

THE OFFICIAL VOICE OF THE HUNTINGTON HILLS COMMUNITY ASSOCIATION

TO FIND OUT WHAT IS HAPPENING AT YOUR LOCAL COMMUNITY CENTRE - READ THE HONKER!



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- Cost effective treatment plans
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HUNTINGTON HILLS COMMUNITY ASSOCIATION

520-78 Ave. NW Calgary, AB – T2K 0S2 Phone: 403.275.6666 | Fax: 403.295.2248 www.huntingtonhillscalgary.com

Delivered monthly to 5,800 households and businesses for 2 years!

Editorial Submissions

cassandra@weconnectyou.ca All editorial content must be submitted by the 1st 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.

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Great News Publishing and Huntington Hills Community Association 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.

	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 Weather Information	511

403-237-0654

Gamblers Anonymous

Huntington Hills Community Association Facility



Heather

On April 29, 2017, we held our Grand Opening to celebrate the completion of the new gym and front entrance. What an exciting day. It was wonderful to see so many people turn out for this event.

The speeches from the dignitaries were wonderful. Thank you to MLA Karen McPherson, for her donation of the cake, it was delicious!

The choir from Catherine Nichols Gunn School was a wonderful addition to our celebrations, thank you to all the children who came and sang beautifully.

A big thank you to everyone who was involved from

start to finish with this project and all those who helped make this day a huge success. We look forward to the future and the many people who will be coming and using the facility.

We would like to especially Thank the Municipal, Provincial and Federal

Governments, and the Parks for their funding thru grants to make this project possible, as well as all our users, staff and community members who participated in our Fall fundraiser!

4 MAY 2017 | Call 403-263-3044 for advertising opportunities

Huntington Hills Community Centre

520 – 78 Avenue NW, Calgary www.huntingtonhillscalgary.com HELPFUL • CARING • ACCESSIBLE

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Stay current and involved with activities, local news and meetings with your Huntington Hills Community Association at www.huntingtonhillscalgary.com/

Gym Rentals

Available

Call the Main Office at

403-275-6666, ext 234

for more information.

Adventures in Learning Preschool



Registration is now open. Registration fee: \$75.00 NON REFUNDABLE. Three classes weekly (Mon, Wed, and Fri) 9:00-11:30 am \$160.00 per month. Two classes weekly (Tue. & Thurs) AM \$ 135.00

Class times

• Morning hours 9: 00-11:30 Your child must be at least 3 years old age to enter and be fully toilet trained.

Subsidy is available through the Government of Alberta.

Huntington Hills Community Adventures in Learn Preschool 520 – 78th Avenue NW Calgary, Alberta T2K 0S2 403-275-6666 ext 231 or 234 | 403-512-5732



Meets at the Triwood Community Hall on the second and fourth Tuesday of each month. Serving Northwest Calgary, open to all men and women of legal age. For more info call: John Wilson 403-932-6043

The North Central Family Support Program

The North Central Family Support Program is thrilled to announce our new partnership with BowWest Community Resource Centre. Outreach Advocates from Bow-West will be at Huntington Hills office on Wednesdays and at the Northern Hills Community Offices in Vivo on Tuesday evenings to provide outreach, information and basic needs referrals for singles, seniors and families experiencing economic challenges. Please call Victoria at 403-703-0140 for more information or to book an appointment.

Good Food Box: prices and order information remain the same upcoming 2017 schedule

NEW; Keep your eyes open for other exciting programs and groups.

Good Food Box

Dates for 2017

Call 403-275-6666 ext 221/232 for more information. You must pay cash by the order deadline no later then 11:00am that day. Orders must be picked up between 1-6 pm at the Huntington Hills Community Association. We are not responsible for orders not picked up on time. Identification may be requested at pick up. \$25/20 lbs, \$30/30 lbs, \$35/40 lbs

Order deadline please pay cash only by 11:00 am	Pick up date is THURSDAY from 1-6pm (earlier pick up available if you receive a
May 30 2017	June 8 2017
June 20 2017	June 29 2017
September 19 2017	September 28 2017
October 17 2017	October 26 2017
November 14 2017	November 23 2017



Another season has wrapped up and again a very successful and fun year for all of the curlers. Club Championships were completed the last week of March.

