

FEBRUARY 2022

DELIVERED MONTHLY TO 3,625 HOUSEHOLDS

HIGHLAND PARK

SUMMIT

THE OFFICIAL HIGHLAND PARK COMMUNITY NEWSLETTER



Highland Park Hall Rental Rates

Phone: 403-276-6969

www.hpca.ca/hall-rental

All users of our facilities must now abide by the City of Calgary Vaccine Passport Bylaw as described on our website.

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, and loads of tables and chairs.

Rental Rates:

Main Hall – 186 person capacity

\$550/day or \$55/hour; \$500 damage deposit

North Hall – 60 person capacity

\$400/day or \$44/hour; \$400 damage deposit

There is a once per year 25% discount for HPCA area residents with a current membership.

All rentals are subject to GST.

Our facilities can only be rented until 10:00 pm.

Community Resource Centre

Are you struggling to make ends meet?

Community Advocates connect people to resources such as:

Basic need referrals for:	Local events & programs:	Information about:
<ul style="list-style-type: none">• Food• Clothing• Basic furniture & household goods• Emergency medication assistance	<ul style="list-style-type: none">• No-cost and low-cost family recreation• Community programs & workshops• Volunteer opportunities	<ul style="list-style-type: none">• Housing concerns• Counselling programs• Family concerns• Financial resources

For North Calgary, call 403.374.0448

For South Calgary, call 403.204.8280

Every 2nd Thursday 1 PM—4 PM
Highland Park Community Association
3716 2nd St NW

Please call 403-703-0140 to book an appointment


3303 – 17 Avenue SE, Calgary, AB T2A 0R2
403.204.8280 info@sunriselink.org
www.sunriselink.org


#14 • 1840 Ramsden Way NW, Calgary, AB T3G 1R4
403.374.0448 info@bowwest.com
www.bowwest.org

Funded through the City of Calgary Emergency Resiliency Fund



Centrally located en route to downtown in the Highland Park Community Hall.

Non-profit, parent operated, traditional preschool for 3 & 4 year olds with excellent teachers that love what they do!

3716 2nd Street NW

Register Now for September 2022!
Space still available for January 2021

Visit our website to learn more

Morning Classes

Mon/Wed/Fri | 9am-11:30am | \$105 per month
Tues/Thurs | 9am-11:30am | \$65 per month

Afternoon Classes

Mon/Wed/Fri | 1pm-3:30pm | \$105 per month

preschool@hpca.ca | 403-276-6969

www.hpca.ca/preschool



www.nextkidsinc.com

PLEASE BE ADVISED THAT **NEXT Kids Inc. At Highland Park**
WILL BE OPENED AS OF MARCH 23, 2020.

Initial access will be prioritized to **health care practitioners and critical infrastructure workers.**

Additional spaces will then be available to first responders (firefighters and police officers) and others in essential services.

Parents will be notified through their employer if they qualify to send their children to these newly re-opened centers, and will be provided a contact list of centers that have been re-opened.

Eligible parents will contact programs directly, and will be asked to access child care only as required to attend their work in a core service sector.

Parents who qualify for subsidy will receive it. If you need to reach the Program, please call **Courtney Jennings at 587-727-0407** our Director anytime. We will help you with registration and more information regarding our Program.

We thank you all for your work in the essential services, and we can not wait to see you!

HIGHLAND PARK UPCOMING EVENTS AND ACTIVITIES

As always, for more information about the events below, please contact either our Hall Manager, Stephen, at hallmanager@hpca.ca or contact our volunteer coordinator, Anne, at 403-276-5048 and leave a message or email volunteer@hpca.ca.

Monthly Seniors' Luncheons: Due to the ongoing risks with COVID-19 and the new variants, these are still suspended until further notice. We miss you Highland Park seniors!

Available Now: Highland Park Activity Kits are available to sign out. These are kits that were created with the support of a City of Calgary Neighbourhood Grant and are intended as a way to work with some friends and neighbours (while abiding by COVID safety rules) to do a fun activity. We'd love it if you would share the details of your activity on Highland Park's social media also. There are five different kinds of activity kits to choose from, and each should have everything you need to complete the activity. Do you want to make a craft of a pinecone bird feeder? Want to add some Highland Park history, stories, poetry and/or pictures to a shared community binder? Maybe you want to help kids and adults make an animal mask while reading the picture book, "Sometimes I Feel Like a Fox"? Or plant wildflower seeds or garlic to sprout in the spring? Or even set up a lemonade stand on a sunny day? For more details, navigate to the HighlandParkCommunity.ca website, and click on the three lines in the upper right, then select Community Connections, and Our Activity Kits. A sign-out form is on the website at the bottom.

