

APRIL 2023

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SUMMIT

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NEXT

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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 Preschool

Open House – May 10 from 5:30 to 7:30 pm

Highland Park Community Hall: 3716 2 St NW

Registration is now open for September. Visit www.hpca.ca/preschool for full details about classes, fees, and registration.

We'd love to meet you! Stop by to see the classroom, meet the teachers, and learn more about our school.

In the meantime, here's what some of our current families have to share about our school:

"This is a great community preschool. It is well-run and organized, very affordable, the teachers are kind and welcoming, and they offer fun, high-quality programming for three- and four-year-olds. Both my children have attended or will be attending this preschool. The kids get to participate in various activities like circle time, crafts, snack and gym time in a large, bright, indoor gym. They also get outdoor time, and my son was very excited to show me the seeds they had planted in their outdoor planters last spring. We would definitely recommend the school!"
Felicia, January 2023 - Google Review

"Our three-year-old is halfway through his first year here. He loves the teachers: they spend their days doing crafts, games, sports, reading, learning, etc. From a parent point of view, they are miraculously punctual with pick up, drop off, etc., and we love the reliability. The administration is fantastic, and communications could not be better. We have also really enjoyed the volunteer model, so we can have our chance to be part of the class once a month. Would highly recommend to anyone looking for a safe, fun, and dependable place to take their children."
Jade, January 2023 - Google Review

"This preschool is everything we were looking for, and then some! The teachers are engaged and care about the students. Our daughter absolutely loves attending and looks forward to school days. The classroom is large and well set up, with lots of activity items to play and learn with, and the gymnasium upstairs is an awesome bonus feature for the kids on cold days. The school has resources available for those families who might need extra support with certain aspects of their child's development, such as speech or fine motor skills, too. I highly recommend this preschool and am glad we enrolled our daughter here."
A., January 2023 - Google and Facebook Review

"We have loved this preschool for our four-year-old. The teachers are warm and welcoming, and they have such a supportive environment for all learners. It has been such a positive first school experience for my daughter."
Karen, January 2023 - Google Review



Centrally located en route to downtown in the Highland Park Community Hall. Non-profit, parent cooperative, traditional preschool for three- and four-year-olds with excellent teachers that love what they do!

3716 2 Street NW

Fall 2023 Registration is Open!

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

Tues/Thurs | 1pm-3:30pm | \$65 per month

preschool@hpca.ca | 403-276-6969

www.hpca.ca/preschool



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 403-276-6969, or contact our volunteer coordinator, Anne, at volunteer@hpca.ca.

Volunteer Opportunity: We are looking for one or more people to assist our current Seniors Luncheon Coordinator, Rosalind, in planning and coordinating our upcoming luncheons, so they may eventually be able to coordinate the luncheons on their own. Are you a savvy food shopper? Are you detail-oriented? Then this volunteer opportunity may be for you! The duties would involve, several days prior to the luncheon, menu planning with a targeted budget, shopping for ingredients, delivering food supplies to those who will prepare various dishes, and on the day of the luncheon, ensuring the volunteer crew understands and completes their tasks. Note: The volunteer would not necessarily need to be present during the day of the luncheon (if your work schedule doesn't allow), but they would need to ensure the tasks on the day of the luncheon are assigned to our existing very capable volunteers, and someone else would supervise on the day.

HPCA Email List and Website: Are you new to Highland Park? Make sure you are on our email contact list. We don't send out a lot of emails but when we do, it's about important stuff going on in the community that may not have made it into the newsletter before the deadline. Sign up via our website: hpca.ca/join-email While you are there, have a look at the 'Community Connections' section for info on events, programs, and ways to connect with neighbours to get involved with the community.

Friday Night Fires: Join our volunteer, Dee, and some neighbours to sit around the campfire at the Highland Park grounds, starting Friday nights at 6:00 pm. You may want to bring a blanket and feel free to bring hot dogs or some marshmallows to roast over the fire with your own roasting sticks if you want. There may be some campfire songs being sung too!

