# HIGHLANDHIGHWOOD

THE OFFICIAL HIGHLAND PARK & HIGHWOOD COMMUNITY NEWSLETTER



#### HIGHLAND PARK HALL SCHEDULE

# **MAY 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 - MH/NH 5pm-9:30pm MJP Irish Dance - LNH 6:30pm-8pm Asset Mapping	- MH 7pm-9pm Forge Martial Arts	- MH/MHB 6pm-10pm Liberty Assembly - LNH 6pm-9pm Private Rental	4 - LNH 11am-4pm Arabic & Islamic Classes
5 - MH/NH/MHB 7am-1pm Liberty Assembly - NH 5:30pm-7:30pm Science of Spirituality	- MH 7:30pm-9:30pm Bunbukan Karate	6 7 - MH 7pm-10pm Forge Martial Arts	8 - MH/NH 5pm-9:30pm MJP Irish Dance	- NH 1pm-4pm Bow West <sup>9</sup> - NH 7pm-9pm Asset Mapping - MH 7pm-9pm Forge Martial Arts	10 - MH/MHB 6pm-10pm Liberty Assembly - LNH 6pm-9pm Private Rental	11 - LNH 11am-4pm Arabic & Islamic Classes
12 - MH/NH/MHB 7am-5pm Liberty Assembly - NH 1:30pm-3:30pm Science of Spirituality	- MH 7:30pm-9:30pm Bunbukan Karate	13 14 - NH 12pm Senior's Lunch - MH 7pm-9pm Forge Martial Arts - 7pm-9:30pm CaRWA	15 - MH/NH 5pm-9:30pm MJP Irish Dance	16 - MH 7pm-9pm Forge Martial Arts	17 - MH/MHB 6pm-10pm Liberty Assembly	18 - LNH 11am-4pm Arabic & Islamic Classes - NH 1pm-4pm Private Rental
19 - MH/NH/MHB 7am-1pm Liberty Assembly - MH 2:30pm-4:30pm Forge Martial Arts - NH 5:30pm-7:30pm Science of Spirituality	- MH 7:30pm-9:30pm Bunbukan Karate	20 21 - MH 7pm-10pm Forge Martial Arts	22 - MH/NH 5pm-9:30pm MJP Irish Dance	23 - NH 1pm-4pm Bow West - MH 7pm-9pm Forge Martial Arts	- MH/MHB 6pm-10pm Liberty Assembly	25 - LNH 11am-4pm Arabic & Islamic Classes
26 - MH/NH/MHB 7am-5pm Liberty Assembly	- MH 7:30pm-9:30pm Bunbukan Karate	27 28 - MH 7pm-9pm Forge Martial Arts	29 - MH/NH 5pm-9:30pm MJP Irish Dance	30 - MH 7pm-9pm Forge Martial Arts	31 - MH/MHB 6pm-10pm Liberty Assembly	Legend: MH — Main Hall NH — North Hall LNH-Lower North Hall MHB — Main Hall Basement



**\$6.00 person** for HPCA members \$10.00/person for non-members of HPCA Please contact Anne Klempa (403) 277-3388 to confirm your attendance.

**NEXT LUNCH: TUESDAY, MAY 21** 



#### Struggling to make ends meet?

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

403-703-0140

BowWest Community Resource Centre regrets to announce that the food market, usually held every second Thursday at the Highland Park Community Association, must be temporarily discontinued. Please watch for updates regarding a re-start of the food market in Highland Park on your community association Facebook page and newsletter. You may also contact BowWest at 403-703-0140.

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Great News Media and the Highland Park & Highwood Community and/or Residents' Association do 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.