Tuesday, February 22: Good Food Box order date at HPCA Hall, 6:00 to 7:00 pm with cash or cheque, or contact-free via e-transfer before 4:30 pm to HPCA's Vice President, Anne Naumann, at AnneNaumann@shaw.ca.

Thursday, March 3: Good Food Box pick-up date at HPCA Hall, 6:00 to 7:30 pm.

March HPCA Craft Market (date to be confirmed): This event was postponed prior to Christmas due to logistical challenges but is being rescheduled for some time in March, most likely, depending on public health and safety recommendations regarding COVID-19 protocols. Email markets@hpca.ca for more information or to register for a vendor table. Also keep an eye on our website and social media for updates (details below).

Tuesday, March 15: Good Food Box order date at HPCA Hall, 6:00 to 7:00 pm with cash or cheque, or contact-free via e-transfer before 4:30 pm to HPCA's Vice President, Anne Naumann, at AnneNaumann@shaw.ca.

Thursday, March 24: Good Food Box pick-up date at HPCA Hall, 6:00 to 7:30 pm.

HPCA Email List and Website: Are you one of the new residents of Highland Park? Are you on our email contact list? If not, you should be! We send out periodic emails about important things going on in the community that may not make it into the newsletter before the deadline. Sign up via our website at hpca.ca. While you are on our website, have a look at some of the new information we've added, click the three lines in the upper right to access the menu. Look for the Community Connections section for info on events, programs, and ways to connect with neighbours to get involved with the community, including our new Activity Kits (you can make a Pinecone Bird Feeder craft for winter, or an Animal Mask, this is another project funded by a Neighbourhood Grant), and our Human Library (see what skills and knowledge some of your neighbours are willing to share). Both these programs are free for community residents.

Get Social with HPCA: We also recommend you connect with us on social media – "Like" our community Facebook page for updates when we post something (www.facebook.com/highlandPkCA), and if you live in Highland Park, you can also sign up for the Highland Park Neighbourhood group, which is designed to allow people to interact with their neighbours (www.facebook.com/groups/highlandparkyycc). Also, be sure to follow us on Twitter and Instagram @highlandPkCA (login is not required to see our posts).



HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber | development@hpca.ca

Welcome to the New Year – one that we hope will see our lives resuming a greater degree of normality over the coming months. Planning and development matters took a bit of a break over the holiday season and there were few new applications. As to today's date, we can report on the following applications of interest to Highland Park:

DP2020-8284 for a multi-resident apartment building at 4111 1 Street NE was approved. This is for the land sloping down along 40th / 41st Avenue into Greenview Industrial. The plans call for 169 suites of which the great majority are small 1-bedroom units. The community association had commented on the lack of diversity and choice in this proposed building and had also raised concerns about future traffic control and management. A positive feature of the approved plan is that landscaping was included for the adjacent utility right-of-way which would enable pedestrian access from Centre Street.

LOC2021-0175 for a land use change to R-CG at 457 33 Avenue NW will be proceeding to the Calgary Planning Commission (CPC) for review. If approved there, it will then go to Council. A date has not yet been set for the CPC hearing.

LOC2021-0187 for a land use change to M-CG at 3404 3 Street NW which is intended to permit the construction of a 5-unit residential building on this 63 ft lot. There would be a 5-car garage structure off the laneway. The application is still under review by the Planning department.

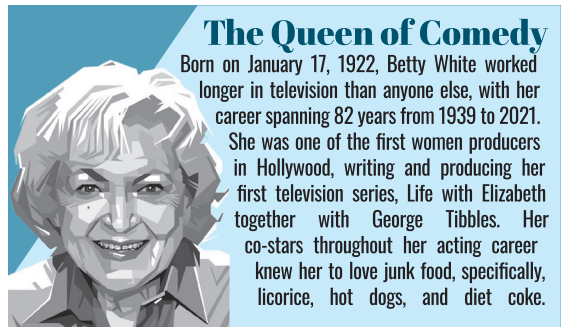
LOC2021-0188 for a land use change to M-CG at 4320 Centre A Street NE. The developer would like to construct a 4-plex on this parcel. The application is under review.

