assembly
- Friday, March 17 Day 3
- Saturday, March 25-31 Spring Break



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

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

NEXT

Expand. Explore. Excel

Before & After School Care Program

Kindergarten to Grade 6

Register Today, also accepting fall 2017 registration.

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.

Open Monday - Friday, 6:15am - 6:00pm

Closed STAT Holidays

Subsidy Is Available

Contact us today at: www.nextkidsinc.com

fb: Highland NEXT

P: 587.727.0407; e: highlandnext@gmail.com

Director: Courtney Beekman



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 IRP 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.



Helping Your Children with Social and Emotional Skills Part 3

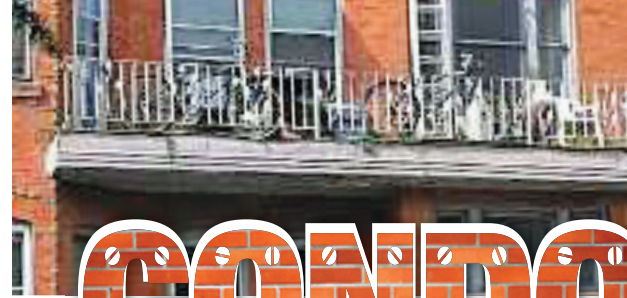
As parents, we strive to help our children learn new things in the early years of their lives. These things include learning to walk, dress themselves, use the potty, and many many more things. Teaching your child social-emotional skills are just as important. These skills are: recognizing and understanding 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. Help them give a name to their emotions. Big emotions can be scary; having a name helps calm the scary.
2. Play games that teach emotions and body language
3. Calmly talk to them about what is troubling them and discuss the problem.
4. Teaching family values and how to have a positive attitude.

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.



CONDO Network Cafe

by Elizabeth Walsh, Licensed Property Manager
Real Estate Council of Alberta

Evolving Condominium Management

Condominium management is about to undergo a change in the near future as new regulations come into place requiring specific licensing and training, but is your Board or Property Manager forward focused? Are they evolving with these changes? These new regulations of mandatory licensing, the implementation of educational standards and the development of new higher educational opportunities, the Condominium Management profession is coming of age.

Those companies currently managing condominium properties will need to reach these higher professional standards and become compliant with mandatory licensing requirements, in order to provide best service within the condominium industry, for condominium homeowners, board members and their tenants.

Condominium owners and board members need relevant, practical and timely advice so it's important your Property Manager has a strategy to embrace these upcoming changes. Seek partnerships with a property management firm that provides the knowledge you will need to successfully transition through the change. Follow the Property Manager who embraces and incorporates change strategies into a property management plan that launches your condominium and its board forward.

The New Year is already underway! Get started by asking your condo board members and Property Manager what their forward-focused plan has in store for 2017!

ASK DENTAL CLINIC



Dr. Liang Zhao

DEC, DMD

WE WELCOME NEW PATIENTS

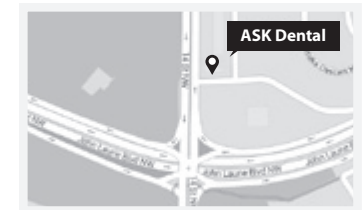
Emergencies and Walk-ins are available.

We direct-bill most insurance companies. We offer a wide range of treatment options.

Please call today to find out more!

We offer Saturday appointments, as well as select Evenings.

We are conveniently located in northwest Calgary, at the intersection between John Laurie Blvd and 14th Street NW



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Childcare provide from 7am 6pm and non-school days.
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We offer an educational, fun learning environment for the children.

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Drop by or check out our website at:
www.childrencomefirst.ca
Or call 403-241-3052.