Congrats to all winners and good luck at the City Curling Managers Spiel at North Hill.

Planning is already underway for next season and registration will be on line again. Please feel free to call or email the curling office for information.

Corporate, family and fun event rentals are quickly being reserved for next year. Please call early to plan your Curling Fun Spiel. Weekends are busy on the ice and we would love to host an event for your office, family or friends. We provide lessons for the non-curlers and the focus is having fun while enjoying the great sport of curling!

Our Junior Curling Program continues to welcome new youngsters and they remind us why we love the sport – 'cause it's fun! School programs as well as youth groups such as Guides, Scouts etc. provide their participants with a great curling experience and it is a pleasure to see them tired and happy after their games! Curling is great exercise for all ages.

Leagues are always looking for players in all categories including Ladies, Mens, Mixed (two men and two women), Open (any combination of players). We also offer a Senior Drop-In League – Wednesday and Friday Mornings which welcomes new players and there is coffee and dessert after your game.

So if you want to come out and throw some rocks at our House – contact Barb for more information! See you in September – on the ICE! Have a great Summer!

Barb Dickson Curling Coordinator/Instructor Huntington Hills Curling Club 403-275-6666 ext.229 hhcurls@shaw.ca



Huntington Hills Community Association Out of School Care!!

Pre-accredited program offering an abundance of fun physical activities, field trips, clubs, and creative expression.

We are a home away from home where each child's individual needs, interests, and abilities are met and challenged.

ONSITE GYMNASIUM

Interest based clubs Affordable pricing!! Field trips!! Great Staff!! Onsite Transportation Delicious Healthy Snacks Onsite skating, sledding and more!!

Come join in on the fun!! We offer Full time, part time and morning/afternoon kindergarten.

Servicing Huntington Hills Elementary, Alex Munro, Dr. J.K. Mulloy, St. Henry and St. Hubert schools.

Please contact Kayann or Sarah for further information at (403) 275-6666 ext. 277.

We look forward to hearing from you!

Huntington Pioneers Association

A club for adults 50 years and older, retired or semiretired.

Located in the lower level of the Huntington Hills Community Association 520 78th Avenue NW T2K 0S2 Phone: 403-275-4294 • Fax: 403-275-5227 www.huntingtonpioneers.com E-Mail: pioneers50@telus.net The Huntington Pioneers Association is a group of people participating in a variety of activities.

Some of the activities include:

Bridge, snooker, whist, shuffle boarding, art classes, craft classes, outings, movies, volunteer activities, social events and more!

We have regular monthly activities and we invite anyone meeting our membership requirements to join us:

Pot luck supper: last Monday of each month, starts at 5:30pm

Movie Night: 4th Friday of every month 7pm, Silver collection for popcorn and pop.

Art classes: Every Tuesday 1:00pm-3:00pm, includes: oil painting, water color, acrylics and sketching.

Games Night: every Tuesday from 6pm - 9pm.

Soup and Bun Day: The 2nd Thursday of every month, starting at 12pm. Cost set by Board.

Club Cost and hours: \$30 for membership Tuesdays and Thursdays from 10am – 4pm

Call 403-275-4294 for more information; registration and costs, program start times, and more.

IN & AROUND School

News From Dr. J. K. Mulloy School

This month, the construction to replace the overgrown slope with a beautiful new gathering space gets underway. We offer our sincere apologies to our neighbours for the temporary inconveniences of noise and the safety fence. The contractor assures us it will only take two to three weeks to complete. We hope you have had an opportunity to go by the school to take a look at the eagle and mountain mural completed by our grade four students. Also this year the other grades will be participating in artworks that portray the regions of Alberta along with native animals to each of those regions. The other murals will be mounted in various places, both inside and outside the school. We are hoping that by the end of the year, we can begin to transform the spaces into places that the community can share enthusiastically.

