

JANUARY 2023

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# HIGHLAND PARK

SUMMIT

THE OFFICIAL HIGHLAND PARK COMMUNITY NEWSLETTER



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## NEXT

EXPAND EXPLORE EXCEL

[www.nextkidsinc.com](http://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!

# got digital?

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### Open House

January 18, 2023, 5:30 to 7:30 pm

3716 2 St NW

Stop by to see the classroom  
and meet the teachers.

### Fall 2023 Registration Opens This Month!

Visit our website to learn more.

#### Morning Classes

Mon/Wed/Fri | 9am-11:30am | \$110 per month

Tues/Thurs | 9am-11:30am | \$69 per month

#### Afternoon Classes

Mon/Wed/Fri | 1pm-3:30pm | \$110 per month

Tues/Thurs | 1pm-3:30pm | \$69 per month

[preschool@hpca.ca](mailto:preschool@hpca.ca) | 403-276-6969

[www.hpca.ca/preschool](http://www.hpca.ca/preschool)

# International Sweatpants Day

In the 1920s, French designer Émile Camuset invented sweatpants to keep athletes warm while training outdoors. These days, sweats aren't just for athletes; there's a pair for every occasion, whether it's for everyday use, lounging, or even to walk a fashion runway. This January 21, it's only "fitting" to observe International Sweatpants Day by donning your favourite sweats!



Editorial  
Content  
DEADLINE

of each  
month  
for the next  
month's issue



## UPCOMING EVENTS AND ACTIVITIES

**Tuesday, January 17:** Bonus Good Food Box order date for 2022, at HPCA Hall, 6:00 to 7:00 pm, or submit your order payment and details via e-transfer to AnneNaumann@shaw.ca no later than 4:30 pm on the order date.

**Thursday, January 26:** Good Food Box pick-up date at HPCA Hall, 6:00 to 7:00 pm.

**Second Tuesday of Each Month, Starting January 10, 6:30 to 8:00 pm:** Indigenous Learning Series at Highland Park Hall. Save the dates to join us for these monthly events with our City of Calgary partners to learn about Indigenous history and culture through films.

**Monday, January 23 and Tuesday, January 24:** Highland Park's next casino dates. Volunteers are needed for day and evening shifts on each date. An online sign-up form can be found at [hpca.ca/casino](http://hpca.ca/casino).

**Monday, January 30 to Thursday February 2:** Buchanan School Skating at HPCA outdoor rink, with the Skate Shack booked for use. Volunteers are needed to prepare and serve hot chocolate and cookies to students and staff.

**Saturday, February 4:** Highland Park family skating party event, with Skate Shack available to borrow skates free of charge. Stay tuned for more details.

## Highland Park Hall Rental Rates

**Phone: 403-276-6969**

**[www.hpca.ca/hall-rental](http://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.

## Highland Park Preschool - Register Today for September 2023!

Our Community Association is thrilled to offer a high-quality, affordable preschool program right here in Highland Park. We have three full classes of students this school year, and we're excited to announce that our preschool is continuing to grow! Based on the strong level of interest, we will introduce a fourth class starting in September 2023.

We will offer four classes for September 2023 to June 2024:

- Monday/Wednesday/Friday: 9:00 to 11:30 am and 1:00 to 3:30 pm
- Tuesday/Thursday: 9:00 to 11:30 am and 1:00 to 3:30 pm

Registration for these classes will open on January 23. Visit us at [www.hpca.ca/preschool](http://www.hpca.ca/preschool) for full details about classes, fees, and registration.

### Open House - January 18

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

January 18, 2023

5:30 to 7:30 pm

Highland Park Community Hall: 3716 2 St NW

In the meantime, here's what one of our current families had to share about their experience at our school this year:

"I was so excited to find Highland Park Preschool for my children. It checked all the boxes I was looking for in a preschool for them: play-centred learning, strong parental involvement, and affordability.

My children come home with adorable crafts and always tell me about their time in the gym, 'dance parties' and what they have learned. Preschool has helped them get excited about everything from reptiles to play doh, and they're always excited to wake up on "preschool mornings" to see their teachers and friends.

In only 2.5 months I've already noticed my children are sharing better, playing more independently, and doing things like taking off their shoes/jackets without my help. It's awesome!

I would recommend Highland Park Preschool to any parents looking for a fun, safe, organized, affordable preschool for their child!" - Laura, November 2022.