Tuesday, April 11, May 2, and May 30: Next Good Food Box order dates. You can order in person at our hall between 6:00 and 7:00 pm, or you can e-transfer payment to our Board member, Anne Naumann, at AnneNaumann@shaw.ca with a note re: what size boxes it's for, and we'll submit your order.

Second Tuesday of each month, next one April 11, 6:30 to 8:00 pm: Indigenous Learning Series at Highland Park Hall. Registration is required for these monthly events with our City of Calgary partners to learn about Indigenous history and culture through films. Contact Jennifer.DiMarzo@calgary.ca for more info and to save yourself a seat!

Thursday, April 20, May 11, and June 8: Next Good Food Box pick-up dates. For everyone who ordered on the previous order date, please pick it up at our hall between 6:00 and 7:00 pm.

Third Tuesday of each month, next ones April 18 and May 16: Seniors' Luncheon at our hall, \$6 for community members and \$10 for non-members. Registration is required each month, so we have an accurate count for food preparation. Contact SeniorsCoordinator@HPCA.ca.

May 10, drop in 5:30 to 7:30 pm: Open House for the Highland Park Preschool. Some see the classroom and meet the teachers. Registration is open now and ongoing for the year starting in September. We are also adding a fourth class starting in the fall. Visit HPCA.ca/preschool for more information.

Saturday, June 17: Mark your calendars for Neighbour Day 2023! Neighbour Day is the annual celebration of the community spirit that was on full display after the floods in 2013, with neighbours helping each other out to clean up and recover. Further details of how HPCA will be marking the date will be announced in the newsletter prior to the event and sent to our email list.

Wednesday, June 21 at 7:00 pm: Highland Park's Annual General Meeting. We'll review what we accomplished this past year, approve our Financials, and elect a new Board. If you don't have your current year's membership that will allow you to vote, get it today on our website: HPCA.ca/membership.

Highland Park Hall Rental Rates

Phone: 403-276-6969
www.hpca.ca/hall-rental

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.

APRIL 2023 HIGHLAND PARK HALL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1. MH 8:00 am to 5:00 pm Alvarado MH, NH 6:30 to 9:30 pm Calgary Algerian Society MHB 3:00 to 4:00 pm DoReMi Babies
2. All Halls 8:00 am to noon, MHB until 2:00 pm Peace Church NH 1:00 to 6:00 pm Truong	3. MH 6:30 to 9:00 pm Bunbukan Karate NH 6:30 to 8:30 pm GraceNotes Music Academy	4. MH 7:00 to 10:00 pm Forge Martial Arts	5.	6. MH 7:00 to 9:00 pm Forge Martial Arts NH 7:30 to 9:30 pm Tango Calgary	7. MH 6:30 to 9:30 pm YDS Canada	8. NH 3:00 to 9:00 pm Silapan
9. All Halls 8:00 am to noon, MHB until 2:00 pm Peace Church MH 3:00 to 7:00 pm Wong	10. MH 6:30 to 9:00 pm Bunbukan Karate	11. 6:00 to 7:00 pm Good Food Box Order NH 6:30 to 8:30 pm Indigenous Film Series MH 7:00 to 9:00 pm Forge Martial Arts	12.	13. MH 9:00 am to 1:00 pm Child Development Dayhomes MH 7:00 to 9:00 pm Forge Martial Arts NH 7:30 to 9:30 pm Tango Calgary	14. MH 11:00 am to 5:30 pm St. Uriel Calgary MH 6:30 to 9:30 pm YDS Canada	15. MH 8:00 am to 10:00 pm Tembreza MHB 3:00 to 4:00 pm DoReMi Babies
16. All Halls 8:00 am to noon, MHB until 2:00 pm Peace Church NH 1:00 to 4:00 pm Calgary Ostomy Society MH 5:30 to 8:30 pm Science of Spirituality	17. MH 6:30 to 9:00 pm Bunbukan Karate NH 6:30 to 8:30 pm GraceNotes Music Academy	18. MH 11:00 am to 1:00 pm Senior's Lunch MH 7:00 to 10:00 pm Forge Martial Arts	19.	20. 6:00 to 7:30 pm Good Food Box Delivery MH 7:00 to 9:00 pm Forge Martial Arts NH 7:30 to 9:30 pm Tango Calgary	21. MH 4:00 to 10:00 pm Crawford	22. MH 8:00 am to 10:00 pm Crawford
23. All Halls 8:00 am to noon, MHB until 2:00 pm Peace Church NH 1:00 to 7:00 pm Hoppe	24. MH 6:30 to 9:00 pm Bunbukan Karate	25. MH 7:00 to 9:00 pm Forge Martial Arts	26. NH 4:00 to 8:00 pm City of Calgary	27. MH 7:00 to 9:00 pm Forge Martial Arts NH 7:30 to 9:30 pm Tango Calgary	28. MH 6:30 to 9:30 pm YDS Canada	29. MH 4:30 to 10:00 pm St. Uriel Calgary MH, NH 9:00 am to 4:00 pm HPCA
30. All Halls 8:00 am to noon, MHB until 2:00 pm Peace Church						

