

JANUARY 2024

DELIVERED MONTHLY TO 3,625 HOUSEHOLDS

HIGHLAND PARK

SUMMIT

THE OFFICIAL HIGHLAND PARK COMMUNITY NEWSLETTER



PROMOTE YOUR BUSINESS HERE

Call 403-720-0762
or email sales@greatnewsmedia.ca

GET A QUOTE NOW



CALGARY MAT & LINEN *SERVICES*

403.279.5554

calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies

VISIT OUR WEBSITE



CONTACT US



OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



Fresh Start Recovery



HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

Next Lunch: Tuesday, January 16 at noon

Coffee/tea served at 11:30 am

Confirm attendance by January 9.

\$6 per person for HPCA members

\$10 per person without membership

HPCA seniors' membership is \$5 per year

Contact seniorscoordinator@hpca.ca or

587-439-7263 to register to attend.



**Hate Your
Renewal
Rate?
Call Me!**

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

Highland Next
Before & After School Care Program
Before & After School Care
Grades 1 – 6 | Kindergarten
Fully Licensed | Certified Staff | Quality Care
6:15am – 6:00pm
Monday to Friday | Closed STAT Holidays
Private Bussing | PD Day Care | ½ Friday Care
School Break Care | Summer Care
www.nextkidsinc.com

Highland Park Community Association

📞 403-276-6969 📍 3716 2 St NW

BOARD OF DIRECTORS

President	Vacant
Vice President	Chris Hunt
Secretary	Carolyne Mondoux
Treasurer	Jerry Kohut
Past President	Elise Bieche
Director	D. Jeanne Kimber
Director	Rosalind Kohut
Director	Tanya Kowalchuk
Director	Donna Marzolf
Director	Greg Miller
Director	Anne Naumann
Director	Suresh Nair
Director	Amrit Kaur
Director	Vacant
Director	Vacant

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 Editor	Kerri Johansen newslettereditor@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 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

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 (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.

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 4:00 pm on the Monday 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 on a Thursday, at the HPCA hall between 6:00 and 7:00 pm.

Large Box: 45 to 50 lbs = \$40

Medium Box: 35 to 40 lbs = \$35

Small Box: 25 to 30 lbs = \$30

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

ORDER DATE:

PICK-UP DATE:

Monday, January 22

Thursday, February 1



Fresh Jock

No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT
403-726-9301
calgaryfreshjock.com



Open House
January 17, 2024
5.30 to 7:30 pm

3716 2 Street NW

Stop by to see the classroom and meet the teachers.

Registration for September 2024 will open in January

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

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

JANUARY 2024 HIGHLAND PARK HALL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Available for Rent	2 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	3 LNH 8:30 am to 4:30 pm Lenon MH 5:30 to 10:00 pm Big Bucks Cornhole	4 LNH 8:30 am to 4:30 pm Lenon NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	5 MH 6:30 to 9:30 pm YDS Canada	6 NH 11:30 am to 7:30 pm Evans
7 All Halls 8:00 am to Noon MHB until 2:00 pm Peace Church Afternoon rentals available	8 MH 6:30 to 9:00 pm Bunbukan Karate	9 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	10 MH 5:30 to 10:00 pm Big Bucks Cornhole	11 MH 9:00 am to 1:00 pm Child Development Dayhomes NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	12 MH 6:30 to 9:30 pm YDS Canada	13 MH 8:00 am to 10:00 pm Nicolas
14 All Halls 8:00 am to Noon MHB until 2:00 pm Peace Church NH 1:00 to 5:00 pm Stein	15 MH 6:30 to 9:00 pm Bunbukan Karate	16 NH 11:30 am to 1:00 pm HPCA Seniors Luncheon NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 10:00 pm Forge Martial Arts	17 LNH 5:30 to 7:30 pm Preschool Open House MH 5:30 to 10:00 pm Big Bucks Cornhole	18 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	19 MH 6:30 to 9:30 pm YDS Canada	20 MH 11:00 am to 3:00 pm Estavillo MH 4:00 to 10:00 pm Gilamac Morning rentals available
21 All Halls 8:00 am to Noon MHB until 2:00 pm Peace Church Afternoon rentals available	22 MH 6:30 to 9:00 pm Bunbukan Karate NH 7:00 to 9:00 pm Suicide Awareness Talk 6:00 to 7:00 pm Good Food Box Order and HP Chats	23 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	24 Lobby 1:30 to 3:00 pm Northminster United Church Bread Hamper MH 5:30 to 10:00 pm Big Bucks Cornhole	25 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	26 MH 6:30 to 9:30 pm YDS Canada	27 MH 2:00 to 10:00 pm Midat
28 All Halls 8:00 am to Noon MHB until 2:00 pm Peace Church Afternoon rentals available	29 MH 6:30 to 9:00 pm Bunbukan Karate	30 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	31 MH 5:30 to 10:00 pm Big Bucks Cornhole			