# JANUARY 2023 HIGHLAND PARK HALL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 All Halls 8:00 am to noon Peace Church	2	3 MH 7:00 to 9:00 pm Forge Martial Arts	4	5 MH 7:00 to 9:00 pm Forge Martial Arts	6 NH 7:00 to 9:00 pm Science of Spirituality	7 MH, NH 8:00 am to 8:00 pm Kuczaj MHB 5:30 to 8:00 pm Grace Notes Music Academy
8 All Halls 8:00 am to noon Peace Church	9 MH 6:30 to 9:00 pm Bunbukan Karate NH 6:30 to 8:30pm Grace Notes Music Academy	10 MH 7:00 to 9:00 pm Forge Martial Arts NH 6:30 to 8:30 pm Indigenous Film Series	11	12 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	13 NH 7:00 to 9:00 pm Science of Spirituality	14 MHB 5:30 to 8:00 pm Grace Notes Music Academy
15 All Halls 8:00 am to noon Peace Church	16 MH 6:30 to 9:00 pm Bunbukan Karate NH 6:30 to 8:30 pm Grace Notes Music Academy	17 MH 11:00 am to 1:00 pm Seniors' Lunch 6:00 to 7:00 pm Good Food Box Order MH 7:00 to 9:00 pm Forge Martial Arts	18 LH 5:30 to 7:30 pm Preschool Open House H 5:30 to 9:00 pm ACMS/Tiffany Gardens	19 MH 7:00 to 9:00 pm Forge Martial Arts NH 7:30 to 9:30 pm Tango Calgary	20 NH 7:00 to 9:00 pm Science of Spirituality	21 MH 4:00 to 10:00 pm Ghebremichae MHB 5:30 to 8:00 pm Grace Notes Music Academy
22 All Halls 8:00 am to noon Peace Church	23 MH 6:30 to 9:00 pm Bunbukan Karate NH 6:30 to 8:30 pm Grace Notes Music Academy	24 MH 7:00 to 9:00 pm Forge Martial Arts	25	26	27	28
29	30	31				

For the latest hall calendar, please visit [hpca.ca/hall-calendar](http://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](http://hpca.ca/membership)*

# PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber | [development@hpca.ca](mailto:development@hpca.ca)

The comment period on the plans for a medium density rowhouse project at the corner of 4 Street NW and 35 Avenue officially closed on December 13. The proposal calls for three rowhouse buildings – one 5-unit building facing 4 Street and two 3-unit buildings facing 35 Avenue.

The new H-GO land use zoning district allows for rowhouse or semi-detached buildings at the rear of the property, separated with a courtyard space from the building situated streetside. It should be noted that the H-GO land use district does not come into effect until January. The community association's Planning and Development Committee filed a letter raising concerns about the density of the proposed development, with additional matters raised concerning stormwater management, the landscape plan and tree canopy, the amount of hard surface landscaping, and the garage structure. We also asked that a crosswalk signal system at 36 Avenue and 4 Street NW be installed at the developer's expense. This latter item is an example of "Density Bonusing". The file reference is DP2022-05441.

We are certainly aware that nearby residents are concerned about the density of the proposed project, the building height, and the impacts to local on-street parking and traffic. Although the comment period on the actual building plans has officially closed, the City might still accept comments. You can check this by searching for the file reference number on the Development Map at <https://developmentmap.calgary.ca/>. Once you have opened the link, go to the Status tab.

Approval of the above-mentioned Development permit application – regardless of whether or not changes are made to the plans – depends upon the approval of the H-GO land use application. The land use application has to be first approved by the City's Development Authority (planning department), then by the Calgary Planning Commission before it goes to Council for a public hearing. The Council hearing is not expected until March. Please note that 4 Street NW is defined as a Neighbourhood Connector in the North Hill Communities Local Area Plan where higher densities are expected and encouraged. The City is currently using 41m (134 ft) width from the roadway as a guideline for where H-GO could be permitted. We will keep you informed as this land use change application

proceeds through the approval process. The file number is LOC2022-0112.

A land use change to M-CG zoning at 342 32 Ave NE was approved by Council on December 6. No development permit application has been filed.

A new Development Permit application for a rowhouse at 3424 Centre B St NW was just received on December 14. The file number is DP2022-08058.

The following DP applications are still under review:

DP2022-07590 for a rowhouse without suites at 404 33 Ave NW.