Located in the Cambrian Heights School.
Accredited and Licensed / Subsidy is available



HIGHWOOD COMMUNITY ASSOCIATION

Gentle Fitness Classes

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

Most of the exercises will sitting in a chair
Join us every Friday
January 6-March 31
Time: 12:00-1:00 pm
3 month for \$100

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

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 | |
| SOCIAL DIRECTOR | Janet Maclean | janetshivas@gmail.com |
| NEWSLETTER EDITOR | Donna Stefura | dstefura@telus.net |
| HALL RENTALS | Gloria Kelly | 403-289-3645 |
| MEMBERSHIP | Michelle Unrau | michelleunrau@hotmail.com |
| CARETAKER | Kari B. | |
| POOL COORDINATOR | Gloria Kelly | 403-289-3645 |
| PLAYSCHOOL | Michaela Grice | (403) 998-6581 |
| 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@mcnkightsports.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

Highwood Lutheran Church

Easter

419 Northmount Drive NW Calgary

Lent Studies
Wednesdays at 7:00 PM

Come and join us for Holy Week:

| | |
|-------------------------|----------|
| April 9, Palm Sunday | 10:30 AM |
| April 13, Seder meal | 6:00 PM |
| April 14, Good Friday | 10:30 AM |
| April 16, Easter Sunday | 10:30 AM |

For more information
Call the office, 403-289-8206
facebook, @HighwoodLutheran
or visit www.highwoodlutheran.com

Off the Menu

Dry swallowing one teaspoon of sugar can commonly cure hiccups



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 SNOW SHOVELLER'S PROGRAM

The Highwood Snow Shoveller's program has now completed its 13th year of service in our community. A group of three dedicated ladies have consistently given freely of their time and energy to keep clients and shovellers happy.

At this time we are hoping to recruit a few more interested volunteers. We would be happy to act in a training capacity to enlighten you as to what is involved and to ensure that an eventual transfer would move smoothly. This is basically a six month commitment that is very well organized and viewed as one of the best snow shovelling initiatives in Calgary. Please understand that we are not quitting but are planning ahead, but we do need you.

Please contact Joni at 403-284-5999 or Cathy at 403-289-1264.



HIGHWOOD BOARD REPORT

Welcome to the March Highwood Summit newsletter. My name is Jay Meakin and I am the President of the Highwood Community Association. For those who attended the annual general meeting for the 2016 fiscal year of the Highwood Community Association you would've learned about the newest Committee who have taken it upon themselves to address the City of Calgary in respect to the cell phone tower in our community located directly behind the Local 390. The owners are proposing to extend the height by 7 m.

Residents of Highwood, Jim & Sharon Rothery and Lenore Johnson, prepared and delivered a comprehensive presentation which opposed the extension of the cell phone tower height. Alderman Drew Farrell spoke about the Highland Park golf Course Redevelopment as well as advised the cell tower committee of a course of action that would best serve the intentions of the committee.

Our Member of Parliament Glenn Weber was unable to attend but in his place Lou Withers, Len's executive assistant, did attend and presented updates from Parliament. Lou also advised our committee that cell towers also fall under federal jurisdiction and the committee could approach the situation from that perspective.

Provincially our MLA Craig Coolahan could not attend but sent a written statement which I read to AGM participants.

Our rink committee member, Brody Todd, gave an update on the status of our rink renovation. We have made great strides and it looks as though spring 2017 we will begin construction to replace the existing infrastructure of the rink including asphalt, boards and chain-link. Brand-new lighting we'll also be installed!

Our board was re-elected however we are still looking to fill the seat of Secretary. I encourage you to contact me should you be interested in filling this position. Being part of the Highwood Community Association Board has been very rewarding for me and I can tell you it is a wonderful group of residents that belong to this board. Our meetings are on the second Tuesday of every month at 7:30 PM September to June inclusive. We welcome all residents to come and take part.

*Jay Meakin, President
Highwood Community Association*

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



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at
Highwood Outdoor Pool
25 Holmwood Ave. NW



We Offer:
Red Cross Swim Lessons
Public Swimming with Slides and Wading Pool
Private Rentals (Birthday Parties etc.)
Lane Swim and Day Camps



Visit us online at:

www.highwoodoutdoorpool.com

Registration for camps and rentals starts April 3.

Visit website for forms and information.



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.



A shamrock is a young sprig of clover, used as a symbol of Ireland. Saint Patrick, Ireland's patron saint, is said to have used it as a metaphor for the Christian Holy Trinity.

