

AUGUST 2023

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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!

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 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 hPCA.ca. You can sign up for our email list there too.

Urgent! Volunteer Newsletter Content Editor Needed

Our volunteer newsletter editor for the last few years, Braiden, is stepping down as his time commitments have changed. A summary of this monthly volunteer position is as follows:

1. Send reminder emails to regular content providers re the upcoming submission deadline.
2. Prioritize articles received and submit them by the deadline (the 15th of the month) to our publisher with instructions for managing them (the publisher edits, arranges them, and includes advertising content).
3. Review a draft newsletter received back from the publisher (near the end of the month) and make small edits if required and email it back.
4. Receive the emailed PDF copy of the final newsletter (start of newsletter's month) and email it out to our list.

If you are interested in this position and want more details and examples of how to put everything together, contact Braiden at Media@HPCA.ca or Elise at President@HPCA.ca.

Friday Night Fires – Join our volunteer, Dee, who hosts a campfire at the Highland Park grounds every Friday evening at 6:00 pm, unless there's a fire ban. Feel free to bring something to roast over the fire and your own roasting sticks. Some campfire songs may be sung too!

Preschool Fall 2023 – Registration is open for the school year starting in September. We are also adding a fourth class starting in the fall. Visit HPCA.ca/preschool for more information.

Shakespeare On the Go – Sunday, August 6 from 2:00 to 3:15 pm on the community greenspace. This is a free performance of *A Midsummer Night's Dream* by Theatre Calgary and is a family-friendly event. Bring your own blanket or lawn chair! HPCA will likely be selling refreshments, so bring some cash or your debit or credit card.

Note: Please dress for the weather and be aware that this event may be cancelled with 24 hours notice. Check the Theatre Calgary website for details.

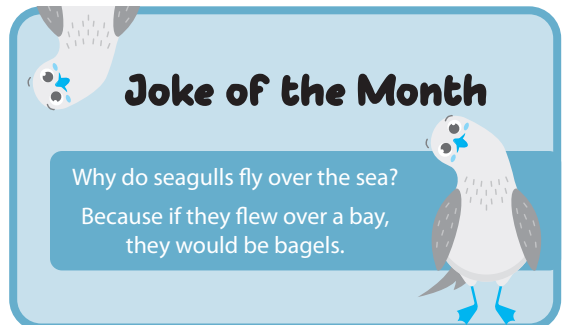
Community Pet Day – Sunday, August 13 from 2:00 to 5:00 pm on the community greenspace. Come out and connect with other community residents through our pets. You'll be able to learn about Calgary's pet bylaws from City bylaw officers, and get questions answered from veterinarians. This is a free event organized by a community resident using a neighbourhood grant. Feel free to bring your pet on a leash, along with poop bags.

Good Food Box – The next two order dates are Tuesday, August 22 and September 19 (nothing in July).

Note: After many years with no change, the price is increasing by \$5 per box starting in August. You can order in person with Ellen, our volunteer, 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 box(s) you would like, and we'll submit your order. The pick-up date is always on a Thursday, nine days after the order date at the hall between 6:00 and 7:00 pm.

Community Cleanup – Saturday, September 9 from 9:00 am to 1:00 pm. Mark your calendars and bring your used electronics and metal for recycling, small household items for donation, and whatever else no longer "sparks joy" in your life for the compactor.

Fall Music in the Park – Tentatively set for the evening of Wednesday, September 15. We need some folks to sign up for our event planning team to ensure that this is a success.