DP2021-5688 for a rowhouse with suites at 4024 2 St NW. The link to share your comments is still available.

DP2022-04104 for a rowhouse with suites at 3903 2 St NW. Comments can still be filed.

DP2022-00977 for a 4-plex at 4320 Centre A St NE. Several amendments were made to the original plans. The Share Your Comments button is not available, and the status indicates "Pending Decision".

DP2022-04064 for a rowhouse at 3306 1 St NE. Comments can still be filed.

DP2022-06770 for a backyard suite at 115 43 Ave NW. Comments can still be filed.

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.

We sincerely wish all residents of Highland Park health and happiness in 2023.



**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](mailto:jdimarzo@calgary.ca) for more information.

# Highland Park Community Association

📞 403-276-6969 📍 3716 2 St NW

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COMMUNITY CONTACTS	
Website	<a href="http://www.hpca.ca">www.hpca.ca</a>
Facility Rental and Management	Stephen Wright, 403-276-6969 <a href="mailto:hallmanager@hpca.ca">hallmanager@hpca.ca</a>
Facility Rental Availability Calendar	<a href="http://hpca.ca/hall-calendar">hpca.ca/hall-calendar</a>
Newsletter/Website Editor	Braiden Valdarchi <a href="mailto:media@hpca.ca">media@hpca.ca</a>
Good Food Box	Ellen Peterson <a href="mailto:goodfoodbox@hpca.ca">goodfoodbox@hpca.ca</a>
Development Review	Jeanne Kimber <a href="mailto:development@hpca.ca">development@hpca.ca</a>
Seniors' Luncheon	Rosalind Kohut, 587-349-0870 <a href="mailto:seniorscoordinator@hpca.ca">seniorscoordinator@hpca.ca</a>
Volunteer Coordinator	<a href="mailto:volunteer@hpca.ca">volunteer@hpca.ca</a>
Block Connector Planning Committee	<a href="mailto:seniorscoordinator@hpca.ca">seniorscoordinator@hpca.ca</a>
Activity Kits Booking and Info	<a href="mailto:activitykits@hpca.ca">activitykits@hpca.ca</a>
Community Social Worker	Jennifer Dimarzo, 403-476-7295 <a href="mailto:jennifer.dimarzo@calgary.ca">jennifer.dimarzo@calgary.ca</a>
Ward 4 Councillor	Sean Chu, 403-268-3727 <a href="mailto:sean.chu@calgary.ca">sean.chu@calgary.ca</a>
Police Service	Cst. Raeann Watson, District 3 <a href="mailto:pol5218@calgarypolice.ca">pol5218@calgarypolice.ca</a> , 403-860-8027
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## 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 to 50 lbs \$35

**Family Size Box:** 35 to 40 lbs \$30

**Single/Senior Box:** 25 to 30 lbs \$25

**Where:** HPCA Hall, 3716 2 St NW

**Time:** between 6:00 and 7:00 pm

Please contact Ellen Peterson Loke before 4:30 pm on order date at [goodfoodbox@hpca.ca](mailto:goodfoodbox@hpca.ca).

### HPCA Good Food Box 2023

#### Order Date

Tuesday, January 17

Tuesday, February 7

#### Pick-Up Date

Thursday, January 26

Thursday, February 16



#### SCAN HERE



#### To View Additional Highland Park Content

INCLUDING

- **News and Events**
- **Real Estate Statistics**
- **Crime Statistics**

and More...

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

LEARNING SERIES **INDIGENOUS FILM SERIES**

Join us as we explore Indigenous culture, history, stories and contemporary issues through a series of films.

Each month we will watch a new film with time for discussion and reflection afterward with Christy Morgan (see bio).

**Our 2nd film is "8th Fire: Whose Land Is It Anyway?"**

**February 14th, from 6:30-8:30**

**Highland Park Community Centre 3716 2nd St NW**

Space is limited - registration is required

For more information, or to register, please contact Jennifer DiMarzo, Community Social Worker with The City of Calgary at [jdimarzo@calgary.ca](mailto:jdimarzo@calgary.ca)

Note: these films are not suitable for children.