<https://en.wikipedia.org/wiki/Shamrock>

HIGHWOOD MARCH 2017 CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|--|
| | | | 1 | 2 | 3 | 4 |
| | | | | Calgary Bird School 6:00 - 9:00pm | Gentle Fitness 12:00-1:00pm CCNV - MH, MR, K 5:00 - 11:00pm | All areas hold Kari 6:00am to midnight Scrapbook retreat |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| CCNV - MH, MR, KI 8:00am to 3:00pm | Ladies Meet-Up - 1:00 to 3:00pm Yoga - 3:00 to 4:00pm Baniff Trailers 7:00- | MUP Academy of Irish Dance MH 5:00 - 9:30PM MR 5:00 - 8:00PM* | Calgary Eagles Jr. Forest Wardens MH, MR 6:00 to 9:00pm | Gentle Fitness 12:00-1:00pm CCNV - MH, MR, K 5:00 - 11:00pm | Gentle Fitness 12:00-1:00pm CCNV - MH, MR, K 5:00 - 11:00pm | All areas booked 17-1 noon to 1:30am |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| CCNV - MH, MR, KI 8:00am to 3:00pm Hold for McKnight 403-969-8709 4:30 - | Ladies Meet-Up - 1:00 to 3:00pm Yoga - 3:00 to 4:00pm Baniff Trailers 7:00- | MUP Academy of Irish Dance MH 5:00 - 9:30PM MR 5:00 - 8:00PM* | | | Gentle Fitness 12:00-1:00pm CCNV - MH, MR, K 5:00 - 11:00pm | Baniff Trailers 7:00- 10:00pm |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| CCNV - MH, MR, KI 8:00am to 3:00pm | Ladies Meet-Up - 1:00 to 3:00pm Yoga - 3:00 to 4:00pm Baniff Trailers 7:00- | | Calgary Eagles Jr. Forest Wardens MH, MR 6:00 to 9:00pm | | Gentle Fitness 12:00-1:00pm CCNV - MH, MR, K 5:00 - 11:00pm | |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| CCNV - MH, MR, KI 8:00am to 3:00pm | Ladies Meet-Up - 1:00 to 3:00pm Yoga - 3:00 to 4:00pm Baniff Trailers 7:00- | | | | Gentle Fitness 12:00-1:00pm CCNV - MH, MR, K 5:00 - 11:00pm | |
| Notes: Highwood Community Playschool - registrar@highwoodcommunityplayschool.com 3-year old classes: Tuesdays & Thursdays 9:05 to 11:20am 4-year old classes: Mondays, Wednesdays and Friday 9:05 to 11:35am | | | | | | |

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

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



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

Both classes have enjoyed several field trips and guest speakers this spring. The 4 year olds visited Bow Habitat Station, and were excited to learn about (and feed!) rainbow trout. The teachers later displayed photos in the classroom, which prompted the children to ask more questions about their trip and further explore the experience. The 3 year olds learned all about worms and composting from a guest speaker who visited their class. Ms. Jane and Ms. Kelly-Sue have noticed a big interest in dramatic and imaginative play in the classroom, with the children making use of props and materials to act out their stories. Experiments are also popular; recently there was a lot of excitement when the teachers brought out an overhead projector! The children were curious about experimenting with light and perspective, and learned some new ideas and vocabulary during the process. Outdoor activities have included snow painting and exploring the natural area near the school. Keep an eye out for our homemade birdfeeders!

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 our classroom and answer any questions you might have!



Last 12 Months HIGHLAND PARK MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| 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 |
| February 2016 | \$629,900 | \$620,000 |

Last 12 Months HIGHWOOD MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| January 2017 | \$0 | \$0 |
| December 2016 | \$494,850 | \$445,500 |
| November 2016 | \$549,900 | \$502,500 |
| October 2016 | \$499,900 | \$489,000 |
| 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 |
| February 2016 | \$324,900 | \$317,000 |

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



Highwood Ladies' Group

We are now into February, meeting regularly at 1:00 pm at the hall and hoping to welcome more of you Highwood ladies. Drop in and share conversation and a cup of tea with us.

We recently hosted Sarah from the Alzheimer Society of Calgary who was very informative and answered many of the group's pertinent questions.