AUGUST 2023 HIGHLAND PARK HALL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. MH 7:00 to 9:00 pm Forge Martial Arts	2.	3. MH 7:00 to 9:00 pm Forge Martial Arts	4. MH 6:30 to 9:30 pm YDS Canada	5. MH 4:00 to 8:00 pm Alvero NH 11:00 am to 3:00 pm Luong
6. All Halls 8:00 am to noon MHB until 2:00 pm Peace Church Greenspace 1:00 to 6:00 pm Shakespeare in the Park	7. MH 6:30 to 9:00 pm Bunbukan Karate	8. MH 7:00 to 9:00 pm Forge Martial Arts	9.	10. MH 7:00 to 9:00 pm Forge Martial Arts	11. MH 6:30 to 9:30 pm YDS Canada	12. MH 8:00 am to 10:00 pm Padron NH 8:00 am to 2:00 pm Rccg Christ Love Assembly
13. All Halls 8:00 am to noon MHB until 2:00 pm Peace Church MH, Greenspace 1:00 to 5:00 pm Nair	14. MH 6:30 to 9:00 pm Bunbukan Karate	15. MH 7:00 to 9:00 pm Forge Martial Arts	16.	17. MH 7:00 to 9:00 pm Forge Martial Arts	18.	19. NH 1:00 to 4:30 pm Spence
20. All Halls 8:00 am to noon MHB until 2:00 pm Peace Church	21. MH 6:30 to 9:00 pm Bunbukan Karate	22. 6:00 to 7:00 pm Good Food Box Order MH 7:00 to 9:00 pm Forge Martial Arts	23. Lobby 1:00 to 3:00 pm Northminster United Church Bread Hamper	24. MH 7:00 to 9:00 pm Forge Martial Arts	25. MH 6:30 to 9:30 pm YDS Canada NH 11:30 am to 3:00 pm Ramos	26. MH 12:00 to 4:00 pm Lopez MH, MHB 4:30 to 9:30 pm Obasan
27. All Halls 8:00 am to noon MHB until 2:00 pm Peace Church	28. MH 6:30 to 9:00 pm Bunbukan Karate NH 12:30 to 5:30 pm Holt	29. MH 7:00 to 9:00 pm Forge Martial Arts NH 12:30 to 5:30 pm Holt	30. MH 5:00 to 10:00 pm Cruz NH 12:30 to 5:30 pm Holt	31. 6:00 to 7:30 pm Good Food Box Delivery MH 7:00 to 9:00 pm Forge Martial Arts NH 12:30 to 5:30 pm Holt		

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

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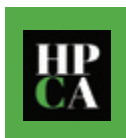
Please mail cheque and this form to: Highland Community Association, 3716 – 2 Street NW, Calgary, Alberta T2K 0Y4

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



PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber | development@hpc.ca

Now that I am back from my vacation trip, it's time to provide you with some updates to recent planning developments and issues in Highland Park.

A new development permit (DP) application has been made for a four-unit residential building with suites at 4012 Centre St NE. This application, if approved, would replace a previously approved DP for a multi-residential building without suites. The land use for the entire block is designated M-C1, which is considered a medium density residential land use district. The file reference is DP2023-03893. Some of our concerns relate to an apparent lack of alternative mobility storage facilities for suite residents, the safety hazards of having exterior staircases going downslope to access the suites, and the lack of access to the mechanical rooms except by going through the secondary suites.

The land use application for a change to H-GO, and a concurrent DP application for the six properties at 204 to 224 40 Avenue NW is still currently under review. The development proposed for this site would consist of 32 three-storey rowhouse units, all with suites contained in five buildings. There would be a carport along the laneway for 32 vehicles along with alternate mobility storage lockers and bike racks. The City has conducted its first detailed review of the project and we are awaiting information about any revisions to the 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 and comments are still being accepted through the development map. 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 and a lack of secure alternate mobility storage for residents without cars. The file reference for this development permit application is DP2023-00451.

The DP application for a rowhouse with suites at 457 33 Ave NW is under review. The land use designation for this property was changed to R-CG last year. The project has many good features such as parcel coverage less than the allowed maximum and respect for setbacks. However, the safety of residents crossing 4 Street NW to get to the southbound bus stops was also flagged. Attempts have been made by various

residents in the past to get a crosswalk signal installed at 36 Ave and 4 St NW, but so far with no success. With increased housing density along the street, there will be more people crossing the road and quite likely more vehicular traffic. The file reference is DP2023-01905.