#### 5 Excellent Reasons to Advertise in Community Newsletter Magazines

- **1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback: Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership: 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- **4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- **5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

#### **Nearby Community Newsletter Magazines:**



# **Highland Park Community Association**

Office: 403-276-6969

BOARD OF DIRECTORS	
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Director	Leisa Northcott
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Facility Rental & Management	Carolyn Bergen, 403-276-6969
	hallmanager@highlandparkcommunity.ca
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Good Food Box	Mitch 403-903-2769
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Seniors' Luncheon	Rosalind Kohut, 587-349-0870
Neighbourhood	Jennifer Dimarzo, 403-476-7295
of Promise Contact	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

volunteer@highlandparkcommunity.ca

Volunteers

# 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 – 210 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.

ALL RENTALS ARE SUBJECT TO GST



#### PRESIDENT'S MESSAGE

#### by Elise Bieche

Happy Spring! As you are reading this message, Easter has passed and we should be coming up on the May long weekend. Green buds have been poking up through the ground, through the cover of last years' fall leaves. I always want to get out and rake early in hopes that it will help generate the green...and then I remember that it will likely snow on the May long weekend.

Please mark your calendars for June 6: our AGM! We will be presenting some updates to the hall including interior and exterior updates. We will be voting on a new Board—I encourage anyone to come join our Board.

We are eagerly awaiting delivery of our playground equipment. The new playground will be re-sited to the northeast corner of the lot and the old playground equipment will be removed. The anticipated delivery date is the 3rd week of June, so keep your fingers crossed that the weather co-operates, and you will all have the opportunity to enjoy a full summer of fun on the new Highland Park Playground. Special thanks to the Preschool families who have been graciously donating and fundraising. Families from NEXT who so kindly responded to our ask, the many, many community members have been contributing their time and corporate matching dollars and everyone who went to the Parks Foundation Page and donated. We are still fundraising—so don't hesitate to go to the Parks Foundation Page and find our name (Highland Park).

Along with this exterior update, we are hoping to do some other updates to the site, pending notice from a provincial grant application we put together this past winter. We will know in mid-July if we were successful. Should it be good news, we will be adding a garbage enclosure, updating the storage shed, and doing some desperately needed landscaping to help prevent water seeping into the basement halls during weather events. If you want to see what's on the agenda for Hall updates this year, come out on June 6 and we will have architectural drawings and folks on hand to answer any questions. This is just Phase 1 of our planned Hall restoration and I'm looking forward to sharing more on Phase 2 which will be a bigger renovation of the Hall.

I am also super excited to share that registration is

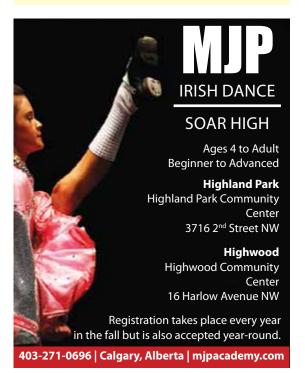
open for the Highland Park Preschool and we are offering new classes this fall. Check it out!!

If you are looking for something fun to do this summer, HPCA will be doing Music in the Park again this year, and as always—Neighbour Day (rain or shine!) We will announce the community celebration and grand opening of our playground once the installation is complete.

Kind Regards, Flise

# The Goose Predicament Did you know? In Canada, it's a federal crime to disturb an active Canada Goose nest.

They are protected by
the Migratory Birds
Convention Act
and dealing with
problem geese
can only be done
with a permit.







# Highland Park Community Association MEMBERSHIP FORM

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

Memberships good for one year from date of purchase

Please make cheques payable to: Highland Park Community Association

Please mail cheque and this form to:

Highland Community Association, 3716 – 2<sup>nd</sup> Street NW, Calgary, Alberta T2K 0Y4

Name:		
Address:		Postal Code:
Phone:	Email Address:	

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

# Highland Park Community AGM Thursday June 6

– Starts at 7 pm in the North Hall (signin from 6:45 pm). Join us as we *review* our financials from the past year, *provide updates* on matters affecting the community such as the release of the final Confederation Creek Drainage Study, *share* hall & facility renovation plans, and *elect* a new Board for the upcoming year.