Two of our members attended the recent Highwood AGM. It was reported that in 1968 the population of Highwood was 3,500 and as of 2016 it had dropped to 2,250.

Everyone was made aware of the proposed Cell Phone Tower extension and we are urged to sign the petition against it which is available at our local bakery.

We are fortunate to have a dedicated group of young men and women on our executive who are working on our behalf.

Using the proceeds from the Christmas Craft Sale we made donations to the Women's Emergency Shelter and also Servant's Anonymous.

BUSINESS CLASSIFIEDS

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

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.




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Is Our Investment in Daylight a Rip-off?

by Vanessa Gillard

Daylight saving time is a bit of a contentious topic in some circles. It is always a bit of a pain to reset the stove or coffee maker and if you have kids it's a new bedtime routine struggle all over again, twice a year. Likely no one has avoided a schedule mix-up or a tardy appearance due to this bi-annual occurrence, but the advent of the smart phone and other smart home technologies, which change the hour difference automatically, has perhaps alleviated many of those spring and autumn woes for the most part.

On its face the purpose of daylight saving time (DST) is to give us more light and time in the day to get things done; human beings tend to operate better during daylight hours and certainly many appreciate the opportunity to take in a little more vitamin D, particularly during our long Canadian winters. But the origins of DST are actually a little more pragmatic than simply avoiding seasonal affective disorder.

Benjamin Franklin first suggested the concept in 1748 and found it was met with little enthusiasm at the time, but a couple hundred years later, during WWI, the concept

was popularized among Germans to save precious coal during that age of austerity. The concept quickly caught on and made it to some Canadian cities as early as 1916, though there has never been a consensus on whether the practice is useful or not, and Saskatchewan has never been on board.

The ever-efficient Germans introduced DST to reduce fuel cost. The gain or loss, respectively, of that hour was intended to lower use of artificial lighting and heating in the evening, but it's debatable how much was saved, as more was often needed in the morning anyway. A little over a century later the reports of heart attacks, road related accidents, and even spikes in suicide rates following DST have not made much of an argument for the century-old tradition, and the amount of light many Canadians see the next day can be negligible.

It would seem there is little in the way of reason to explain this circadian rhythm disruptor to the average person in 2017, but most Canadians will dutifully set their clocks forward on March 12th this month, like it or not.

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 Which includes:  **OIL CHANGE, 25 POINT INSPECTION**


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Druh Farrell**
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**Calgary Confederation
Len Webber, MP**
2020 10 St NW, T2M3M2
403-220-0888
len.webber@parl.gc.ca



**MLA Calgary-Klein
Craig Coolahan**
#9, 2400 Centre St NE
Calgary, AB, Canada T2E 2T9
Phone: (403) 216-5430 • Fax: (403)216-5432
calgary.klein@assembly.ab.ca

Even during the current economic downturn, interest in new infill housing remains strong. While housing development brings investment and new families into our neighbourhoods, there are often challenges that come with construction.

Some of the most common calls to our office from communities experiencing redevelopment are about public property damage, noise, and unkempt sites during construction. While we have bylaws to deal with noise and site conditions, damage to public property is usually discovered after the fact.

The costs are significant. When we added up the damage to public trees, sidewalks, laneways, and roadways, we discovered there was an average of \$163 in tree damage and \$1,391 in concrete damage per infill site. Historically, The City has been on the hook for covering the costs. Between 2011 and 2015, contractor damage to public property cost Calgarians over \$9 million.

This is why I put forward a motion to Council to ensure that contractors, not Calgarians, are responsible for covering all the costs of property damage. We are already seeing improvements and responsible contractors are working to prevent damage in the first place. The City's new strategy has three parts:

- Increase oversight of construction sites and work with the construction industry to improve behaviour.
- Encourage all citizens and City employees to use the 311 service to track and measure damage.
- Require pre- and post-construction photographs of nearby City property including trees, sidewalks, laneways, and street signs. Please note: Similar documentation can be used to protect your own property if you live beside or behind a construction site.

This work will help save Calgarians millions and encourage infill developers to be good neighbours. You can help by reporting damage and other infill concerns. If you see unsafe construction sites, unkempt sites, noise bylaw violations, or property damage, please call 311 or report online at www.calgary.ca/311.