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 – 2 Street NW, Calgary, Alberta T2K 0Y4

Name: _____

Address: _____ Postal Code: _____

Phone: _____ Email Address: _____

*memberships also available for purchase online at hpca.ca/membership



PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

The City has announced public information and feedback sessions concerning Bus Rapid Transit (BRT) work being planned for Centre Street North. One of these sessions will be held at the Highland Park Community Association Hall on April 26 from 5:00 to 8:00 pm. You can obtain more information about this at <https://www.calgary.ca/planning/projects/transit-north-central-brt.html>. The drawing of the proposed changes at the intersection of 40 Avenue and Centre Street showed changes only to Centre Street. We therefore raised concerns about current and future traffic flow on 40 Avenue with the traffic planner.

A brand-new land use application for a change to H-GO, and a concurrent Development Permit application for the six properties at 204 to 224 40 Avenue NW has just been filed. Details about the applications have not yet been received (as of March 14).

The land use change application LOC2022-0112 for the property at 453 and 457 35 Avenue NW was approved by Council on March 7. The new H-GO land use allows for the development of multi-residential buildings on the site. The concurrent Development Permit (DP) proposal calls for three row-house buildings with suites and a large 11-car parking garage. The DP application is in its third version and is still pending decision as of March 14. We expect that it will be approved in the near future. With respect to the house at 457 35 Avenue NW, there was a fire in the building several weeks ago. We have asked the developer for a timeline on when to expect that the burned building will be demolished.

DP2022-08058 for a rowhouse at 3424 Centre B St NW was approved on February 22, 2023. The developer revised their original development proposal which we believe will help protect the privacy of neighbouring properties to the south, as well as make the waste and recycling facilities more convenient for future residents of the rowhouse.

DP2022-07590 for a rowhouse without suites at 404 33 Ave NW was approved on February 27, 2023. Anyone who wishes to appeal the approval to the Subdivision and Development Appeal Board had until March 23 to file their appeal. More information about the appeal process and cost can be found at <https://www.calgarysdab.ca/home.html>.

The following DP applications are still under review:

A recent DP application is for a 2-storey 6-plex to be built at 3520 Centre Street NE. The plans show two units to be developed on each floor and in the basement, with each

unit containing two bedrooms, two bathrooms, living, and kitchen areas. We have raised concerns about the provision of waste and recycling facilities for these six units. We also noted a lack of secure alternate mobility storage which residents without cars would require. Comments can be submitted through the development map. The file reference for this development permit application is DP2023-00451.