## Celebrate Neighbour Day on June 15, 2019

Held annually on the third Saturday of June, Neighbour Day is an opportunity to get together with your neighbours and celebrate Calgary's strong community spirit.

Neighbour Day began in 2014 to celebrate the incredible outpouring of support and generosity neighbours demonstrated after the 2013 floods. It has evolved into an annual celebration of what makes Calgary such a great city – our strong and caring communities. Neighbour Day continues to grow each year.

Small grants up to \$200 are available for **residents of Highland Park** who plan an event with their neighbours. The event must be **free** and there is an application to fill out to request grants. Contact your Community Social Worker, Jennifer DiMarzo, to apply. Deadline for applications is May 24, 2019. For ideas and help in planning an event visit www.calgary.ca and search Neighbour Day. Get creative!

#### Jennifer DiMarzo

Phone: 403-476-7295

Email: jennifer.dimarzo@calgary.ca

# Squirrels are one of the top threats to power grids, so much so that the American Public Power Assocation tracks data of squirrel incidents which they call "The Squirrel Index." Some commentators have joked that squirrels are bigger cyber terrorist threats than foreign powers.

### HIGHLAND PARK UPCOMING EVENTS AND ACTIVITIES

For more information about anything below, please contact Carolyn, our Hall Manager at HallManager@HighlandParkCommunity.ca (new email) or 403-276-6969. To volunteer for an event, please contact Anne at Volunteer@HighlandParkCommunity.ca.

Ongoing: If you are new to Highland Park or just haven't been added to our community email list yet, please send your contact details (name, email, address & phone) to our new email address: Volunteer@HighlandParkCommunity.ca. We sometimes receive information about events & opportunities after the newsletter deadline and want to share it with as many community residents as possible. We will never use your contact information for anything other than community-related content. We are now using MailChimp, which allows us to create a nicer layout, embed videos, and also better complies with Canadian Anti-Spam Legislation. If you haven't received an email in this format already, we don't have you on our list - so please get in touch! Also, don't forget to visit our website: HighlandParkCommunity.ca and follow us on Facebook and Twitter.

Annual General Meeting, Thursday June 6 – Starts at 7 pm in the North Hall (sign-in from 6:45 pm). Join us as we *review* our financials from the past year, *provide updates* on matters affecting the community such as the release of the final Confederation Creek Drainage Study, *share* hall & facility renovation plans, and *elect* a new Board for the upcoming year.

#### **COMMUNITY ANNOUNCEMENTS**

#### Deadline – 1<sup>st</sup> 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

**SENIORS & FRIENDS RECEPTION:** May 14, 2019 at 10:30 a.m. Highland Church Fellowship Hall, 4018 Centre B St NW. Tickets: \$7/person (incl. lunch) available Apr 28 to May 12 from Hertha J or the church office, 403-276-9396.



#### The Good Life Café: A Learning and Conversation Group for Older Adults

#### Are you:

- · A lifelong learner?
- Curious about building new relationships and being more involved in your community?
- Someone who enjoys contributing to meaningful conversations (through talking or listening)?

What is the good life, and how do your ideas of it change as you age? Meet new friends and neighbours and enjoy stimulating conversation as we explore different topics related to wellness, happiness and community. Drop-ins are welcome!

When: Every Wednesday from May 8-June 26

Where: Highland Mennonite Church

4018 Centre B St NW

Time: 1:00-2:30pm

**Cost:** Free (light refreshments will be served)

#### Foster's Garden Chapel

www.fostersgardenchapel.ca

22<sup>nd</sup> ANNUAL CHARITY

#### **GARAGE SALE**

Sunday, June 9, 2019 from 9:00 a.m.- 12:00 p.m. Foster's Garden Chapel 3220 - 4 Street N.W., Calgary, Alberta

One person's junk is another person's treasure!
Bring your treasure and turn it into profit by renting a
table at our Charity Garage Sale!!
Funds collected from table fees, refreshment sales
and "staff table" will be given to Charity.