What's Your Excuse?

If you needed a life-saving organ or tissue transplant, would you expect our healthcare system to do everything possible to make that a reality and save your life? Of course you would.

However, the real reason you likely would not get that life-saving operation is because there is a shortage of organs in Canada ... well, not the organs, but the donors.

There are 4,600 Canadians in need of a transplant and hundreds of those will die this year waiting for a one. Shockingly, only 8% of adult Albertans are registered to donate their organs. (In Ontario, 29% are registered!)

We don't have a lack of healthy organs in Canada, but we do have shortage of people willing to donate them.

As one eight year-old girl recently said to me, "Why wouldn't you donate your organs? What are you going to do with them after you die?"

Is it fair not to offer your organs for donation, but expect others to donate to you if you need a transplant? That's a question only you can answer but I am a firm believer in the Golden Rule.

I will continue to encourage Canadians to register to be an organ donor. My proposed legislation would make registering to be a donor easier by allowing people to register as an organ donor through their tax return.

Research shows that 90% of Canadians support organ and tissue donation and yet only 24% have taken the time to register as donors. In real numbers, we have 2.84 million willing donors and the potential to increase that to 11.74 million.

Registering is only half the process, as you need to also discuss your wishes with your family. Sadly, many families overrule those wishes upon death. It is estimated that 10% of registered donors have their families veto their wishes. Imagine how many lives could have been saved.

It is critical that you discuss your intentions with your family and let them know you really do want to save another life when you have the opportunity. The life you save could end up saving theirs one day.

Registering is easy. Just visit www.lenwebber.ca/donate today and follow the link to the Alberta registry.

While some have legitimate reasons why they cannot donate, most simply have an excuse. What is yours?

Hello Calgary-Klein,

Alberta's diversity is one of its greatest strengths. Alberta has always been a home to those seeking refuge, and this will not change. Refugees and immigrants to Canada enrich our society beyond measure, and make incredible contributions to our communities, our economy, and our thriving cultural fabric.

Alberta will welcome those fleeing persecution, terror and war with open arms because all people deserve to live in peace and security. My family and I feel incredibly fortunate to enjoy these things in Alberta. Our country was largely built by wave after wave of immigrants, who made new lives, sharing lands long home to Indigenous peoples. And so just as previous generations made their homes here thanks to the kindness of others, so too should we offer this same kindness to those starting new lives here. Hard work and a commitment to building strong and diverse communities have shaped this great province. As our economy recovers, let's work together to welcome newcomers and offer them care and opportunities to succeed.

Let's work together for a prosperous, diverse, and fairer Alberta.

Government goes back into session this month. 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 April 8th, from 9am-11am.



"If one cannot enjoy reading a book over and over again, there is no use in reading it at all."

- Oscar Wilde

Calgary

Always bundle your plastic bags before recycling

Loose plastic bags cause problems at the recycling facility. They fly around, become stuck in other recyclables, jam equipment and cause costly delays.

Bundle your plastic bags into a single bag before putting in your blue cart or community recycling depot.

Grocery-mart

MX 419706



Councillor, Ward 4
Sean Chu
403-268-3727
ward04@calgary.ca
www.calgary.ca/ward4
www.seanchu.ca

Greetings Residents,

City crews ready for spring street sweeping program

Spring is just around the corner! That means The City's annual Spring Clean-up is coming to neighbourhoods across Calgary.

Spring Clean-up is an annual street sweeping program that removes sanding materials and debris that has accumulated on roads and along major sidewalks and boulevards during the winter months. The program improves safety and mobility for Calgary motorists, cyclists and pedestrians.

In order to sweep our city as efficiently as possible, crews will be sweeping on a compressed schedule, working 7 days per week.

Keeping Calgary clean is a collaborative effort. To make sure the program runs smoothly, we're asking all Calgarians to help us make the city beautiful by removing vehicles and carts from City roads when they see street sweeping signs in their community. This year, that includes weekends.

- Once the program begins, visit Calgary.ca/sweep to:
- Find answers to all of your questions on our FAQ
 - Track sweeper progress across the city on a live map
 - Learn if there will be a parking ban in your neighbourhood, and
 - Enter your address to confirm your street sweeping date.