DP2021-5688 for construction of a rowhouse at 4024 2 Street NW is still under review and temporarily stalled pending receipt of revised plans to city planners from the developer.

LOC2021-0084 for a land use change to M-CG at 308 32 Avenue NE went to Council on January 11, 2022. According to the status displayed on the city's Development Map, the application was refused by Council. We are seeking confirmation of that decision.

The community association encourages all residents to stay informed about development proposals in the community, and to respond in a thoughtful way when

provided the opportunity to do so. Status information about any Development Permit or Land Use Change application can be found on the City's Development Map at <https://developmentmap.calgary.ca/>. Just zoom in and click on the property you wish to examine. Details about the application, comment periods and contact information for the file manager can then be reviewed.



Have a Great Idea?

Our Neighbourhood Grants turn local ideas into tangible actions

The Community Social Work program offers grants of up to \$1000 to Highland Park or Thorncliffe Greenview residents with project ideas that:

- Build Inclusive Neighbourhoods | Foster Truth & Reconciliation
- Increase Economic Participation

Decisions are made by a committee consisting of residents and a Community Social Worker.

For more information email: NeighbourhoodGrants@Calgary.ca or
Contact: jennifer.dimarzo@calgary.ca or (403)852-6137

Daylighting Confederation Creek

Elliot Lindsay – Friends of Confederation Creek

The Friends of Confederation Creek (FOCC) are a volunteer-led society concerned with the preservation, protection, and restoration of the Confederation Creek watershed. This year, thanks to Watershed Stewardship Grant funding administered by the Land Stewardship Center of Canada, we have launched the “Uncovering Confederation Creek” project. This work seeks to tell the story of streams in this watershed; past and present and generate interest and discussion on the future of these important and underappreciated streams. We encourage anyone interested in learning more and getting involved to contact us at friendsofconfederationcreek@gmail.com and to follow us on Facebook. Check out our December article, introducing the project and background of the watershed, in several Great News community newsletters for NW Calgary.

The Confederation Creek watershed (drainage area) covers an area of 2700 hectares of NW Calgary, encompassing communities from Shaganappi Trail NW, all the way to Edmonton Trail NE on the south side of Nose Hill; from Brentwood and Varsity to Highland Park and Thorncliffe Greenview. While some sections of Confederation Creek, Queen’s Park Creek, and several springs remain above ground where they can be enjoyed by the public, much of the length of these streams were buried in concrete stormwater pipes beginning in the 1950’s. In addition, much of the watershed area has been converted to pavement, rooftops, roads, and hard surfaces, sending runoff rushing into concrete pipes preventing the slowing, filtering, and settling that happens in natural stream corridors and their floodplains. Fortunately, there are alternatives that many cities around the world are implementing to bring these buried streams back to life, and in doing so gain the valuable ecosystem services they provide. This exciting opportunity is commonly referred to as daylighting, and there is perhaps no better place to implement this than right here in the Confederation Creek watershed.

The organization *American Rivers* defines stream daylighting as a process which “...revitalizes streams by uncovering some or all of a previously covered river, stream, or stormwater drainage.” While there is some debate as to the true first daylighting project, some of the earliest efforts included the San Francisco Bay area’s Napa Creek project in 1970, and later the Strawberry Creek project completed in 1984 in Berkeley, California. Not long after in 1988, Zurich, Switzerland introduced a municipal policy in accordance with the “Bachkonzept” or “stream concept”, which has supported the daylighting of over 21 kms of streams!

Some cities such as Yonkers, New York, have implemented stream daylighting projects right in the heart of downtown, removing several blocks worth of aging pavement and infrastructure to reveal and restore sections of the Saw Mill River, bringing migratory fish species back and improving urban life, fostering greatly increased investments along the restored river corridor and creating new and improved park spaces for citizens to enjoy. With so much of Confederation Creek and its tributaries buried beneath green spaces, the opportunities to implement stream daylighting are not only feasible, but also a real possibility. We hope to further explore this exciting topic and its potential here in the watershed, in another article this winter. Stay tuned!



Pictured: Confederation Creek flowing through Confederation Park, a happier vision of what could be for many buried streams in this watershed.

