

JUNE 2023

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# HIGHLAND PARK

SUMMIT

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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!

Editorial Content **10** DEADLINE  
of each month for the next month's issue

## UPCOMING EVENTS AND ACTIVITIES

As always, for more information about the events below, please contact either our Hall Manager, Stephen, at [hallmanager@hpca.ca](mailto:hallmanager@hpca.ca) or 403-276-6969, or contact our volunteer coordinator, Anne, at [volunteer@hpca.ca](mailto:volunteer@hpca.ca).

**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](http://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 - 6:00 pm:** Our volunteer, Dee is still going strong, hosting a campfire at the Highland Park grounds on Fridays. C'mon out! Feel free to bring something to roast over the fire and your own roasting sticks. There may be some campfire songs being sung too!

**Tuesday June 20 and August 22 (no order date in July):** Good Food Box next 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](mailto:AnneNaumann@shaw.ca) with a note re what size boxes it's for, and we'll submit your order. The pick-up date is always nine days after the order date, at the hall between 6:00 and 7:00 pm.

**Third Tuesday of Each Month, Next One is June 20:** Seniors' Luncheon at our hall, \$6 for community members and \$10 for non-members. Registration is required each month so that we have an accurate count for food preparation. Contact [SeniorsCoordinator@HPCA.ca](mailto:SeniorsCoordinator@HPCA.ca).

**Sunday, June 4 from 2:00 to 5:00 pm:** Family Puppet Festival at HPCA hall. The theme will be 'Water', and the puppet show will feature Walter the Water Droplet. There will be crafting materials so you can make your own puppet, and display booths hosted by various groups who work to protect our water. Contact the hall for more information.

**Sunday, June 11 from 2:00 to 5:00 pm:** HPCA Community Market. Come see what local artisans are making and support their small businesses by purchasing some of their wares. If you want to book a table to show your own handiwork or need more information, contact [Markets@HPCA.ca](mailto:Markets@HPCA.ca).

**Saturday, June 17:** Mark your calendars for Neighbour Day 2023! This is the 10th year of celebrating the community spirit that was on full display after the floods in 2013, with neighbours helping each other out to clean up and recover. For ideas on how you can celebrate with neighbours, check the City's webpage: [www.calgary.ca/events/neighbour-day.html](http://www.calgary.ca/events/neighbour-day.html).

**Wednesday, June 21 – Sign in at 6:45 pm, Meeting Starts 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. Light refreshments will be served.

**Wednesday, July 12:** Mark your calendars for our 2023 Stampede Music in the Park event! As usual, we'll have live music and will serve supper at a low cost to attendees. Yahoo!

## 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 (8:00 am to 10:00 pm) or \$55/hour; \$500 damage deposit

#### North Hall – 60 person capacity

\$400/day (8:00 am to 10:00 pm) 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.

# JUNE 2023 HIGHLAND PARK HALL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1. MH 7:00 to 9:00 pm Forge Martial Arts	2. MH 6:30 to 9:30 pm YDS Canada	3. NH 1:00 to 10:00 pm Sukareye
4. All Halls 8:00 am to noon, Peace Church MHB until 2:00 pm MH, NH 1:00 to 6:00 pm WP Puppet Theatre	5. MH 6:30 to 9:00 pm Bunbukan Karate	6. MH 7:00 to 10:00 pm Forge Martial Arts	7.	8. MH 9:00 am to 1:00 pm Child Development Dayhomes 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	9. MH 6:00 to 9:30 pm Paramita Centre	10. MH 8:00 am to 10:00 pm The Forge
11. All Halls 8:00 am to noon, Peace Church MHB until 2:00 pm MH, NH 1:00 to 10:00 pm HPCA	12. MH 6:30 to 9:00 pm Bunbukan Karate	13. NH 6:30 to 8:30 pm Indigenous Film Series MH 7:00 to 9:00 pm Forge Martial Arts	14.	15. MH 8:00 am to 2:00 pm Highland Park Preschool MH 7:00 to 9:00 pm Forge Martial Arts NH 7:00 to 9:30 pm Tango Calgary	16. MH 6:30 to 9:30 pm YDS Canada MH 8:00 am to 4:00 pm Highland Park Preschool	17. MH 3:00 to 10:00 pm Minde MH, NH, Greenspace HPCA Neighbour Day 8:00 am to 2:00 pm
18. All Halls 8:00 am to noon, Peace Church MHB until 2:00 pm MH 1:00 to 5:00 pm Oonwala	19. MH 6:30 to 9:00 pm Bunbukan Karate	20. 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	21. MH 6:00 to 10:00 pm HPCA	22. MH 7:00 to 9:00 pm Forge Martial Arts NH 7:30 to 9:30 pm Tango Calgary	23. MH 6:30 to 9:30 pm YDS Canada	24. MH 8:00 am to 10:00 pm Polinar
25. All Halls 8:00 am to noon, Peace Church MHB until 2:00 pm MH 3:00 to 8:00 pm Oullette	26. MH 6:30 to 9:00 pm Bunbukan Karate	27. MH 7:00 to 10:00 pm Forge Martial Arts	28. MH 8:00 am to 10:00 pm Revis	29. MH 9:00 am to 1:00 pm Child Development Dayhomes 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	30. MH 6:30 to 9:30 pm YDS Canada	