Proceeds go to support
Buchanan Elementary School
If you would like to rent a table of your own,
please call 403-297-0888

Dignity.

A Division of Service Corporation International (Canada) ULC



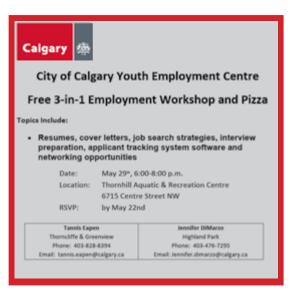


Ashbrooke Landscaping offers creative, unique custom landscapes, hardscapes, decks, fencing, pergolas and outdoor electrical from concept, design to completion.

Ashbrooke Landscaping takes pride in guaranteeing all craftmanship while working together with our clients through the entire project to ensure complete customer satisfaction.







# 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 in the pick-up date. It's an excellent deal on fresh produce! For more information call Mitch at 403-903-2769.

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 St. NW Time: between 6pm and 7:30pm

> Order Date: May 7 Delivery Date: May 16

#### HIGHLAND PARK PRESCHOOL UPDATE

Welcome to May, friends and families! We have had a very busy spring, learning about nursery rhymes, citizenship, friendship, families and now getting into all things spring related, including watching our butterfly larvae grow in class and learning about their lifecycle! This is always a huge hit with our students! The students will start to get more fresh air (weather dependent, of course) and the teachers have some excellent outdoor activities planned for warmer days! We focus on the development of gross motor, balance, coordination, turn taking and friendship during this time of year while we are enjoying some fresh air!

We had a lovely parent appreciation tea in April, the children sung amazing songs, showed off their hard work and parents had a great time getting to know each other more!

We have a busy last two months of school! A reminder there is no school May 17-21, our Open House is May 29 (5:30-7:30) and our class party is June 14 (9:00-11:00, please attend with your child!).

We still have a few spots open for the fall, please see our Facebook Page or our ad in the newsletter for more information!

#### THANK YOU TO THE VOLUNTEERS!

We, the teachers at Highland Park Preschool, are so very lucky to work in a place where parents are involved in the operation of the school through volunteering. We are very thankful for all of our volunteers and today we had the opportunity during National Volunteer Week to say Thank You. The children made a gift for their parents and sang songs of love and appreciation. They helped to make a fruit salad to share with their family at snack time, and decorated the tables and room. Today we had the opportunity to visit and thank our volunteers. Everyone from our committee members who look after the administration of the program and the operational volunteers who assist in-class or with cleaning, administration, laundry, craft and playdoh are amazing. The 'Helping Hands' of our volunteers allows us as teachers to focus on the programing and teaching of the children of the families who are with us.









Centrally located enroute to downtown in Highland Park Community Hall Non-profit, parent operated, traditional preschool offering high quality programs for 3 & 4 year olds with excellent teachers that love what they do!

#### 3716 2nd Street NW

#### **Morning Classes**

Tues/Thur - 3 year olds - \$140 per month Mon/Wed/Fri - 4 year olds - \$180 per month

#### **Afternoon Classes**

Tues/Thur - 3 & 4 year olds - \$140 per month

#### **Register Now for September 2019**

www.hpca.ca/preschool preschool@hpca.ca 403-276-6969

facebook

#### YOUR CITY OF CALGARY

## Street Sweeping is Happening in Your Community!

The City sweeps material left behind from winter operations on over 16,000 lane kilometres of paved roads, and getting the work done is a collaborative effort. We would like to thank Calgarians for their help in moving their cars from the street and their blue, black and green carts on to the curb when sweeping is scheduled.

For more information, visit calgary.ca/sweep.

#### Proper Disposal of Smoking Material

The Calgary Fire Department reminds Calgarians that whether you're indoors or outdoors, and regardless of the season proper disposal of smoking materials is a smart choice.