Sheila Spence, PhD., Principal, Dr. J.K. Mulloy School Calgary Board of Education | www.cbe.ab.ca



We are thrilled to be creating a Knitting Hub in support of our partner association, Sunrise Community Link Resource Centre.

The KMITT knitting circle is a community-based enterprise whose goal is to raise awareness about poverty by creating toques, mittens and searves. For every item sold, another is donated to an individual or family in need. Volunteer knitters use wool donated by fellow Calgarians. Meet your neighbours, learn new skills and give back to the community.

a second second second

All skill levels are welcome to join us as we KMITT to KNIT!

When: Wednesdays from 12:30-2:30 PM February 1 - June 28, 2017 Where: Huntington Hills Community Association - Basement Boardroom

Please contact Lili for more information at Illi@weconnectyou.ca



About the Green Line

The Green Line Team has a website which you can read about the progress on the project. They will be doing a final presentation to the City June 2107.

There are two proposed LRT stations in the Huntington Hills area. One is 64 Street Station (this is a station in front of the Swimming Pool and Public Library on Center Street)

The other proposed LRT will be Beddington Station -On Center Street. This will be located where the Co-op/ Safeway shopping centers are.

The website is www.calgary.ca/greenline

There is an interactive map on this website as well as a you tube channel which demonstrates what the potential route will be and see what it looks like in a simulated video.

https://www.youtube.com/user/thecityofcalgary once on the you tube site - In the Search bar enter - Green Line. A few videos will pop up. Select Green Line LRT to see the simulated video.







Family Connections Parent Link Centre

The Parent Link Centre is open from 9-5PM Monday-Friday & Thursday we are open 9- 7:30PM and We offer free programs for parents with children 0-6. For more information on hours and programs please stop by & visit us to pick up a calendar or call Tracey at 403-275-6666 ext 276.

The Parent Link will be closed Monday May 22 for Victoria Day

PARENT LINK STAFF

Cassandra: Manager ext 274 Tracey: Administrative Assistant - ext 276 Sue: Parent Coach - ext 235 Paula: Child Development Facilitator – ext 237 Vivian: ESL Program Facilitator – ext 242 Michele: Program Facilitator – ext 241

www.weconnectyou.ca

All of the Parent Link Programs are free of charge!

PROGRAMS

ESL Program coming soon, Contact Vivian at 403-275-6666 ext. 242 for more information.

Playtime Fun: Tuesday mornings, 10:00-11:30; Please Join us for this free, drop-in, playgroup for parents and children (Birth to 5). Children are able to move about in the room and pick from a variety play areas.

Kids' Corner:

Tuesday afternoons, 1:30-3:00;

Join us for this afternoon, relaxed, drop in group for parents and children free of charge (Birth – 5). Our afternoon

program is a little quieter and is another option parents with children under 12 months come to.

Play & Songs:

Wednesday mornings, 10:00-11:30;

This is a playgroup for all ages with a variety of activities to explore in the Parent Link Room and ending with a short song time. Please sit with your child on the rug during this time. Toddlers are not expected to sit for songs and wandering will happen. Exposing your child to these song times is great for developing their attention span. There are no toys available during the song time.

Baby and Me (under 12 months): Thursday afternoons, 1:30-3:00;

Stop in and join the fun playing with your baby and talking with other parents. Watch the calendar for special guests e.g. Library, AHS nutrition or Speech & Language speakers.

Come Play with Me (drop in program at Vivo): Thursday mornings, 10:00-11:30, April 20 – June 1,

11950 Country Village Link

NE, Calgary, AB T3K 6E3; Come join us for this, free drop in playgroup for parents and children (birth – 5), located outside the Panther physiotherapy site, on the East side of the building at Vivo. There is lots of parking available outside the East entrance, at the back of the building. The space is on the upper floor and can be reached by taking the stairs or the elevator. For information call 403- 275-6666 ext. 276.

*This program is a partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo.