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

The City hosted a public information and feedback session in Highland Park on April 26 seeking feedback on the Bus Rapid Transit (BRT) work being planned for Centre Street North. More information is available at [www.calgary.ca/planning/projects/transit-north-central-brt.html](http://www.calgary.ca/planning/projects/transit-north-central-brt.html). A drawing of the proposed changes at the intersection of 40 Avenue and Centre Street showed changes only to Centre Street. The HPCA raised concerns about current and future traffic flow on 40 Avenue with the traffic planner.

A 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 is currently under review. The development proposed for this site would consist of thirty-two three-storey rowhouse units, all with suites contained in five buildings. There would be a carport along the laneway for thirty-two vehicles along with alternate mobility storage lockers and bike racks. The Planning Committee of the HPCA submitted letters objecting to the applications. Our concerns focused on the density proposed for the site, along with concerns about waste and recycling facilities, traffic flow, pedestrian safety crossing 40 Avenue, the lack of amenity green space, and the building heights. The City has conducted its first detailed review of the application and the applicant now has until June 17 to submit revised plans. The file references are LOC2023-0054 for the land use change to H-GO and DP2023-01343 for the redevelopment project.

A proposed two-storey six-plex to be built at 3520 Centre Street NE is still under review. 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 raised concerns about the provision of waste and recycling facilities for these six units. We also noted a lack of secure alternate mobility storage that residents without cars would require. Comments can still be submitted through the development map. The file reference for this development permit application is DP2023-00451.

The DP application for a rowhouse at 457 33 Ave NW is now under review. The land use designation for this property was changed to R-CG last year. At the time of writing this newsletter (May 14), the plans for the project are available through the City's Development Map. The file reference is DP2023-01905.

There is also a new land use change to R-CG proposed for 420 37 Avenue NW. According to the project description provided with the land use change application, the

developer wishes to construct a four-unit rowhouse with suites and two garage suites over a six-car garage. The Planning Committee of the HPCA submitted a letter raising our concerns about the proposed density, potential parking issues, and the front yard setback. The parcel is 75 ft wide and is situated mid-block along the avenue. In this location, adopting only the minimum front setback required (3 m) would cause the rowhouse to jut out much farther towards the street than do the other houses on the block.

A more typical land use change application for R-CG has been made for the corner parcel at 3307 2 Street NE. Although the applicant's documentation referred to a rowhouse, it was not stated whether or not the units would contain secondary suites. The File Reference is LOC2023-0068. A DP application has not yet been submitted.

To conclude on a positive note, a DP application has been filed to enable construction of a large single-detached bungalow at the corner of 403 33 Avenue NW. This would replace the existing old bungalow which is currently in a state of disrepair. The file reference is DP2023—02479.

We hope that you are enjoying the warm weather we have been experiencing and we wish you a safe and fun Victoria Day weekend.

**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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# Highland Park Community Association

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COMMUNITY CONTACTS	
Website	www.hpca.ca
Facility Rental and Management	Stephen Wright, 403-276-6969 hallmanager@hpca.ca
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Newsletter/Website Editor	Braiden Valdarchi media@hpca.ca
Good Food Box	Ellen Peterson goodfoodbox@hpca.ca
Development Review	Jeanne Kimber development@hpca.ca
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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:

Tuesday, June 20

Tuesday, August 22

### PICK-UP DATE:

Thursday, June 29

Thursday, August 31

Highland Park  
Community Association  
Presents

## SUNDAY MARKET

Come join us on June 11th, 2023,  
@ 3716 2nd street NW  
2 pm - 5 pm

Handmade Goods  
Arts & Crafts  
Rock Painting  
Food Trucks

For more information, email  
connections@hpca.ca  
Limited number of tables  
1 Table per Vendor

Market will be held outdoors (weather permitting)

# Recipes for Your Good Food Box

by Anne Naumann

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@hpc.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.

This last month the small (\$25) Good Food Box I ordered contained the following: three red peppers, three bananas, three navel oranges, two mangoes, two lbs. carrots, one head iceberg lettuce, three apples, one yam, one eggplant, one zucchini, one head garlic, five lbs. potatoes, and three lbs. onions. I was excited about the mangoes, which reminded me of wonderful vacations I've had to tropical islands, so I thought I would use one to make a fruit salad, so I've included the recipe for that below.

## Fruit Salad with Mango

**Servings:** At least 4 servings

**Prep and Cook Time:** Approximately 15 minutes

**Kitchen Supplies Needed:** Medium to large sized sharp knife, cutting board, large mixing bowl

### Ingredients:

- 1 mango
- 2 apples
- 2 oranges
- Optional: splash of fruit juice, and/or maraschino cherries


### Directions:

If you've never cut a fresh mango before, there's a bit of a trick to it. Mangoes aren't perfectly round, they are oval top to bottom, and look a bit like a squashed sphere. There's a flat-ish, oval-shaped pit inside, so you need to cut the mango flesh away from the pit.

- Stand the mango vertically with the stem end up, and the wider part of the mango perpendicular to yourself. Line your knife blade up with the wider part of the mango, about 1 cm to one side of the stem on top. Cut down, and if you feel the pit, re-angle your knife to cut just along the edge of the pit.
- Repeat on the opposite side of the mango to cut away as much mango as possible, while leaving the pit.

Then, trim the sides off which still have the mango peel on them, from the pit. Trim off any other bits of mango from the pit. Compost the pit.

- Now, you should have several chunks of mango with the peel still on them. I like to cut the two slabs of mango lengthwise in two or three portions, then use the knife blade on its side, with the mango peel side down, and slice across, just above the peel, and below the mango flesh, as if you are trimming the skin off a fish. Repeat this process until you have chunks of mango with no peel. Then, cut into bite sized pieces and put the chunks into the large bowl.
- Cut the apples and remove the core, then cut into bite sized pieces. If you prefer, you can peel the apples first, but I like the apple peel. Add the chunks to the bowl.
- Cut the peel off the oranges and cut them into bite sized pieces. Add the chunks to the bowl and stir. Note, the citric acid from the oranges should keep the apple pieces from turning brown.
- Note, you can also add (or substitute) pineapple chunks, bananas, or whatever other fruit you'd like.
- Optional: Add a splash of any kind of fruit juice and stir to coat. You could also add maraschino cherries.
- Serving options: "As-is," with ice cream, with yogurt, etc. I tried each of these serving options and added pumpkin seeds on top of my fruit salad yogurt. Yummy!

**Adoption Event**   
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dogs & puppies!

**Friday, June 30**  
2pm – 6pm

In collaboration with:



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Valley Pkwy NW  
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petvalu.ca



## 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.



# Dennis “A Can Do” Kind of Guy

Submitted by Dennis’ neighbours

*\*This story contains sensitive content.*

In March, the Highland Park Community lost a very dear neighbour named Dennis. Dennis was a community connector who lived for 25 years on the 400 block of 37 Ave NW, a cul-de-sac. Dennis came and went in his truck and always had time to smile, wave, or chat with the window rolled down. Dennis was an extraordinary single man who practiced community connections. Dennis was a local landlord who cared about his tenants.

He rented long-term; one woman has been living 22 years in his rental home. Another had just moved to Calgary from England and so appreciates her well-kept basement suite. To a newcomer family of four from Brazil, Dennis provided an affordable home and yard, and even cleared a garage for a workshop for the father to build things to support his family. Dennis babysat their boys while their mother did an online course to get a certification for employment in Calgary.