Disposing of cigarette butts in planter pots, soil, peat moss, or your lawn or garden is the leading cause of outdoor fires in Calgary. Fires that start outside of a building are potentially much more dangerous for occupants since smoke alarms may not detect the fire until it is well underway.

To better protect your home and your community, it is recommended that you:

- Ensure all butts and ash are out by dousing with them with water prior to putting in the trash.
- Always dispose of cigarette butts in a deep, wide, sturdy metal container with a lid. The container should be filled part way with sand or water that is emptied regularly.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 30 metres of your home, including natural debris, trees and other structures.
- Use your ashtray to dispose of any smoking material when driving. Throwing a cigarette butt out of your car window is a serious fire hazard, pollutes our roadsides and has environmental impacts.
- Remember to always call 9-1-1 to report a fire.

Visit calgary.ca/smokingdisposal for more information on disposing of smoking material.



#### **Play With Me, Please!**

As grandparents or seniors, when we hear a child ask us to play, do we think about how we played as children? Or do we think that we don't know how to play in today's fastpaced, electronic world? Exploring outside, making up games and stories with friends, spending afternoons building elaborate structures with sofa cushions and blankets or making mud pies in the back yard; these are all still wonderful ways to play. We know that spending time outside and in natural settings builds better brains and that positively connecting with other people helps children learn social and emotional skills. Having sensory experiences encourages connections in the brain and helps children with more complex learning later in life, (like reading and writing). Using imagination to transform pillows and blankets into a pirate hideaway or a princess castle promotes problem solving, language development and cooperation.

So, the next time a young child in your life asks you to play, think back to your childhood and jump right in! You can make a difference in a child's life just by taking the time to play; the most important thing is to be available and enjoy the experience!

For more information on children's brain development watch the video The Core Story of Brain Development at https://www.albertafamilywellness.org/resources/watch/how-brains-are-built-core-story-of-brain-development/f 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.

#### **Osmium**

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





# HIGHWOOD HALL SCHEDULE

MAY 2019

Sat  4 9 am - 12 pm MADA Academy of Irish Dance 12:15 pm - 1 am	All areas hold until April 1 - Dario 11	8:30 am - 11:30 am MJP Academy of Irish Dance 12 pm - 5 pm Illuminous Vibrations	<b>6</b>	9 am - 12 pm MJP Academy of Irish Dance 2 pm - 6:30 pm	
Fri 3 12:15 pm - 1:15 pm Gentle Fitness 1:30 pm - 3:30 pm Merry Go Rounds	10	12:15 pm - 1:15 pm Gentle Fitness 1:30 pm - 3:30 pm Merry Go Rounds 5 pm - 9:30 pm Illuminous Vibrations	177 12:15 pm - 1:15 pm Gentle Fitness 1:30 pm - 3:30 pm Merry Go Rounds	24 12:15 pm - 1:15 pm Gentle Fitness 1:30 pm - 3:30 pm Merry Go Rounds	31 12:15 pm - 1:15 pm Gentle Fitness 1:30 pm - 3:30 pm Merry Go Rounds
Thu  10.15 am - 11.45 am CSCO Social Skills Program 6 pm	Calgary Bird School	10:15 am - 11:45 am CSCO Social Skills Program 6 pm - 9 pm Calgary Parrot Club	<b>16</b> 10:15 am - 11:45 am CSCO Social Skills Program	23 10:15 am - 11:45 am CSCO Social Skills Program	30 10:15 am - 11:45 am CSCO Social Skills Program
Wed May 1	8	7:30 am - 1 pm Calgary Neighborhoods City of Calgary - Tamara 6 pm - 9 pm Calgary Eagles JFW	£	22	53
Tue		5 pm - 9:30 pm MJP Academy of Irish Dance MH, Meeting Room 5:00 - 7:00	14 10:15 am - 11:45 am CSCO Social Skills Program 5 pm - 9:30 pm MJP Academy of Irish Dance MH, Meeting Room 5:00 - 7:00	2.1 10:15 am - 11:45 am CSCO Social Skills Program 5 pm - 9:30 pm MJP Academy of Irish Dance MH, Meeting Room 5:00 - 7:00	28 10:15 am - 11:45 am CSCO Social Skills Program 5 pm - 9:30 pm MJP Academy of Irish Dance MH, Meeting Room 5:00 - 7:00
Mon	တွ	1 pm - 3 pm Ladies Group Meet-Up - New Members & Guests Welcome 3 pm - 4 pm Yoga Drop In - All	13 1 pm - 3 pm Ladies Group Meet-Up - New Members & Guests Welcome 3 pm - 4 pm Yoga Drop In - All welcome	20 1 pm - 3 pm Ladies Group Meet-Up - New Members & Guests Welcome 3 pm - 4 pm Yoga Drop In - All welcome	27 1 pm - 3 pm Ladies Group Meet-Up - New Members & Guests Welcome 3 pm - 4 pm Yoga Drop In - All welcome 7 pm - 10 pm All areas booked - Littlefair
Sun	LG C	9 am - 10:30 am MJP Academy of Irish Dance 11 am - 1 pm CPBC	<b>12</b> 9 am - 12 pm Christ Bible Church	<b>19</b> 9 am - 12 pm Christ Bible Church	26 9 am - 10:30 am MJP Academy of Irish Dance 11 am - 1 pm CPBC