There is also a land use change to R-CG proposed for 420 37 Avenue NW. The parcel is 75 feet wide and is situated mid-block along the avenue. The original intention of the developer was to construct a four-unit three-storey 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 minimum three metre front yard setback. Since then, the developer has met with several nearby residents and has modified his intentions. The rowhouse would now be a three-unit two-storey rowhouse with suites and three garage suites over the six-car garage. The developer also intends for the project to be extremely energy efficient and reliant on renewable energy and electricity only. The land use change application is LOC2023-0102 and it is scheduled to go to the Calgary Planning Commission on July 20. We expect the land use redesignation will be recommended to proceed to Council. There is no concurrent development permit application yet for the actual buildings.

The land use change application for R-CG for the corner parcel at 3307 2 Street NE went to the Calgary Planning Commission on July 6. A public hearing at Council is now scheduled for September 19. 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 development permit application has not yet been submitted. A recurring issue that we encounter is the discrepancy in definition of a unit. The new H-GO land use designation includes suites as dwelling units, but R-CG and other low density land uses do not include suites in the unit count. So, a four-unit rowhouse could also have four suites.

The DP application for a large single-detached bungalow at the corner of 403 33 Avenue NW was approved on May 25. This new structure would replace an existing old bungalow which is currently in a state of disrepair. The file reference is DP2023-02479.

As always, we encourage residents to keep track of developments occurring in the community by means of the City's development map at <https://developmentmap.calgary.ca/>.

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	Vacant 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, 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

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.

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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 4:30 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 = \$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:

Tuesday, August 22

Tuesday, September 9

PICK-UP DATE:

Thursday, August 31

Thursday, September 28

Men Need Help for Their Mental Health, Too!

by Rick Lundy, Founder of Minds Over Matter Mental Health Society

Note: Our June newsletter published a story titled "Dennis: A Can-Do Kind of Guy." It talked about Dennis, who died by suicide in March 2023. If you or someone you know is struggling, please call Talk Suicide at 1-833-456-4566 or you can call the Calgary Distress Centre at 403-266-4357.

A group of Highland Park residents are remembering Dennis through newsletter articles to share information and educate about mental health. The following is our first article and is published with permission from the author, Rick Lundy.

As the founder of Minds Over Matter Mental Health Society in Calgary, I was asked, "Why don't men reach out for mental health resources the same as women do?" I remember years ago, when my kids were young, how one of their friends fell off the swing and hurt his foot. The dad marched over to his son lying on the ground and picked him up. I heard him say, "Don't cry, be a big boy." His son started to cry and the dad replied, "You are being a baby!"

Men are programmed, as little boys, that crying and showing emotions is a negative thing and a sign of weakness. The little boy was hurt, but he could not cry without his dad making comments that could stay with him forever.

Men may have trouble reaching out because boys are programmed as children that crying, feelings, or any act that shows vulnerability are signs of weakness and that "real" men are not weak – what an antiquated thought. The truth is the exact opposite: it takes courage and strength, no matter who you are, to take those first steps of accepting that you need help.

Men that are in a good place mentally tend to be better husbands, sons, fathers, employees, and friends. It is hard to function in any role if you are not functioning as a person first. As many of us know, suicides are high in middle-aged men and most times, they have suffered in silence. It manifests and eats away at every piece of you and eventually, as with everything under pressure, it bursts.

Listen men. Let's show strength by allowing ourselves to be vulnerable and to get the help we need. There is no reason that we need to battle mental illness alone. Why let this build until self-harm or suicide is a viable option when there are so many other options available?