*Brought to you by the Indigenous Learning Series of Highland Park, Huntington and Thorncliffe Greenview*





## Indigenous Film Series – Christy Morgan

Christy Morgan (she/her) is a proud First Nations woman from the St'uxwtews (Bonaparte) Band, which is a part of the Sewepemc (Shuswap) Nation, in British Columbia. She holds a Degree in Social Work from the University of Calgary and has held various Director and Executive Leadership roles in not-for-profits in Calgary. Most recently, she joined the Indigenous team at TELUS as the Reconciliation Strategy Lead where she works within a team to support the company to decolonize practice and embed Reconciliation and Indigenous paradigm into their work. She has worked for 20+ years in the area of community development and relations building with the urban Indigenous community in Calgary and area and cherishes the friendships and relationships that have grown from this.

She was named one of the Top 40 Under 40 by Avenue Magazine in 2011, awarded the Dr Douglas Cardinal award for Community Leadership in 2015 by the University of Calgary Student Association and Native Centre, and is the 2021 Chief David Crowchild recipient with the City of Calgary CAUAC group. With her leadership, Trellis was awarded the 2017 and 2020 Bhayana and United Way of Calgary and Area George Blondeau Indigenous Support and Awareness Builder Award. Christy was also named by the Calgary Herald one of the Top 20 Compelling Calgarians to watch in 2022.

Christy sits on a variety of committees and boards in Calgary such as: Aboriginal Standing Committee on Housing and Homelessness (ASCHH) Community Advisory Board, Aboriginal Awareness Week Opening Ceremonies (AAWOC), Calgary Foundation Arts and Heritage, Correctional Services Canada Citizens Advisory Committee, Nurturing Beginnings, United Way of Calgary Natoo'si and Connect committees, CCO Board, Indigenous Education for Newcomers Advisory, and others.

Christy enjoys learning and sharing with others to create a more equitable and inclusive community and she enjoys spending time with her family and traveling.



by Anne Burke

The Calgary Naturalists' Club was started in the late 1940s. Its activities included plant, bird, and star study groups. After the Calgary Bird Club was formed, the Calgary Naturalists' Club was discontinued, due to lack of support, since so many of its members had transferred their membership. The Calgary Bird Club evolved and became the Calgary Field Naturalists' Society, an advocate for the ongoing protection of parks and other natural areas by letters and through engagement with city officials.

According to the Provincial Archives of Alberta, when the first meeting of the Federation of Alberta Naturalists was held, it was attended by representatives from six regional naturalist clubs: the Calgary Field Naturalists' Society (now known as Nature Calgary), the Edmonton Bird Club, the Edmonton Natural History Club, the Lethbridge Natural History Society, the Alberta Natural History Society (of Red Deer), and the Bow Valley Naturalists. Membership in the Federation has since grown to include over 40 clubs, representing thousands of individuals.

The Federation (now known as Nature Alberta) was registered under the Societies Act to increase knowledge of natural history and understanding of ecological processes; to promote the exchange of information and views among natural history clubs and societies; and to foster and assist in the formation of additional natural history clubs and societies in Alberta. The aims are to promote new natural areas and nature reserves; to conserve and protect species, communities, or other features of interest; as well as to organize or coordinate conferences, field meetings, nature camps, research, and other activities. The group offers naturalists a forum in which questions relating to the conservation of the natural environment may be discussed, united positions are developed, and the means of translating these positions are put into action.

# The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

### 1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

### 2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

### 3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

### 4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

### 5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

### 6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

### 7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

### 8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

### 9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!



# HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

\$6 per person for HPCA members

\$10 per person for non-members of HPCA

**Next Lunch:** January 17 at 11:30 am

Contact [SeniorsCoordinator@HPCA.ca](mailto:SeniorsCoordinator@HPCA.ca)  
or 403-439-7263 to register to attend.

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media  
at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

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

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**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](http://www.communitymediation.ca), 403-269-2707.



We have ancient China to thank for tea, the most consumed beverage in the world aside from water. According to myth, tea was discovered when a dead leaf from a wild tea bush fell into an emperor's cup of boiled water. Thousands of years later, we still love tea, so much so that January 12 is National Hot Tea Day. In honour of this day, why not brew yourself a nice hot cup of tea!





# Yip the dishes.



**Come on!  
Dinner's  
served!**

**Unsecured food waste attracts wildlife. Keep clever coyotes hunting in the wild by ensuring garbage, compost, and recycling are in secure bins.**

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Please visit  
[www.calgarywildlife.org](http://www.calgarywildlife.org)  
for more information.