#### **HIGHWOOD COMMUNITY ASSOCIATION**

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ICEMAKER	Justin	403-467-3096
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
	north	centralbball.com, 973-6665

**Event: Rosebud Dinner Theatre** 

The Kite

Daddy Sherry is 117 years old, and the town is planning a surprise birthday party. The CBC has arrived to interview the old coot, but Daddy Sherry doesn't care. He's too busy getting even with Mrs. Allerdice's yappy dog. He's speaking his mind and there's nothing anybody can do about it!

Coordinated by: Highwood Seniors Women's Group

Where: Rosebud AB

When: 27 June 2019

Time: Bus leaves Highwood Hall @ 9 am and returns to hall at 4 pm

Notes: Be at Highwood Hall by 8:45

Highwood Seniors over 65 - Outing at no cost

Please RSVP Terry @ 587 223 4977 by 15 June, 25 spots available



## Community Meetings

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

#### **HALL RENTAL RATES**

Please call Gloria at 403-289-3645 to enquire about 1-time or long-term rentals.

The Highwood Community is a bright welcoming facility suitable for smaller weddings, parties, events, scrapbook retreats, meetings, fitness classes, sports team windups, dance groups and more.

- 3-hour minimum on hourly rentals. All rental rates are
   + G.S.T.
- Monday to Thursday \$35.00/hr. + \$400.00 deposit (non-members)
- Monday to Sunday \$30.00/hr. + \$400.00 deposit (community members)
- Friday and Sunday all day, Saturday 8:00am to noon \$40.00/hr. + \$400.00 deposit (non-members)
- Saturday Flat Rate (12 noon start, 1:00am end) \$400.00 + \$400.00 deposit (non-members)
- Saturday Flat rate (12 noon start, 1:00am end) \$350.00
  + \$400.00 deposit (members)
- Meeting Room (seats maximum 20 people) as per rates above.
- Bereavement The hall will be made available free of charge to Highwood Community Members (rental calendar permitting) for up to a 4-hour memorial gathering or service.
- Long-term Rental rates Please call Gloria to enquire.