Spring Let's Play in the Gym Friday, 10:00-11:30;

April 21-June 2 (no gym May 5) This program is most suitable for children from 1 - 5 years of age (as long as they are stable on their feet). Please note that there are no drinks or snacks allowed in the gym. Children and adults must wear indoor nonmarking running shoes (No socks or bare feet). For more information, call 403-275-6666 #24

SPECIAL EVENTS

Happy Birthday "We are 10 years old" Family Connections Parent Link May 5, 7-8:30 pm

Come celebrate our 10th Birthday at the Huntington Hills Community Centre. The Parent Link has been working and playing with families in our communities for 10 years. Come join us May 5 as we will celebrate with a dance (DJ and activities). We are looking forward to celebrating and connecting with past and present families involved with the Parent Link program. To register for this special event please call to register at 403-275-6666 #276 starting April 7.

Just for Moms'

Saturday May 27 2 – 4pm What is Self-Care?

We hear the term self-care all the time, but what does it actually mean? Join our staff and a group of other moms as we explore the topic of self care. We will offer child-care and a safe fun environment for conversation and activities. Call Cassandra for more information 403-275-6666 ext. 274. To register call Tracey at 403-275-6666 ext. 276 starting May 3rd.

Me and My Dad (1 year to 5 years old) "Barbque Roundup"

Sat. May 27 10 am-11:30 am

Come join us at our Dads-ONLY playtime. To register call Tracey at 403-275-6666 #276 starting May 4. Call Sue for more information at 403-275-6666 #235.

Parenting Programs

Tempers and Tantrums in toddlers and pre-schoolers May 15 6:15-8:30 pm

They can seem overwhelming, to you and your child. This class explores the facts around tantrums, the kinds of tantrums, and how to address them in ways that keeps your relationship safe while deeply listening and putting in place supportive responses.

Childcare is available but you must ask for it when you register by calling 403-275-6666 #276.

This session is presented by Community Education Service (Alberta Children's Hospital) & Families Matter Society.

Kid Have Stress Too! May 8 6:15-8:30 pm

In this workshop, we discuss typical childhood stressors, excessive activities, inadequate age appropriate play time and whether children are too involved in "adult" concerns. Strategies and conversation around your child and family and how to remove stressors from the environment. Register by calling 403-275-6666 #276. This session is presented by Community Education Service (Alberta Children's Hospital) & Families Matter Society.

Dealing with Disobedience (Triple P Parenting discussion workshop)

Best suited for children 3-11 years

Monday May 29 6:30-8:30 pm

Come share ideas and experiences while identifying positive parenting strategies to help prevent problems and handle disobedience. Call 403-275-6666 ext. 276 to register for the workshop and free childcare starting May 1.



is looking for a volunteer to help us with a music and, or dancing program on Thursday evenings starting in March. It will be a 4 week program for children 2.5 - 6years old. If this is something you might be interested in Please contact Vivian at 403-275-6666 ext. 242.



Huntington Hills Out of School Care!!

Come join in on the fun and adventure with Huntington Hills Out of School Care Summer Camp!!!

We offer:

- Weekly rates and enrolment
- Fun and exciting weekly themes
- Weekly field trips to places in and around the Calgary area
- Fun, energetic staff!!
- Healthy but kid friendly snacks!
- And endless amounts of FUN!!

Prices range by week, please call for more information!

Enroll now by calling or stopping by!

520 78th Ave NW located on the 2nd floor or (403)275-6666 ext 277 or 233



Wanted:

Anyone interested in becoming a Board Member at Huntington Hills Community Association.

Huntington Hills Community Association is always looking for people to step forward and volunteer their time. You can do this by letting your name stand for a position on the Board of Directors. Our Annual General Meeting will be holding elections June 2107. Here is a description of the positions that will be voted on. If you are interested in letting your name stand for any position please contact Heather Allison at 403-512-7237 or by email president@huntingtonhillscalgary.com

President: The President shall be responsible for the general supervision of the Association and, without restricting the generality of the foregoing, shall:

- 1. Call all meetings of the Board of Directors and the Association, and shall be required to call a meeting of the Board of Directors upon request of three(3) Directors.
- 2. Preside as Chairman at any meeting of the Association or Board of Directors.
- 3. Shall act as the official spokesperson of the Association.
- 4. President has non-voting capacity. In the event of a tie vote, the President will hold the tie-breaking vote.