Photo credit: Patrick Saunders

It's FREE to explore, discover
and shop local. Scan to download and
access discounts, offers and promotions
from amazing local businesses!



GET in the LOOP



www.getintheloopyyc.ca

Register for Preschool Today!



September might seem like a long way off, but the teachers at Highland Park Preschool are already hard at work planning for the fall! Registration is now open for our Sept. 2022 - June 2023 classes. Spots are also still available for classes running until June 2022.

We're thrilled that we will continue to offer three classes to the community in the 2022-2023 school year:

- **Monday/Wednesday/Friday mornings (9:00-11:30 am):** four-year-old class
- **Tuesday/Thursday mornings (9:00-11:30 am):** three-year-old class
- **Monday/Wednesday/Friday afternoons (1:00-3:30 pm):** combined three-and four-year-old class

We are a non-profit, parent-supported cooperative preschool that strives to keep our monthly tuition as affordable as possible. Thanks to the new Federal-Provincial Childcare Agreement, we have been able to lower our fees even further for families:

- **Monday/Wednesday/Friday classes:** \$105 per month
- **Tuesday/Thursday classes:** \$65 per month

Our amazing teachers, Mrs. Danna and Ms. Chantal, lead students in a variety of purposeful play designed to support each student's early development while having a tonne of fun. Programming promotes early literacy, developmentally appropriate math concepts, social skills and so much more. Classes include circle time, gym, snack, and a variety of activities such as play, songs, stories and art. We are fortunate to have access to the large Main Hall in our Highland Park Community Centre, where students can burn off some steam during the daily physical education portion of our program.

We are foregoing our usual Open House for the time being due to Covid, but are glad to set up virtual or one-one tours of the school where parents have an opportunity to speak with the teachers and learn more. Students do not have to live in Highland Park to attend, so please help us spread the word about our great school if you know a family looking for a preschool.

Visit us at www.hpca.ca/preschool to register, for more information and to see photos of our school. You can also reach us at preschool@hpca.ca or 403-276-6969. We look forward to hearing you!



News from the Friends of Nose Hill

by Anne Burke

Dogs must be on-leash in all public spaces in Calgary unless a sign is posted for an off-leash area. The Responsible Pet Ownership Bylaw limits an off-leash dog walker to six dogs. Natural environment parks, including asphalt pathways, are on-leash, unless otherwise signed. All parking lots are on-leash, including those for designated off-leash areas.

A larger number of dogs not being controlled in off-leash parks can lead to safety concerns, such as dogs inadvertently cutting off cyclists or runners, dogs jumping on park patrons, or negative interactions with other dogs and wildlife. There is no limit to the number of dogs that can be walked on-leash but an adequate number of leashes, or other means to restrain all dogs is required in an off-leash park. Any handler must respond to nuisance behaviours, maintain voice and sight command with each dog, and clean up.

Changes to the Bylaw coming into effect by September 30, 2022 will permit qualified professional dog walkers to walk more than six dogs off-leash at a time. (Otherwise, a limit would mean fewer customers, lost income, increased user costs). Applicants with adequate skills and knowledge will be able to continue walking more dogs safely, if they review and comply with the Bylaw, ensuring that each dog is licensed and has good recall.

The City will develop specific criteria by which a Dogwalker Permit would be granted in consultation with business owners through the Business Advisory Committee. Community peace officers will work with dog walkers to achieve bylaw and permit compliance through education rather than to deny or revoke a permit, unless as a last resort. The decision can be challenged through the Licence and Community Standards Appeal Board.

RECIPES FOR YOUR GOOD FOOD BOX - SHAMBHARO

by Anne Naumann

Upcoming Good Food Box Dates are: Ordering February 22 for Pick-up March 3, and Ordering March 15 for Pick-up March 24.

Most of you are taking advantage of the e-transfer ordering option but you can still order in-person at our hall on the order night between 6:00 and 7:00 pm. To e-transfer payment, send it to me at AnneNaumann@shaw.ca preferably by no later than 4:30 pm on the order date. That way our volunteer Good Food Box Coordinator, Bonita, and I can finalize the list of all the boxes ordered and payments received to ensure we order the correct number and size of boxes. If you are ordering for the first time, please also send us a follow-up email to is GoodFoodBox@hpca.ca with your contact information (phone and/or email) so we can contact you to remind you about the pick-up date and the next order date. We have also been asked by the Community Kitchen folks to provide basic demographic information about the people being served by this program through each ordering depot like HPCA's. So, if we don't have it already, we'll ask you how many total families, adults, seniors, and youth your box is for.