#### **Community Website:**

http://highwoodcommunity.com

#### **Hall Rental Calendar:**

http://localendar.com/public/Highwood

#### **Highwood Outdoor Pool**

www.highwoodoutdoorpool.com

**Highwood Community** Playschool:

https://highwoodplayschool.ca

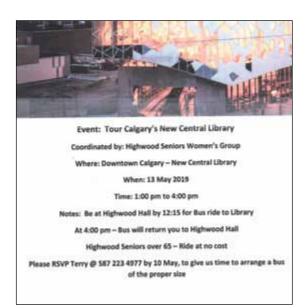
#### MESSAGE FROM THE BOARD

What makes a community great? When I think of a great community, I think of a place where people know each other, they work hard and have good times together. I really think that it's the people that makes a place great. It takes all different kinds of people with different interests and personalities to build a place that is healthy and strong. This is what makes Highwood a great place to live—we are a small community with a small-town feel. We know our neighbors and we like them (okay, I know I'm speaking for myself here, but I know a lot of people who feel the same way!). The newly-formed Community Engagement Committee in Highwood is creating opportunities so that we can all be more involved in our neighborhood, meet more of our neighbors and really feel like we're a part of something great!

If you are interested in feeling community-minded, check out our website at www.highwoodcommunity.com or our Facebook page (please follow and share our Facebook page!). There you will find volunteer opportunities for the Casino coming up in May. You'll also find information about the Strawberry Tea in June. This event is hosted by the Highwood Seniors and is always well attended. Everyone is welcomed!

Get your basketballs ready! New basketball nets are being installed in the rink and will be ready to go for the summer. This summer will also have our annual movie in the park on July 18, and community barbecue on August 17.

Gail Fleck, Secretary



#### THORNCLIFFE CUBS

The Thorncliffe Cubs have been busy planning for Cub-o-rama. They are busy creating a costume, game, skit and construction of a gate for their camp. They picked Anthony Henday and the fur trade. This has resulted in them researching the subject. They will be constructing a trading post out of lumber donated from a sawmill. They will be designing the face and constructing it while being only supervised by Leaders. The Cubs will be doing all the work. The adults will be ensuring safety.

Community service is a big part of the programming. All sections got together to make bag lunches for the Mustard Seed. This helped show the importance of helping others.

We will be starting early registration for the next scouting year. If you are interested contact Timothy. wallace@shaw.ca







#### **Highwood Strawberry Tea**

Monday, June 3rd 1:00 – 3:00pm

Highwood Community Hall 16 Harlow Ave. NW Admission \$5:00

Please contact your friends, neighbours and former Highwood residents to extend an invitation.

#### This event is open to all.

Please consider offering a ride to any seniors who would enjoy an afternoon out. We will have music and door prizes while enjoying cake and tea.Mark June 3rd on your calendar and we hope to see you at the hall!



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Calgary Confederation Len Webber, MP 2020 10 St NW. T2M3M2 **403-220-0888** 

len.webber@parl.gc.ca

#### **Just Words**

I remember in school when a bully was confronted by a teacher after being caught picking on a fellow student. The bully said, "I'm not hurting anyone, they are just words."

What we witnessed during the recent election campaign and what we see on the internet every day is far worse than anything that I ever heard that bully say.

Words are as powerful as any weapon, as useful as any tool and their consequences can last a lifetime.

Over time I have noticed, and so have many others, that hateful, intolerant and offensive language has grown in usage and proliferation on the internet, social media and even in daily conversation.

As I said in the House of Commons ahead of Remembrance Day, "Tens of thousands of Canadians fought hate. They gave their lives to put down those who sought to reshape human existence through hate. They gave their future so that we could have one. There could be no greater dishonour to their memory and their sacrifices than for us to give up on the fight against hate. Yes, we have the freedom to speak our mind in Canada, but that freedom was found in the fight against hate. Let us not forget that."

This type of hate and intolerance exists throughout the political spectrum. Each justifying their own abhorrent behaviour against the behaviour of those they are in disagreement with. Two wrongs do not make a right.