Vice President: The Vice-President shall be responsible directly to the President and his duties shall mainly consist of assisting the President in the administration of the Association generally. The Vice-President shall be required to assume the duties of the President whenever required.

Secretary: The Secretary shall keep minutes of all meetings, maintain the amended Bylaws, maintain all records of the Association and give notice of all meetings: and have custody and use of the seal of the Association. Make the records of the Association available for inspection by any Member, by appointment and under the supervision of a Director.

Treasurer: The Treasurer shall be responsible for the finances of the Association.

Board of Director at Large (8 positions): These are supportive positions within the Board.



Building Strong Lone Parent Families

The Building Strong Families offers individual and group support.

Individual Support: providing information, resources, referrals and parenting resources.

Group Support: Workshops are offered though out the year. Topics include: living on a budget, fun family activities, parenting on your own, resources, and self-care. Child care provided.

Contact: Lesley at 403-275-6668 ext. 222 or singleparent@weconnectyou.ca

HUNTINGTON HILLS | FEBRUARY 2017 12

Free Family Laughter Yoga

Laughter Yoga is a simple yet powerful form of exercise. It combines yoga-based deep breathing, gentle stretching, simulated laughter exercises and playful games and activities. Classes bring an inner spirit of joy and are open to all age groups.

Where: Huntington Hills Community Association—upstairs in the Parent Link Centre

When: First Two Sundays of every month: 1 pm—2pm March 5 and 12; April 2 and 9; May 7 and 14; June 7 and 11 Who: Infants, grandparents and everyone in between

> Please contact lili@weconnectyou.ca for more information

> > NORTH CENTRAL

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SORRY YOUR HOUSE IS NOT HERE

JOIN US FOR A FAMILY FUN DAY AT TELUS SPARK

SATURDAY May 6, 2017 10 AM—main entrance

SCIEN

This is an all ages and free program. Families must register to attend and are responsible for their own transportation to and from Spark

To register:

Contact Lili by April 30, 2017 Lili@weconnectyou.ca 403-275-6666 ext. 221



The Huntington Pioneers are pleased to host our 1st Annual Art Show. Everyone is welcome to come and enjoy the wonderful pieces being created by local Calgary Senior Artists.

Refreshments will be served.

FOR MORE INFORMATION CONTACT: HUNTINGTON PIONEER S AT 403-275-4294

OR EMAIL PIONEERS50@TELUS.NET

The Art Show will hosted by **Lori Lukasewich**, a local Artist and our instructor, who was educated at the Alberta College of art and has been teaching painting for 2 o years. Lori has painted seriously since 1984 and has exhibited consistently since that time. Her work can be found in many public and private collections.



Community Clean Up

On May 20, 2017 Thorncliffe/Greenview are hosting a community clean up. They are located at 5600 Centre Street N.E. They have extended to the community of Huntington Hills an offer to take our items to their clean up day.

For more information what you can take, please refer to the link below.

http://www.calgary.ca/CSPS/ABS/Pages/ Partnership-programs/About_Community_Cleanups. aspx

Huntington Hills Community Association **New Things are Happening** Come Be A Part Of It!

Ever wanted to create the future? Come and be a part of your community association.

We are looking for people to come and join the Huntington Hills Community Association.

Get involved - let your name stand for a position on the board.

If you are interested in letting your name stand for any position please contact heather allison at 403-512-7237 or president@huntingtonhills.ca.

We can't wait to meet you.



MLA Calgary-Mackay-Nose Hill Karen McPherson Current Member #106. 8220 Centre Street NE **403-215-7710** 🗠 calgary.mackay.nosehill@ assembly.ab.ca

The signs of spring are in the air! After a long winter, it's great to be welcoming back robins and crocuses and warmer weather.