DP2023-00165 for a semi-detached with basement suites at 224 34 Avenue NE.

A new planning communication/information tool has been implemented by the City. It can be found at www.calgary.ca/planningmatters. The website provides access to online notifications of public hearings, links to Council agenda, and links to information on how to submit letters or speak at Council. You can also sign up for email delivery of planning news items.

As always, we encourage Highland Park residents to keep informed of redevelopment activities in the community through the use of the City's development map.

development@hpca.ca

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.

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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

HIGHLAND PARK



HIGHWOOD



Highland Park Community Association

☎ 403-276-6969 📍 3716 2 St NW

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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	Ellen Peterson 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/ Human Library	connections@hpca.ca
Activity Kits Booking and Info	activitykits@hpca.ca
Community Social Worker	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. You can pay in two ways: 1) by e-transfer to our Board Member, Anne Naumann, at AnneNaumann@shaw.ca before 4:30 pm on the Tuesday order date, or 2) with cash or cheque at the hall on the order date, between 6:00 and 7:00 pm. The pick-up date and time for the ordered boxes is always nine days later, on a Thursday, at the HPCA hall between 6:00 and 7:00 pm.

Large Box: 45 to 50 lbs = \$35

Medium Box: 35 to 40 lbs = \$30

Small Box: 25 to 30 lbs = \$25

For more information, contact our volunteer, Ellen Peterson, at GoodFoodBox@HPCA.ca.

ORDER DATE:	PICK-UP DATE:
Tuesday, April 11	Thursday, April 20
Tuesday, May 2	Thursday, May 11

9 PM ROUTINE



CALGARY
POLICE
SERVICE

CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



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Recipes for Your Good Food Box

by Anne Naumann

Hopefully, like me, those who have been ordering Good Food Boxes through the Highland Park CA depot are finding they provide excellent value. I also find it's like getting a surprise gift, because we never really know what will be in each month's box. It was exciting to see broccoli in the last box. This last month, the small (\$25) box I ordered contained the following: one bag green grapes, one head romaine lettuce, one pint (551 ml) grape tomatoes, two heads broccoli, three navel oranges, one grapefruit, one medium sweet potato, three lbs. onions, five lbs. russet potatoes, two lbs. carrots, three gala apples, and a recipe for "Ramen On The Run" which consisted of veggies added to ramen soup with an alternate option of a homemade soup base.

Check the Upcoming Events article elsewhere in this newsletter regarding the upcoming Good Food Box order and pick-up dates. Please keep in mind that if you are ordering via e-transfer to me at AnneNaumann@shaw.ca for the first time, please also send us a follow up email to GoodFoodBox@hpca.ca with your contact information (phone and email) so we can contact you to remind you about the pick-up date and the next order date. If you are a new customer, we also need some basic demographics from you regarding how many people your box order will feed: number of adults (18 to 65), youth (0 to 17), seniors (65+), and families. We provide a summary of this information to the Community Kitchen folks for their grant reporting each month.

Here's a recipe I made with the broccoli from the Good Food Box. I didn't really measure, so the amounts are my best guesses.

Broccoli in Black Bean Sauce

Servings: At least four

Prep and Cook Time: Approximately 30 minutes

Kitchen Supplies Needed: Large frying pan or a wok, measuring cup and spoons

Ingredients:

- 2 Tbsp. butter, ghee, or cooking oil
- 3 or so cloves of garlic, peeled and chopped finely
- 2 heads of broccoli, chopped into small chunks, including the stems if you want

- 2 to 3 Tbsp. black bean sauce from the grocery store
- 2 to 3 Tbsp. soy sauce or gluten-free tamari sauce
- 2 to 3 Tbsp. cornstarch, mixed into 2 to 3 Tbsp. water or cooking wine to make a slurry

Directions:

- Heat oil or butter in frying pan over medium heat (or medium high if using a wok). Add chopped garlic and sauté until starting to brown. Add chopped broccoli and stir until beginning to turn dark green with some browning.
- Add sauces, and cornstarch and water mixture. Stir to coat the broccoli and stir periodically until the cornstarch begins to thicken the sauce. After a few minutes, you can add a few tablespoons of water if it seems too thick, or more cornstarch mixed with a bit more water (or cooking wine) if it seems too runny. The cornstarch needs a few minutes to cook and do its thickening work.
- Taste the sauce to see if it seems to need a bit more of anything. Add seasonings as desired including salt, onion powder, pepper, or whatever you think. The sauce should be about as thick as corn syrup when it's done.
- Serve and enjoy!

HPCA Good Food Box 2023

Order Date

Tuesday, April 11

Pick-Up Date

Thursday, April 20



27 Ways to Say No

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.

- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions. Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.

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**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.



News from the Friends of Nose Hill

by Anne Burke

HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

\$6 per person for HPCA members

\$10 per person for non-members of HPCA

Next Lunch: April 18 at 11:30 am

Contact SeniorsCoordinator@HPCA.ca or 403-439-7263 to register to attend.

There is an annual global community science competition to document urban diversity. Public bioblitzes will be held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organism in urban areas. The 2023 City Nature Challenge involves taking pictures between April 28 and May 1 and then identifying them. Results will be announced on May 8. This will be the fifth year for Calgary region participation and there are awards for the top cities. For more information, go to inaturalist.ca/projects/city-nature-challenge-2023-calgary-metropolitan-region.

Although the City introduced two new program, Green Leader and Water Steward, its decision to temporarily discontinue its Adopt-a-Park program was unpopular. Now you can join the Parks Environmental Education team on a Green Initiative project to restore habitat with tree and shrub planting, tree wiring, weed pulling, or painting projects. These group projects are seasonal (May to October) and typically require a 3-to-4-hour commitment. A screening policy is in place, which may include checks by police. Once accepted, volunteers receive orientation, training, and other support. For more information and to register, please call 3-1-1.

GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



SCAN THE QR CODE FOR THE ANSWERS!





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April 23
2:00-3:30PM
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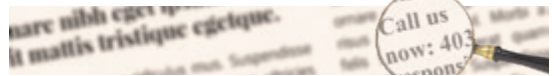
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ADAIR TREE CARE LTD. PROFESSIONAL ARBORISTS: Calgary's trusted arborists since 1997. Expert tree pruning, removal, stump grinding, pest and disease management, fertilization, and planting. We love your trees! 403-686-6030, www.adairtreecare.com.

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.

FALCONER HANDYMAN SERVICES LTD: Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

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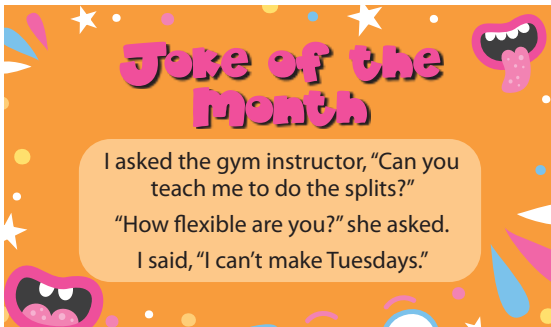


BRAIN GAMES

SUDOKU

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

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JEREMY NIXON CALGARY-KLEIN

HUSBAND. FATHER. COMMUNITY BUILDER.



Jeremy's career has always been about making a difference, from non-profits to the legislature he has consistently stood up for those in his community.

He grew up knowing his father's own experiences with homelessness and went on to advocate for others through the Mustard Seed, Canadian Mental Health Association and the Boys & Girls Club.

As a homeless shelter manager, Jeremy saw firsthand how government inefficiency and bloat hurts not just our most vulnerable citizens, but also the lives of everyday Calgarians.

He believes an engaged society, strong economy, and good government ultimately lead to better results for Albertans.



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