As a society, it is time we take a stand against this type of behaviour. It is toxic and can have many lasting, unintended and deadly consequences. History is littered with examples of what happens when hate and intolerance are allowed to grow within a peaceful society. Eventually that society ceases to exist. Let's not follow those dark paths of history.

When I spoke about hate crimes in Parliament I said, "If you are not part of the solution, you are part of the problem." Please do something and take a stand against hate and intolerance in your own way.

We can no longer stand by ignoring the hate and intolerance of others while trying to simply dismiss their actions as "just words".



Councillor, Ward 4 Sean Chu 403-268-3727

✓ ward04@calgary.ca

www.calgary.ca/ward4 www.seanchu.ca

Hello Residents,

#### **Street Sweeping is Happening in Your Community!**

The City sweeps material left behind from winter operations on over 16,000 lane kilometres of paved roads, and getting the work done is a collaborative effort. We would like to thank Calgarians for their help in moving their cars from the street and their blue, black and green carts on to the curb when sweeping is scheduled.

For more information, visit calgary.ca/sweep.

#### Celebrate with Your Neighbours on June 15: Neighbour Day 2019

Held annually on the third Saturday of June, Neighbour Day is an opportunity to get together with your neighbours and celebrate Calgary's strong community spirit. This year Neighbour Day falls on Saturday, June 15.

The City is once again waiving its greenspace booking fees for approved Neighbour Day events taking place on June 15. As of January 1, 2019, The City has waived fees for block party permits. Please note the deadline to apply for these permits is May 24, 2019.

The City welcomes all Calgarians to celebrate and encourages as many people as possible to host local community events. Neighbour Day is an opportunity for communities across the city to come together in the form of barbecues, block parties, cleanups and potlucks in order to meet their neighbours and celebrate where they live.

Neighbour Day originated in 2014 to celebrate the incredible outpouring of support and generosity neighbours demonstrated after the 2013 floods. It has evolved into an annual celebration of what makes Calgary such a great city—our strong and caring communities.

For more information, visit calgary.ca/NeighbourDay.

Sincerely,

Councillor Sean Chu, Ward 4

#### **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

Programs Requiring Membership:	Membership Perks:	Membership Discounts:	
Phone:	Email Address:		
Address:		Postal Code:	
Name:			

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

Ice Skating • Hockey rink• The Summit newsletter Craft Sale Community Parties

Highwood Hall Rental Bereavement (Funeral) Outdoor Pool • Swimming lessons

#### **Highwood Community Membership Incentive!**

When Highwood Residents purchase a September 1, 2017 – August 31, 2018 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.

## Casino Time is Here Again

#### Okay, I'm starting to panic, we need a few more volunteers!!

Why: Working a Casino is a great opportunity to chat with fellow Highwood Community members, contribute to the financial well-being of Highwood's Community Association and have a meal out. Each shift worker is entitled to a meal from the on-site restaurant during her/his shift.

When: Highwood Community's next CASINO EVENT will occur Sat 25 & Sun 26 May 2019.

Volunteers: 18 years of older. We have 40 volunteer shifts to cover.

Don't need any experience, we have Casino Advisors that will teach us the skills we need at the event and walk us through our shifts. There are 2 shifts each day - Day Shift 11:00 am to 7:30 pm & Evening Shift 7:00pm to 3:30 am. For those working late shifts, security guards are available to escort you to your car.

**Positions available:** General Manager, Alternate General Manager, Banker, Cashier, Chip Runner, and Count Room. Please let me know what position(s) you would be interested in working. If you could provide your email address it will make the communication process easier.

**Note,** you must be conviction free for the last five years.

The street address of the event is:

#### Cash Casino, 4040 Blackfoot Trail SE, Calgary, Alberta,

If you have any questions or concerns about volunteering at a Casino, please give me a phone call at 587-223-4977.

As your Casino Coordinator, I look forward to hearing from you soon and working with you.

Terry Day

587 223 4977