Bill 2 is before the House as I write this update and I was very proud to speak in support of the important changes this bill will make for people who've been sexually assaulted or have been the victim of domestic violence. Currently these survivors have two years from the incident to bring a civil case forward and that is often not enough time for someone to have healed enough to face their assaulter in court. I share my own story of being sexually assaulted as a child and I know that being able to bring a civil case forward, in their own time, is a huge step forward in healing from assault. I'm very proud our government has introduced such compassionate legislation and am hopeful it will pass. If you are interested there is a link to my speech on my Facebook page (Karen McPherson – MLA)

Last month I had the pleasure of visiting some of the remarkable schools in our constituency. I was lucky enough to visit with the students and staff of St. Henry's, Huntington Hills, Sir John A. McDonald, and Renfrew Educational Services. Congratulations to Sir John A. Macdonald School on serving the young people of our neighbourhoods so well for 50 amazing years; I think we both look pretty good for 50!

Energy Efficiency Alberta is a new provincial agency providing programs and services to help Albertans save money and energy. From its downtown Calgary headquarters, Energy Efficiency Alberta will help make efficiency an important part of the diversification of the energy economy. The agency will also provide approximately 30 jobs for Albertans. By taking advantage of the Residential No-Charge Energy Savings Program alone, the average Alberta family will save \$112 per year on its power bills. I encourage everyone to sign up for an energy efficiency assessment visit: https://www.efficiencyalberta.ca.

I always welcome your feedback. You can email us at calgary.mackay.nosehill@assembly.ab.ca, call us at 403-215-7710, or drop by the office at #106, 8220 Centre Street NE, beside First Calgary Credit Union.

YYC Milestones in 2016

In April we hosted our Annual AGM. 2016 was a year of growth and excitement for YYC. In October, we opened Canada's most technologically advanced airport terminal and there were other notable achievements through the year including:



A record **15.7 million passengers** connected to the world through YYC. An increase of 1.7% from last year.

Several non-stop destinations added or announced including: Beijing, London Gatwick, Zurich,

Phoenix Mesa and Mexico City.

25 years of service and one million volunteer hours reached by the world famous White Hat Volunteer program.

8.28 billion in GDP and 48 000 jobs created for the region.



YYC and our airport community also made a big difference to the city and people in need. To learn more and to see our full 2016 annual report visit vvc.com



BUSINESS CLASSIFIEDS

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

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Huntington Hills. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Huntington Hills area with guality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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

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

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

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

LOOKING FOR A LOCAL PROFESSIONAL ELECTRICIAN?

FCC Electric can efficiently assist with your commercial projects; from Service work, repairs, maintenance to retail development. We also specialize in residential renovations, troubleshooting, inspections, service upgrades, smoke, Co alarm upgrades, as well as attractive landscape and security lighting options around your home or shop. 65+ discounts. For free estimate call 403-462-8801.

HD PROPERTY CARE: 403-837-1888. All your property needs. Snow shovelling/removal, yard maintenance, spring/fall clean up, odd jobs with trees, fence, patio, decks. Mention this ad and receive 10% off your service.

JEFFREY ELECTRIC: Friendly professional electrical service for your next residential project, large or small. City Oualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for guality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric. com or call Clayton at 403-970-5441.

SEE MORE WINDOW CLEANING: Washing residential and low rise commercial windows. Also providing General Handy Man services. Check our website: www. seemorewindowcleaning.ca. Call for free estimate. 403-274-1404.



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.



Calgary Nose Hill Hon. Michelle Rempel, MP 201-1318 Centre Street NE, Calgary, AB, T2E 2R7 **403-216-777** ✓ michelle.rempel@parl.qc.ca www.michellerempel.ca



On March 22nd, the federal government released its budget for 2017.

Many of you have contacted me expressing concern over the level of federal spending, the deficit, and the lack of a plan to return to balanced budgets in the foreseeable future. Unfortunately, the latest federal budget does not do anything to alleviate your concerns. In fact, the projected deficit for 2017 is \$23 billion and, at this current rate of spending, the budget will not be balanced until 2050.