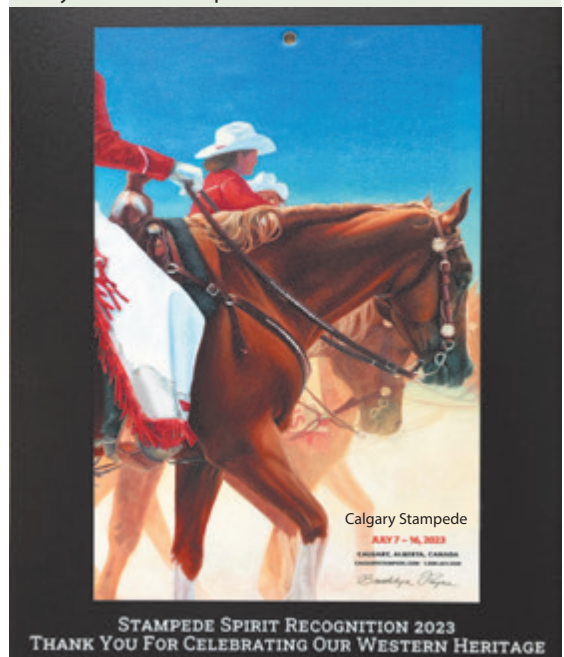
I have talked with numerous men that have sought out and received help and they are so grateful that they did. So, what is stopping you?

Put your ego, control, and misconceptions behind you and make the first step. Either talk to family, friends, coworkers, or better yet, ask a professional for help. This could be the best decision that you will make in your whole life.

Men....let us be strong, brave, and vulnerable. Reach out!

Highland Park Earns the Stampede Recognition Award!

During our annual Stampede BBQ last month, the Highland Park Community Association was presented with the Stampede Spirit Recognition Award! This commendation would not have been possible without the incredible volunteers who made this event happen. A big thanks to Chris Hunt, who has played an enormous role in making all our summer events happen, and to all our dedicated volunteers who have offered their time and labour to our events this year and in the past.



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NATIONAL
**Terry
Fox**
DAY

After a cancer diagnosis and leg amputation in 1977, 18-year-old Terry Fox began a cross-Canada run to raise funds for cancer research. He ran from 4:30 am to 7:00 pm for 143 days!

Thanks to Terry and his incredible legacy, a total of \$850M has been raised! In honour of this indomitable Canadian, August 7 is National Terry Fox Day.

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HIGHLAND PARK



HIGHWOOD





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\$6 per person for HPCA members
 \$10 per person for non-members of HPCA

Next Lunch: September 19 at 11:30 am

Contact SeniorsCoordinator@HPCA.ca
 or 587-439-7263 to register to attend.

Highland Park Community Association
 Presents

Pet Day

Connecting People through Pets
A FREE EVENT

On 13th Aug Sunday from 2 PM to 5 PM
Please bring your lovely pets to
3716 - 2nd street NW, Calgary, T2K0Y4
(Highland Park Community Association Ground)

Guest Speaker "Veterinarian" info & Q/A session
 Adoption Drive - Vendors - Animal By-Law
All are welcome

The Pet Day is a collaborative effort of the City of Calgary and Highland Park Community Association, funded by Neighbourhood Grants.

Cats, Canines, & Critters of Calgary



Baloo and Walter, *Springbank Hill*



JC Cat, *Evanston*



Pepper, *Evergreen*



Tuxedo Joe, *Cranston*

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News from the Friends of Nose Hill

by Anne Burke

The Open Space Plan says that our city's greatest asset is the natural environment and wildlife, so we should foster stewardship with nature education programs. Calgary parks are linked by pathways and green belts. We must protect and conserve the river valley system, unique prairie, urban forest, and foothill ecosystems.

The Plan conforms with provincial land use policies and the Municipal Government Act. There are some general principles. We will preserve natural environment parks and environmentally significant areas, enhanced by restoration to prevent loss. Site-specific plans recommend that we record biophysical inventories and historical resources for cultural landscapes such as Nose Hill.

The Open Space Plan is under review. One of the aims is learning how to improve natural environment parks through decision-making that puts the environment first. Natural habitats offer places for wildlife to find food, water, cover, and to raise their young. We can reconnect, rest, and mentally recharge. Nose Hill offers sacred indigenous spaces of culture—past, present, and future.

Connect: Calgary's Parks Plan, Phase 1 engagement ran from April 17 to May 19. A *What We Heard Report* will be published online this summer. Phase 2 starts in October 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 for more information.



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