I personally wasn't able to order a box in January, but I thought I'd share a recipe for something else you can do with cabbage other than making coleslaw. This is a delicious East Indian dish called Shambharo. I've made it a few times for my family, and we all enjoy it. It can be a side dish, or you could probably add canned chickpeas and turn it into a one pot meal.



The Pluto Parallel

Pluto was discovered on February 18, 1930, by the Lowell Observatory. Eleven-year-old, Venetia Burney, suggested the name for the dwarf planet to her grandfather, who would pass along the name to astronomers. The Disney cartoon character Pluto, Mickey's faithful pooch, also made his debut in 1930!

Shambharo (Fried Cabbage with Green Peppers and Carrots)

Prep and Cook Time: About 20 minutes

Serves: 4 to 6

Kitchen Supplies Needed: Vegetable peeler, sharp knife, large frying pan or pot

Ingredients:

- 1 to 1 ½ tbsp cooking oil (such as canola)
- ½ tsp to 1 tsp cumin seeds (can substitute ¼ to ½ tsp cumin or coriander powder)
- ½ tsp black mustard seeds (can substitute yellow mustard seeds, or up to ½ tsp of dry mustard powder)
- 1 to 4 green chilies, chopped (can substitute a few rings of sliced jarred or canned jalapeno chilies)
- ½ large green cabbage or 1 small green cabbage, finely sliced and chopped into bits
- ¼ tsp turmeric powder
- 1 tsp cumin or coriander powder
- 1 to 2 carrots, peeled and thinly sliced across (or cut into matchsticks)
- ½ to 1 green pepper, cored and thinly sliced
- 1 tbsp lemon juice
- Salt and sugar to taste
- Optional additions: 1 can of chickpeas, drained, rinsed, and drained again (add after cabbage)

Directions:

1. Peel carrots, core green pepper and chilies. Slice and chop all vegetables. Gather all spices.
2. In the large pan or pot, heat the oil. When hot, add the cumin seeds and mustard seeds. Let them pop and crackle for a few seconds. Add the chilies and stir together.
3. Add the cabbage and stir everything together. Add the turmeric and cumin powder and cook together for about 5 minutes.
4. Add the sliced carrots and green pepper. Stir to mix all together until it gets a little soft but not soggy.
5. Remove from heat and stir in lemon juice. Taste, and add salt or sugar, or additional spices to adjust taste.



Are you interested in
learning more about
Indigenous history and
contemporary issues in
Canada?

Join us in the **free** “Indigenous Canada” course through Coursera
(Indigenous Canada | Coursera).
Participants will do the lessons online individually and we will have
“book club” style meetings to discuss what we learn.
Beginning in March - exact dates and times TBD.

Meetings will be supportive and welcoming to all. All levels of
knowledge welcome. For more information, or to register,
please contact Jennifer DiMarzo, Community Social Worker
with The City of Calgary at jdimarzo@calgary.ca.

*Brought to you by the Indigenous Learning Series of Highland Park and Thorncliffe Greenview
(a collaborative effort of The City of Calgary and Northminster United Church).*

**NORTHMINSTER
UNITED CHURCH**

**CITY OF
CALGARY**

Highland Park Community Association

☎ 403-276-6969 📍 3716 2nd St. NW

BOARD OF DIRECTORS

President	Elise Bieche
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Director	Braiden Valdarchi

COMMUNITY CONTACTS

Website	www.hpca.ca
Facility Rental and Management	Stephen Wright, 403-276-6969 hallmanager@hpca.ca
Facility Rental Availability Calendar	hpca.ca/hall-calendar
Newsletter/ Website Editor	Braiden Valdarchi media@hpca.ca
Good Food Box	Bonita Loke goodfoodbox@hpca.ca
Development Review	Jeanne Kimber development@hpca.ca
Seniors' Luncheon	Rosalind Kohut, 587-349-0870 seniorscoordinator@hpca.ca
Volunteer Coordinator	volunteer@hpca.ca
Block Connector Planning Committee	seniorscoordinator@hpca.ca
Activity Kits Booking and Info Community Social Worker	activitykits@hpca.ca Jennifer Dimarzo, 403-476-7295 jennifer.dimarzo@calgary.ca
Ward 4 Councillor	Sean Chu, 403-268-3727 sean.chu@calgary.ca
Police Service	Cst. Raeann Watson, District 3 pol5218@calgarypolice.ca, 403-860-8027
Bylaw Infractions	Call 311 or complete form on line at: www.calgary.ca/311online

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!