Statistics released from the Parliamentary Budget Officer's (PBO) 2016 Labour Market Assessment show that despite the massive deficit spending the federal government has undertaken, between Q3 2015 and Q3 2016 there were no net full time jobs created. For those of you who are unware of the role of the PBO, they provide non-partisan, independent, and arms-length fiscal and economic analysis of government activity.

Of further concern is the fact that the government's own Gross Domestic Product projections continue to decline despite the increased deficit spending. Canadians are right to be questioning the logic of huge deficits, with no end in sight, which are not creating jobs and are not increasing Canada's competitiveness economically or creating future growth. This is not to mention the scraping of tax credits, including the public transit tax credit, and delays for investments in critical job training programs, infrastructure, defence, and child care.

I will continue to fight for the interests of Alberta families, workers and seniors who are being impacted by this economic downturn.

I recently sponsored petition e-983 which is currently open for signature. The petition is in response to the government's discussion paper regarding changes to the way the House of Commons operates. These proposed changes would eliminate Friday sittings in Parliament, set permanent limits to debate in the House of Commons and committees, and only require the Prime Minister to attend Ouestion Period once per week.

I believe these proposed changes are not in the best interest of Canadians. If you agree I would ask you to visit my website, www. MichelleRempel.ca and sign the petition today.

As a reminder, I am hosting a Career Services event on May 13. For more information, and to RSVP, please visit www.MichelleRempel.ca.

As always, if you have comments or questions on any issue, please do not hesitate to contact me.

Hello Ward 4 Residents,

Save the date! Thursday, May 25th 2017 Ward 4 Traffic/Pedestrian Safety Meeting

As your Ward Councillor I am dedicated to keeping our streets safe for users of all modes of transportation. As such, I would like to invite you to the City of Calgary, and Calgary Police Service (CPS), annual Community Traffic/Pedestrian Safety meeting on:

www.seanchu.ca

Thursday, May 25th 2017 from 6:30 to 8:30 p.m.

Thorncliffe Greenview Community Association (5600, Centre Street North)

The meeting will give residents an opportunity to hear about the Calgary Safer Mobility Plan and learn how we are keeping Calgary's roads safe for all users. At this event residents will also be given the chance to voice their ongoing concerns.

As a 21 year veteran of the Calgary Police Service, traffic safety is of paramount concern to me. This issue also consistently appears as a top concern in citizen satisfaction surveys so I also know it is of great importance to you. That is why the Traffic Safety meeting is open to all Ward 4 residents and will be a forum that fosters discussion, raises awareness, and leads to real solutions.

CPS who utilizes both education and enforcement to ensure the safety of drivers and pedestrians, rely heavily on traffic safety requests, as a key indicator of where targeted enforcement and education are needed, to address traffic concerns. So, based on vour feedback at this meeting, CPS will be able to conduct additional enforcement in our Ward and report-back their findings. The City's Transportation Department will then be able to research and recommend specific engineering measures that could be applied where issues other persist.

For more information about the sessions, visit Calgary.ca/trafficsafety or calgary.ca/ward4



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There are many challenges and celebrations in a family where ADHD is present. All parents and caregivers of children and youth with ADHD are invited to this monthly support group. Join us for strategies, information, resources, guest speakers and the opportunity to network.

Location: North Central Family Support Program Huntington Hills Community Centre 520-78 Ave NW Calgary, Lower Level April 18, May 9, June 13, 2017 Dates:

Free: Registration is required Call 403-275-6668 ext. 232 to register For more information, contact lorraine@weconnectyou.ca

Time: 7:00 to 9:00pm







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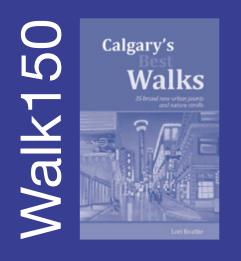
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Multilingual Walk 150 Guides provided by The Centre for Newcomers.

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