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

UPCOMING EVENTS AND ACTIVITIES

As always, for more information about the events below, please contact our Volunteer Coordinator, Anne, at Volunteer@HPCA.ca or our Hall Manager, Stephen, at HallManager@HPCA.ca or 403-276-6969. Events are listed in chronological order, with ongoing events first. There are also often additional details on our website if you scroll down to Upcoming Events on HighlandParkCommunity.ca. You can sign up for our email list and follow HPCA on our social media sites there too!

HPCA E-Newsletter

Get your newsletter delivered to your inbox on or about the first of every month by signing up for our email distribution list. Go to our website at HighlandParkCommunity.ca and when the pop-up comes up at the bottom to "Join our mailing list", just input your email. Please note, your email will not be shared with anyone outside of the Highland Park Community Association.

Friday Night Fires

Join our volunteer Dee, who hosts a campfire at the Highland Park grounds every Friday evening starting 6:00 pm, unless the weather is terrible (too windy, too cold, etc). Feel free to bring your own blanket to wrap up in, and something to roast over the fire (like hot dogs or marshmallows) and your own roasting sticks.

Good Food Box

Our order dates are now on Mondays, with the next one being January 22, then February 19, 2024. Pickup is always on the Thursday ten days after the order date, between 6:00 and 7:00 pm in our hall lobby. Prices for boxes are \$30 for a small, \$35 for a medium, and \$40 for a large box. You can still order in person with our lead volunteer, Ellen, at our hall between 6:00 and 7:00 pm on the order date, or you can e-transfer payment to our Board member, Anne, at AnneNaumann@shaw.ca with a note regarding what box sizes you want, and we'll submit your order.

Seniors' Luncheon

This monthly event is on the third Tuesday of the month, with January 16, 2024, as the first in 2024. Remember that registration is required one week in advance by contacting our volunteer Roz, at SeniorsCoordinator@HPCA.ca. The cost is still \$6 for HPCA members and

\$10 for non-members. We sincerely appreciate Fresh Start Recovery Centre for their ongoing support of this program.

HPCA Skating Week with the Skate Shack

Once again, we have partnered with Buchanan School to access the Skate Shack trailer full of skates and helmets to borrow, free of charge, for the week of January 28 to February 3. Buchanan students will be skating on our outdoor rink Monday to Thursday that week (weather permitting) for their Phys Ed component, between approximately 9:00 am and 3:00 pm. As we have done for many years, HPCA volunteers will provide the students and staff of Buchanan with hot chocolate and cookies after their skating session. We need volunteers to sign up to make batches of hot chocolate and serve the students. Go to our Sign-Up sheet at <https://signup.com/go/TTDhjrQ> to choose one or more days and time slots you can fill. Thanks!

HPCA Family Skating Day with the Skate Shack

We'll be hosting our community Family Skating Day on Saturday February 3:00 pm at our outdoor rink, from 1:00 to 3:00 pm. No skates? No problem! We'll have access to the Skate Shack, with hundreds of pairs of skates and helmets to borrow for the day.



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 Chats

Hosted by Amrit, Community Connector

Let's chat about our community!

- what's happening in Highland Park?
- How can you get to know your neighbours?
- what ideas do you have to bring people together?
- need information on local resources?
- how can we help?

I'll have the coffee on, I'm looking forward to chatting with you!

Date: January 22nd, & February 19, 2024

Time: 6 pm - 7 pm

Location: Highland Park Community Association - Lobby

Calgary



For more information contact Amrit at amrit.gosal@calgary.ca

Community Connectors help people connect in their community!

Word of the Month

Fortuitous: Adjective (For-too-uh-tus)

Happening by chance or showing good luck

It was rather fortuitous that the two sisters arrived at the same time.



How to Deal with Those Long Sleepless Nights

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



As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques
3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

We are now nearly mid-way through December and development permit (DP) and land use change (LOC) applications are – thankfully – slowing down for the holiday season. Regardless, there have been some recent development activities of note.