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 6:00 and 7:30 pm

Please contact Anne Naumann before 4:30pm on order date at annenaumann@shaw.ca.

HPCA Good Food Box 2022

Order Date

Tuesday, February 22

Tuesday, March 15

Pick-Up Date

Thursday, March 3

Thursday, March 24



Disclaimer: 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 Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the 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.



HIGHLAND PARK'S BLOCK CONNECTOR PROGRAM

Join the Highland Park Block Connector Program to:

- Connect with your neighbours
- Learn about local resources and opportunities
- Create some fun on your block!

Contact Jennifer DiMarzo with the City of Calgary at jdimarzo@calgary.ca for more information.

HIGHLAND PARK HALL CALENDAR

FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 MH 7:00 to 9:00 pm Forge Martial Arts	2 MH 7:00 to 9:00 pm Choir	3 6:00 to 7:30 pm Good Food Box Order MH 7:00 to 9:00 pm Forge Martial Arts	4	5 MH St. Uriel 5:00 to 10:00 pm MH 9:30 to 11:00 am Sportball for Kids
6 All Halls 8:00 am to Noon Peace Church	7	8 MH 7:00 pm to 9:00 pm Forge Martial Arts	9 MH 7:00 to 9:00 pm Choir	10 MH 7:00 to 9:00 pm Forge Martial Arts	11	12 MH 9:30 to 11:00 am Sportball for Kids
13 All Halls 8:00 am to Noon Peace Church	14	15 MH 7:00 pm to 9:00 pm Forge Martial Arts	16 MH 7:00 to 9:00 pm Choir	17 MH 7:00 pm to 9:00 pm Forge Martial Arts	18	19 MH 8:00 am to 10:00 pm Gebrehwet
20 All Halls 8:00 am to Noon Peace Church	21	22 6:00 to 7:30 pm Good Food Box Order MH 7:00 to 9:00 pm Forge Martial Artst	23 MH 7:00 to 9:00 pm Choir	24 MH 7:00 to 9:00 pm Forge Martial Arts	25	26 MH 8:00 am to 10:00 pm Forge Martial Arts MH 9:30 to 11:00 am Sportball for Kids
27 All Halls 8:00 am to Noon Peace Church	28	1	2	3	4	5
6	7	8	9	10	11	12

For the latest hall calendar, please visit hpca.ca/hall-calendar.

Highland Park Community Association **MEMBERSHIP FORM**

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

Associate members (non-residents) - \$10

Memberships good for one year from date of purchase

Please make cheques payable to: Highland Park Community Association

Please mail cheque and this form to: Highland Community Association, 3716 – 2nd Street NW, Calgary, Alberta T2K 0Y4

Name: _____

Address: _____ Postal Code: _____

Phone: _____ Email Address: _____



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



HIGHLAND PARK COMMUNITY SENIOR'S LUNCHEON

\$6/person for HPCA members

\$10/person for non-members of HPCA

Cancelled until further notice.

Bowwest Community Resource Centre

Struggling to make ends meet?

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

403-703-0140

BowWest Community Resource Centre regrets to announce that the food market, usually held every second Thursday at the Highland Park Community Association, must be tempo rarely 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.



mybabysitterlist

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.



BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media
at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

HIGHLAND PARK | HIGHWOOD MORTGAGE BROKER:
SAVE A BUNCH OF CASH! As a local mortgage professional, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert advice, excellent rates, many options, and better mortgages, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

ADAIR TREE CARE LTD. PROFESSIONAL ARBORISTS:
Did you know that winter is often the best time to prune most trees? Book your winter tree and shrub care now, and save 10% when you mention this ad. Expert tree pruning, removal, stump grinding, pest and disease management, fertilization, and planting. We love your trees! 403-686-6030, www.adairtreecare.com.

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.



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

social media advertising | management
geofenced digital | video advertising
community magazine advertising
app | web | seo | ad words

info@greatnewsmedia.ca