Make sure to visit the website to learn more about street sweeping, and don't forget to watch for signs in your neighbourhood once the program begins.

Call 311 to request an accommodation or service for a City event or meeting

The City of Calgary is committed to ensuring that all Calgarians, including anyone living with a disability, are welcome to participate and enjoy City events, services and programs.

Services like captioning, sign language interpreters, assistive listening devices and other services are available to accommodate your needs.

Contact 311 to request an accommodation or service for any City event, including public meetings, open houses or engagement sessions. Please provide at least two weeks' advance notice so we can coordinate the service.

We're committed to providing a barrier-free municipal experience for all Calgarians. Visit calgary.ca/accessibility for more information.

Year-Round 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.

Cheers,

Councillor Sean Chu, Ward 4.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

❖ **April 1, MAKEFASHION 5.0 - Telus Spark Science Centre**
MakeFashion is a world renowned fashion-tech show featuring designs debuted by international wearable technology designers from across the globe. From animated ties that display the wearer's favourite patterns, to dresses that read brainwaves and playback dreams, MakeFashion designers are inspired by fashion with high-tech functionality. More info: www.sparkscience.ca

❖ **April 7-9, Make it! The Handmade Revolution (craft show) - Big Four Building.** Since 2008, Make It has grown to become one of the most popular and well-attended craft fairs in Canada. Each year, more and more conscious shoppers buy from our "Makies," which in turn allows them to do the work they love. The event will feature over 175 "Makies," food trucks, a charitable silent auction, live music and a beer gardens. More info: www.makeitshow.ca

❖ **April 17-23, Calgary Underground Film Festival - various venues.** Founded in 2003, CUFF is a not-for-profit organization dedicated to programming films that defy convention. Actively looking to showcase titles in all genres, from horror, sci-fi and fantasy to comedies, thrillers and music-related films; you never know what you will encounter at CUFF and that's half the fun. More info: www.calgaryundergroundfilm.org

❖ **April 18-May 7, Calgary Performing Arts Festival (formerly Kiwanis Festival) - Mount Royal University**
In 1931, a small group of eager musicians decided to take their love of music to the next level by creating the Calgary Music Festival and today, as CPAF, it is one of the largest amateur competitive festivals in North America. Featuring piano, string, vocal, musical theatre and much more, this festival has a gem for everyone. More info: www.cpafestival.ca

❖ **April 20, LOVE HER presented by Ovarian Cancer Canada - Hotel Arts.** LOVE HER is back, bigger than ever and celebrating with an evening of fashion, comedy, cocktails, music and exciting live and silent auctions. Founded in 1997, Ovarian Cancer Canada supports women and their families living with the disease by raising awareness among the general public and health care professionals. More info: www.ovariancanada.org

❖ **April 21-22, The 2017 Dairy Classic Championship Show - Stampede Grounds**
This dairy cattle show is held in the Agriculture Barns and is offering the Youth Judging Clinic in addition to the breed shows once again this year; the Jersey Show on Friday, April 21, 2017 and the Holstein Show on Saturday, April 22, 2017. Admission for all of the events is complimentary. More info: www.ag.calgarystampede.com

EVERY WEEKEND UNTIL EASTER, THE GREAT LEGENDARY EASTER EGG HUNT - BUTTERFIELD ACRES

The hunt begins in the barn while listening to the Legend of the Easter Bunny, once you hear what the Easter Bunny needs each of the children to do, it's off with your baskets to do his bidding and find your goodies. Butterfield Acres boasts a real farm atmosphere and petting zoo that Calgarians have enjoyed for many years. Highly recommended for children 6 and under. Book in advance. More info: www.butterfieldacres.com



APRIL 8-9, 2017 KITTIES 'N' BLOOMS CAT SHOW - SHOULDICE ARENA

The 2017 Kitties 'N' Blooms annual cat show will be presented by the Calgary Cat Association again this year. From rex to Persian there are cats of every fancy at this show. Judges from around the continent show off the entrants and award ribbons for various categories. Vendors will also be in attendance to sell various cat paraphernalia. More info: www.calgarycatshow.com