At the public hearing of Council on December 5 there were two H-GO land use change applications approved. One of them pertained to the six parcels at 204 to 224 40 Avenue NW. The file reference on this was LOC2023-0054. The vote was 12-2 in favour of the application. Redevelopment of these parcels is intended to occur in two phases. There is a DP application for the first phase covering the east half. The City is still awaiting amended plans. The file reference for this is DP2023-01343. The second H-GO land use change approved at Council was for the parcel at 4023 Centre B Street NW. This was approved by a vote of 14-0. This last parcel is also immediately along 40 Avenue NW. The file reference is LOC2023-0184.

Four other land use change applications are in varying stages of review and approval:

- LOC2023-0211 for a change to R-CG at 4216 2 St NW is scheduled for January 16 at Council. Submissions to Council can be made between December 28 and January 9. There is no DP application yet for the property.
- LOC2023-0256 for a change to H-GO for the property at 458 33 Avenue NW. This application will be heard by the Calgary Planning Commission on December 21. The public hearing at Council is likely to be in February. No DP application has yet been filed but the developer intends to construct a five-unit rowhouse with suites.

- LOC2023-0330 for R-CG land use at 3503 Centre A Street NE. This application is now awaiting a date with the Calgary Planning Commission. There is no DP filed yet, but the developer intends to build a five-unit rowhouse with suites.
- LOC2023-0352 for a change to R-CG at 212 32 Avenue NE. The application is currently under review by the City.

Recently approved DPs included:

- DP2023-06225 for a single detached home at 3304 3 Street NW.
- DP2023-05622 for a three-unit rowhouse with suites plus a garage with suites at 420 37 Avenue NW.
- DP2023-06128 for a semi-detached, without suites, at 3604 2 Street NW.

The City's development map at <https://developmentmap.calgary.ca/> is a great source of information about developments in Highland Park and is also your means to submit comments on proposed land use changes or DP applications. The Planning and Development Committee continues to raise questions about the civic infrastructure (e.g. storm and sanitary sewers, water mains, pedestrian crossings, etc.). We had also placed a service request for a crosswalk signal at 36 Avenue and 4 Street NW, and for a traffic signal at 32 Avenue and 4 Street NW. So far, we have not received a response from the City.

We wish everyone all the best throughout this holiday season, and health and happiness in the new year.

development@hpca.ca



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*

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

SCAN THE QR CODE
FOR THE SOLUTION



News from the Friends of Nose Hill

by Anne Burke

Along the many 1959 vehicle trails, a great deal of severe damage occurred on slope crests and the top of hummocky areas (i.e., a small knoll or mound above ground). Although regeneration was slow, the amount of scarring evident in 1982 photographs was less than in 1969. Many of the deeply cut and rutted trails were along the 24th Street alignment. There were significant vehicle impacts on the bluffs north and south of Porcupine Valley. The hillside due west of the Berkley Gate parking lot was heavily scarred, as were the ravine slopes and trail up the north face of the bluff that rises from the south side of the Valley. In 1990, Canadian Western Natural Gas was granted a utility metre easement in the park on the slopes marking the Park's northern boundary. Adjacent construction projects involved temporary removal of post-and-cable fencing to deposit waste in the MacEwan Glen Ravine.

Between 1982 and 1990, walkers and cyclists expanded the already extensive trail network. In 1993, trail conditions and user data were collected during the period of 20 July to 20 September from the glacial moraine (the plateau and side slopes), ravines (such as Many Owls and Porcupine Valley), and disturbed land. Use of Nose Hill was greater in the afternoon and evenings. A total of 631 people used pathways versus 200 on trails. More walkers used pathways while those with dogs used ravines. On weekends more users spent time in the ravines. Almost three times as many users were recorded using the Hill plateau and side slopes, rather than ravines, during the week. Survey work was done by pairs of volunteers from Friends of Nose Hill, Nose Hill Communities Board, and the Calgary Field Naturalists Society.

BARKER'S
• FINE DRY CLEANING •

**PICK UP & DELIVERY
SERVICES**

403-282-2226

**Kerby Centre, Cobbs Bread and
Northminster United Church**
**FREE POP-UP BREAD &
RESCUED GOODS MARKET**

Jan 25, 2024

1:30pm – 3pm

(the fourth Wednesday of the month)

**Highland Park
Community Association**
3716 2 Street NW

Same friendly faces, delicious breads and baking!

For more information call 403 277 0322 or visit www.northminster.ca

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

HIGHLAND PARK



HIGHWOOD



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.

A Can-Do Kind of Guy: Mental Health Matters

by Judy H.

Happy New Year 2024!

Another fresh new year ahead of us to make choices that can make a difference. Christmas and the thoughts of a new year can be daunting to any person who has experienced a loss of job, a relationship or a loved one.