Dennis assisted a renter when he noticed she was a victim of family violence. Dennis was always there for a senior doing heavy lifting of a garage wall or loading paving stones. He also befriended a Malaysian engineer and introduced him to other male friends and helped him launch his engineering career in the city.

\*Trigger warning: the remaining part of this article contains content about suicide.

If you, or someone that you know is struggling with suicide please call Talk Suicide at 1-833-456-4566 or you can call the Calgary Distress Centre at 403-266-4357.

Despite all the good Dennis brought our community, he struggled with depression, and at the age of 59, Dennis died by suicide on March 12, 2023. His struggles are all too common, as middle-aged men (40 to 60) die by suicide more than any other group (American Association of Suicidology 2018). These men may mask their stress and be unable to deal with emotional pain. Dennis was able to share his pain but Alberta’s mental health system response to his needs was not enough.

We can honour Dennis’ journey by learning more about suicide prevention by attending workshops that educate about the warning signs/risks of suicide.

We can also be a proactive community in reducing the stigma around talking about suicide and asking our neighbours how they are really doing.

Calgary Centre for Suicide Prevention informs the public about suicide prevention. They also have programs that may save lives from suicide.

Fort McMurray has a successful Respite House Centre that safely houses men who have lost hope in their lives. If anyone is interested in researching these resources with me, please contact Judy H. jlynn2@shaw.ca.

## GAMES & PUZZLES

### Guess That Book!



1. A nurse accidentally time travels to the 18<sup>th</sup> century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

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**HIGHLAND PARK**



**HIGHWOOD**





## HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

\$6 per person for HPCA members

\$10 per person for non-members of HPCA

**Next Lunch:** June 20 at 11:30 am

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or 403-439-7263 to register to attend.

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## News from the Friends of Nose Hill

by Anne Burke

Spring brought renewal and awakening of Mother Earth in April. There was a three-hour interpretive walk to connect with cultural landscapes through the ages in Nose Hill Park where attendees could be closer to the stars.

The group at the John Laurie Blvd parking lot began the 2.2 km route on pathway and gravel trail. The leaders were Crystal Many Fingers, a Blackfoot member of the Kainai First Nation of Treaty 7, and Laureen Bryant, a professional archaeologist who focused on human occupation.

Legends and sharing stories are an integral part of an oral culture. The importance of Nose Hill to pre-contact indigenous people is highlighted by sites such as the buffalo rubbing stone for ceremonies, vision questing, and fasting.

A natural area is a City-owned park with a natural/native plant community. Our primary role is to preserve the natural significance. Conservation protects these (relatively) undisturbed parcels of land. Damage can be repaired while loss can be restored.

Public engagement and feedback from tourists will contribute to Calgary's 20-year Park Plan. After a draft proposal, there comes a final version by spring 2024, before presentation to City Council. For more information, visit <https://engage.calgary.ca/parksplan>.

# BUSINESS CLASSIFIEDS

For business classified ad rates contact 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.

**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](mailto:handyfalconer@gmail.com).

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**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.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

Calgary



此信息有关北中心 BRT 快速公交项目。  
请找人帮您翻译或拨打 311 寻求支持。

## North Central BRT (Centre Street MAX) Improvements

Starting in summer 2023, construction will be taking place in communities along the Centre Street Max Corridor, from 28 Avenue N.W. to Country Hills Boulevard N.E.

We're making improvements to current transit service and amenities, while preparing for the future Green Line LRT.

Learn more and sign up for updates at [calgary.ca/NorthCentralBRT](http://calgary.ca/NorthCentralBRT)



Green Line LRT

funding provided by



# THANK YOU FROM YOUR FRIENDS AT NORTHMINSTER UNITED CHURCH!



**SOMETHING BIG IS HAPPENING AND NORTHMINSTER IS MOVING! JOIN US AT OUR NEW LOCATION AT 3303 CAPITOL HILL CRESCENT NW. THANK YOU TO ALL OUR NEIGHBOURS AND PARTNERS WHO HAVE BEEN PART OF OUR STORY AND MISSION. STAY IN TOUCH AS WE GROW AND MOVE INTO THE FUTURE AS A CARING COMMUNITY OF FAITH.**

[www.northminster.ca](http://www.northminster.ca)



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