APRIL 23, CALGARY JAZZ ORCHESTRA PRESENTS THE MUSIC OF BENNY GOODMAN & SUITE JUBILATION CD RELEASE - RIVER PARK CHURCH

The Calgary Jazz Orchestra, Johnny Summers, and the NWSO are back to bring you Suite Jubilation; a remarkable 11-movement suite composed for full jazz orchestra and choir by Johnny Summers. This popular Canadian composition sparked a recording project to share this music with everyone. Adults \$30 door/\$25 advance, Students \$20 door/\$15 advance. More info: www.calgaryjazzorchestra.com



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Federation of Calgary Communities

March is Community Association Awareness Month! How Will You Be Part of It?

As proclaimed by Mayor Nenshi, March is Community Association Awareness Month!

Did you know that there are 151 community associations in Calgary providing you with endless opportunities right in your backyard, events that bring you together as neighbours, and a voice on behalf of your community on issues that affect you.

Did you also know that these community associations are run by volunteers? Your neighbours, your friends, and maybe even your family. In fact, there are over 20,000 volunteers involved, making it the largest collective volunteer movement here in Calgary!

How Will You Be Part of It?

Do you know what your community association offers you? Find out! It's easy and you may be surprised by the many benefits and options available to you as a resident.

Are you a member of your community association? If not, you are missing out on numerous benefits, including sizeable discounts at local businesses. Membership is extremely affordable with most community association memberships averaging under \$30 a year!

This very community newsletter is just one of the many ways your community association works to keep you informed on events, topics, and issues of interest close to home - written and compiled by your neighbours.

So take a minute during March Community Association Awareness Month to be part of it and find out more about your community association and how you can get involved!

Want to follow along with the action all month long? Keep an eye on the hashtag #HowWillYOUBePartOfIt on Twitter!

My Neighbour Card

A message from the Federation of Calgary Communities Building Safe Communities Program

The Federation of Calgary Communities, in partnership with the Calgary Police Service, have a friendly resource to encourage neighbours getting to know one another. The My Neighbour Card gives you space to write down the names and contact information for all of your neighbours, in case of an emergency. Do you have one? If not, they can be picked up through your community association.

Get to know your neighbours!

My NEIGHBOUR Card
GET TO KNOW YOUR NEIGHBOURS!

Logos: CALGARY POLICE SERVICE and FEDERATION OF CALGARY COMMUNITIES

| | | |
|--|--|--|
| HOUSE # _____ NAME _____ PHONE _____ | HOUSE # _____ NAME _____ PHONE _____ | HOUSE # _____ NAME _____ PHONE _____ |
| HOUSE # _____ NAME _____ PHONE _____ | MY HOUSE | HOUSE # _____ NAME _____ PHONE _____ |
| HOUSE # _____ NAME _____ PHONE _____ | HOUSE # _____ NAME _____ PHONE _____ | HOUSE # _____ NAME _____ PHONE _____ |



MCKNIGHT SOCCER

Recreational Soccer – Boys & Girls Ages 3 to 13

Age at January 1, 2017

On-line Registration only from February 13 – March 31, 2017, at
www.mcknightsoccer.ca

Required for Registration:

1. Registration fee of \$75 per child
2. Valid community membership from one of the communities listed below
3. Volunteer commitment (see website for list of volunteer positions) or \$75 fee per family if unable to volunteer in some capacity.

Volunteers are required for a variety of positions during the soccer season.

Position descriptions and sign-up are available on the web page.

**GAMES are PLAYED Tuesday
and Thursday evenings
April 25 – June 15, 2017**

McKnight Soccer is sponsored by:

Cambrian Heights Community Association
Highwood Community Association
Highland Park Community Association
North Haven Community Association
Rosemont Community Association



KidneyMarch

September 8 – 10, 2017
3 Unbelievable Days • 100 KM
From K-Country to Calgary

Each day 15 Canadians get the devastating news that their kidneys have failed.
Join us in a movement that is changing the face of kidney disease.



Come to our Expo April 23
kidneymarch.ca
1.866.956.2724