Anyone can have thoughts of suicide. This is why it is important to join us to learn more about the myths and facts of suicide, why and who is impacted by such thoughts. You will hear about the best practices for suicide prevention, as well as a four-step model for beginning a conversation with someone we may be worried about, whether in our workplace, home, or community.

We have the Highland Park Community Hall booked for Monday evening on January 22 from 7:00 to 9:00 pm.

“Dennis A Can-Do Kind of Guy” video is ready for its first public preview at our Highland Park Community Association Hall located at 3716-2 St NW Calgary.

We are hoping for a lovely winter evening so residents and friends can venture out to meet together and learn about suicide. Myself, Suresh and Dennis sister, Yvonne, are looking forward to meeting the folks that are Highland Park neighbours and friends and the uniqueness of our local community of connectors.

Centre for Suicide Prevention is pleased to offer a Suicide Awareness presentation, a general information session on suicide.

This gathering is suitable for anyone interested in learning more about suicide prevention at an introductory level.

Free resources and discussion are provided within the session.

Contact me jlynn2@shaw.ca if you want to help out or have any questions or concerns about attending.

Local Contact: Calgary Centre for Suicide Prevention www.suicideinfo.ca

Crisis Talk Line: 1-833-456-4566

Distress Centre: 403-266-4357



Talking more openly may save one life and hopefully reduce the stigma of silence around deaths by suicide. [Jlynn2@shaw.ca](mailto:jlynn2@shaw.ca)

Parent Testimonial – Highland Park Preschool

by Felicia, parent of two kids who attend(ed) Highland Park Preschool

Our journey with Highland Park Preschool started in September 2021. Due to Covid-19, and more flexibility to work from home, we wanted to move our oldest son from a downtown daycare to a preschool near our home. I started googling, “Best Preschools Near Me,” and came across a listing of The Best Calgary Preschools. Highland Park Preschool was at the top of the list, it sounded wonderful, and better yet, it was only a five-minute drive from our house. I contacted the school and there was room in their Monday, Wednesday, and Friday PM class for three- and four-year-olds.

My son started attending and we had a really positive experience. He attended for two years, first in the afternoon class, then in the MWF morning class. He is now in kindergarten, and I just asked him, “What did you like best about Highland Park?” And he said, “I liked all of it. But I really liked Chloe.” That was one of the main highlights for us. Within a few months, my son developed really strong friendships with some of the students in his class. They completed year one and year two of preschool together and are now in kindergarten together. Attending kindergarten was a seamless transition for the kids, as they already had friends in their class, and had developed so many social, speech, and motor skills from preschool. Everything from learning to putting on their own jackets and shoes, to cleaning up toys, to listening to the teacher and each other.

Other highlights included:

- The opportunity for parents to volunteer in the classroom once a month, as the preschool is a non-profit, parent-supported, cooperative preschool. There is usually one parent volunteer in the classroom, along with the teacher and teacher assistant. It was great to join my son one morning per month and meet his friends and see how and what he was learning. The day always included fun activities like circle time, gym time, snack time, and play time.
- If you can't volunteer in the classroom, they have a variety of other volunteer positions available to support the school, which keeps costs low. Some of the balance is also covered by the Childcare Affordability Grant.



- The preschool is well run; and communication is very clear and timely.
- We love the end of the year graduation celebration where the kids perform a song or two, walk the stage and enjoy potluck food, face-painting and outdoor activities.

Now, my younger son is attending Highland Park Preschool. He says his favourite part is the games they play. We would definitely recommend this preschool.

Registration for September 2024 classes will open on January 22. Visit www.hpca.ca/preschool for details!

BUSINESS CLASSIFIEDS

For business classified ad rates contact 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 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 | Licensed by Avenue Financial.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

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.

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.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

CLEARWASH EXPRESS DETAIL & CAR WASH: Just drive up, no appointments required. We offer the best hand wash services for vehicle cleaning, inside and out. Performed quickly, professionally while you wait in our comfortable lounge. Try us you will like the service. 1725 32 Ave NE. Visit us at clearwashcalgary.com. Call 403-271-9274 or 403-397-9645.

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.



CLEARWASH EXPRESS DETAIL & CAR WASH

WONDERFUL WINTER WASH PROGRAM!

Come on in, for the Details



STARTING AT \$29.95

- No appointment, just drive-in
- Hand wash process with no harmful equipment
- Refined procedure for consistent results
- Season pass for unlimited winter washes for one car from January - April 30th for **299.00 plus GST**

📍 1725 32 Ave. NE 🌐 clearwashcalgary.com
☎ Call: 403- 271-9274 or 403-397-9645

Get Noticed

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING