

FEBRUARY 2023

DELIVERED MONTHLY TO 3,385 HOUSEHOLDS

# HIGHLAND PARK

SUMMIT

THE OFFICIAL HIGHLAND PARK COMMUNITY NEWSLETTER



**SAVE A BUNCH  
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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!

## February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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

**3716 2 Street NW**

Fall 2023 Registration is Open!

Visit our website to learn more.

Morning Classes

Mon/Wed/Fri | 9am-11:30am | \$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 | 403-276-6969**

**www.hpca.ca/preschool**



## UPCOMING EVENTS AND ACTIVITIES

As always, for more information about the events below, please contact either our Hall Manager, Stephen, at [hallmanager@hpca.ca](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:** Join some neighbours to sit around the campfire at the Highland Park grounds, from 6:00 to approximately 9:30 pm. Bring a blanket and a camp chair (or use the HPCA bench), and feel free to bring some marshmallows to roast over the fire with your own roasting sticks if you want. There may be some campfire songs being sung too!

**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, from 1:00 to 3:00 pm, with Skate Shack available to borrow skates, free of charge. HPCA will provide some refreshments, and we plan to have a fire going! Hope to see you there.

**Tuesday, February 7, and March 7:** 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 saying what size boxes it's for, and we'll submit your order.

**Second Tuesday of Each Month - Next One:** February 14, 6:30 to 8:00 pm: Indigenous Learning Series at Highland Park Hall. Save the dates to register for these monthly events with our City of Calgary partners to learn about Indigenous history and culture through films. Contact [Jennifer.DiMarzo@calgary.ca](mailto:Jennifer.DiMarzo@calgary.ca) for more info and to save yourself a seat! Registration is required.

**Thursday, February 16, and March 16:** The Good Food Box pick-up dates for January and February orders. For everyone who ordered one or more boxes on the prior order date, please pick it up at our hall between 6:00 to 7:00 pm.

## 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.

**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.

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Highland Park Content

INCLUDING

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

and more...

# FEBRUARY 2023

## HIGHLAND PARK HALL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 MH 6:00 to 9:00 pm Child Development Dayhomes	2 MH 7:00 to 9:00 pm Forge Martial Arts NH 7:30 to 9:30 pm Tango Calgary	3	4 MH 5:00 to 10:00 pm Sinem MH, NH 11:00 am to 5:00 pm HPCA MHB 5:30 to 8:00 pm Grace Notes Music Academy
5 All Halls 8:00 am to Noon, Peace Church MHB until 2:00 pm	6 MH 6:30 to 9:00 pm Bunbukan Karate NH 6:30 to 8:30 pm Grace Notes Music Academy	7 MH 7:00 to 9:00 pm Forge Martial Arts 6:00 to 7:00 pm ' Good Food Box Order	8	9 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	10 NH 7:00 to 9:00 pm Science of Spirituality	11 LH Noon to 3:00 pm Middleton MH 11:30 am to 2:30 pm Chen MH 3:30 to 10:00 pm Arias MHB 5:30 to 8:00 pm Grace Notes Music Academy
12 All Halls 8:00 am to Noon, Peace Church MHB until 2:00 pm NH 1:00 to 8:00 pm Clay	13 MH 6:30 to 9:00 pm Bunbukan Karate NH 6:30 to 8:30 pm Grace Notes Music Academy	14 NH 6:30 to 8:30 pm Indigenous Film Series MH 7:00 to 9:00 pm Forge Martial Arts	15 NH 6:00 to 9:00 pm HPCA	16 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	17 NH 3:00 to 10:00 pm Huyen Vu	18 NH 8:00 am to 10:00 pm Huyen Vu MHB 5:30 to 8:00 pm Grace Notes Music Academy
19 All Halls 8:00 am to Noon, Peace Church MHB until 2:00 pm	20 MH 6:30 to 9:00 pm Bunbukan Karate NH 6:30 to 8:30 pm Grace Notes Music Academy	21 MH 7:00 to 9:00 pm Forge Martial Arts	22	23 MH 7:00 to 9:00 pm Forge Martial Arts NH 7:30 to 9:30 pm Tango Calgary	24	25 MH 8:00 am to 10:00 pm Forge Martial Arts NH 11:00 am to 4:00 pm Taverner
26 All Halls 8:00 am to Noon, Peace Church MHB until 2:00 pm	27 MH 6:30 to 9:00 pm Bunbukan Karate NH 6:30 to 8:30 pm Grace Notes Music Academy	28 MH 7:00 to 9:00 pm Forge Martial Arts				

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

**Despite the holiday season, the Calgary's Development Authority approved several outstanding Development Permit applications. They were:**

DP2021-5688 for a rowhouse with suites at 4024 2 St NW was approved December 22. The appeal period ends in just a few days on January 19, 2023.

DP2022-04104 for a rowhouse with suites at 3903 2 St NW. Approved December 15.

DP2022-00977 for a four-plex at 4320 Centre A St NE. Several amendments were made to the original plans. Approval was granted on January 2. The appeal period deadline is January 26.

DP2022-06770 for a backyard suite at 115 43 Ave NW was approved on January 2.

**The following DP applications are still under review:**

DP2022-04064 for a rowhouse at 3306 1 St NE.

DP2022-08058 for a rowhouse at 3424 Centre B St NW. In our comments to the city, we highlighted concerns about windows overlooking the backyard of the adjacent property to the south. There were questions raised regarding the site layout for the waste and recycling bins.

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

With respect to LOC2022-0112 for H-GO land use at 453 and 457 35 Avenue NW, the development map indicates that a hearing at the Calgary Planning Commission (CPC) is scheduled for January 26. This is not a public hearing. It is still expected that a public hearing at Council will not be scheduled until March at the earliest. The Development Permit application pertaining to this property is still under review although we anticipate a decision in the near future.

A new planning communication/information tool just rolled out by the City can be found at [calgary.ca/planningmatters](http://calgary.ca/planningmatters). The website provides access to online notifications of public hearings, links to Council agenda, and links to information on how to submit letters or present to Council. You can also sign up for email delivery of planning news items.

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



## News from the Friends of Nose Hill

by Anne Burke

Calgary's Pathway and River Cleanup will be May 5 to 7, 2023. Volunteers will receive safety information and training prior to event day.

During the annual cleanup event, they help remove litter in Calgary's parks, greenspaces, along pathways, and riverbanks. Registration for returning volunteers is from February 15 to March 8, 2023, and registration for new volunteers is from March 13 to March 31, 2023. They may register in groups of at least ten, identifying a leader and a designated cleanup area. Anyone without a group is assigned to a City team at one of three designated parks.

Last year, there were four areas assigned for cleanup in Nose Hill Park:

Nose Hill West: Shaganappi Trail/Edgemont Blvd parking lot, to head south along pathway beside Shaganappi Trail, stay to right at trail junctions, south to John Laurie/Brisebois Drive parking lot.

Nose Hill East: parking lot at 64 Ave NW and 14 St NW - to clean trails south to 14 St NW parking lot.

Nose Hill North: Shaganappi Trail/Edgemont Blvd parking lot east to 14 St Berkley Gate parking lot (and stay left at paved trail junctions).

Nose Hill - 64 Ave: Nose Hill, 64 Ave Parking lot.

During the cleanup, volunteers remove the litter in their assigned locations and collect it in bags, which are placed beside pathways or in City garbage bins. City staff pick up and transport them to a designated dump site where they are properly disposed of by City Waste and Recycling Services. If you have any questions about volunteering for the 2023 Pathway and River Cleanup, or garbage bags have not been picked up, please contact 3-1-1. Join the conversation on cleanup day and see photos from the events by searching #yyccleans.

# Highland Park Community Association

📞 403-276-6969 📍 3716 2 St NW

## BOARD OF DIRECTORS

President	Elise Bieche
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Director	Rosalind Kohut
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Director	Donna Marzolf
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Director	Jill Kowalchuk
Director	Anne Naumann
Director	Braiden Valdarchi
Director	Amrit Kaur

## COMMUNITY CONTACTS

Website	www.hpca.ca
Facility Rental and Management	Stephen Wright, 403-276-6969 hallmanager@hpca.ca
Facility Rental Availability Calendar	hpca.ca/hall-calendar
Newsletter/Website Editor	Braiden Valdarchi media@hpca.ca
Good Food Box	Ellen Peterson goodfoodbox@hpca.ca
Development Review	Jeanne Kimber development@hpca.ca
Seniors' Luncheon	Rosalind Kohut, 587-349-0870 seniorscoordinator@hpca.ca
Volunteer Coordinator	volunteer@hpca.ca
Block Connector/ Human Library	connections@hpca.ca
Activity Kits Booking and Info	activitykits@hpca.ca
Community Social Worker	Jennifer Dimarzo, 403-476-7295 jennifer.dimarzo@calgary.ca
Ward 4 Councillor	Sean Chu, 403-268-3727 sean.chu@calgary.ca
Police Service	Cst. Raeann Watson, District 3 pol5218@calgarypolice.ca, 403-860-8027
Bylaw Infractions	Call 311 or complete form on line at: www.calgary.ca/311online

# The Good Food Box

The Good Food Box is a Community Kitchen initiative available to anyone, not just residents of Highland Park. 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, February 7  
Tuesday, March 7

### Pick-Up Date

Thursday, February 16  
Thursday, March 16



## HPCA GOOD FOOD BOX 2023

Tuesday ORDER DATE	Thursday PICK-UP DATE
January 17	January 26
February 7	February 16
March 7	March 16
April 11	April 20
May 2	May 11
May 30	June 8
June 20	June 29
August 22	August 31
September 19	September 28
October 17	October 26
November 14	November 23

**Email: [GoodFoodBox@HPCA.ca](mailto:GoodFoodBox@HPCA.ca)  
Or HPCA Hall 403-276-6969**



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*





## COMMUNITY WELLNESS RESOURCES



### Health Resources:

#### Call 811 (Health Link) for...

- symptom evaluation by a nurse
- dementia advice
- addictions information & referral
- referral to dietician
- information on sexually transmitted diseases

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#### For mental health & addiction concerns...

- Distress Centre Calgary:  
403-266-HELP (4357)
- AHS Mental Health Access Line:  
403-943-1500
- AHS Addictions Help Line:  
1-866-332-2322

### Other Community Resources:

#### Call 211 (or go to [ab.211.ca](http://ab.211.ca)) for multiple services & information ...

- food & basic needs
- LGBTQIA+ information
- disability supports
- financial supports
- legal supports
- support for newcomers
- job search assistance

#### North Central Family Resource Centre ...

- parenting supports
- youth counselling
- homelessness support
- food & nutrition info
- money management
- newcomer assistance
- teen mentoring
- Moms & Tots programs



# COMMUNITY SAFETY RESOURCES

Highland Park  
Huntington Hills  
Thorncliffe-Greenview

## When to call 911...

Call 911 for **Emergencies** **only**, such as...

- crime in progress,
- fire,
- medical emergency,
- situation requiring Police, Ambulance, or Fire Department to urgently respond

## Report Minor Crimes?

YES!

- ensures accurate crime statistics
- helps to determine need for more police resources

## How to Report a Crime:

**Report in person at a Police Station for...**

- all non-emergency car accidents

**Report online for...**

- theft from vehicle,
- theft of credit card or mail,
- break & enter to unlocked building,
- graffiti or vandalism,
- tips about drug houses, etc

<https://www.calgary.ca/cps/report-a-crime.html>

**Call 403-266-1234 (Police non-Emergency line) for...**

- robbery (theft with violence),
- break & enter to locked premises,
- domestic abuse or firearms incidents,
- theft of government documents or cheques



## HIGHLAND PARK COMMUNITY **SENIORS' LUNCHEON**

\$6 per person for HPCA members

\$10 per person for non-members of HPCA

**Next Lunch:** February 21 at 11:30 am

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

## LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!



## 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.

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media  
at 403-720-0762 or [sales@greatnewsmedia.ca](mailto: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](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://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](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).

**ADAIR TREE CARE LTD. PROFESSIONAL ARBORISTS:** Calgary's trusted arborists since 1997. Expert tree pruning, removal, stump grinding, pest and disease management, fertilization, and planting. We love your trees! 403-686-6030, [www.adairtreecare.com](http://www.adairtreecare.com).

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.





Please allow us to introduce ourselves! We are  
**RAINBOW ELDERS CALGARY**

*A support group for 2SLGBTQ+ seniors*



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

*To discover more, please contact us!*

email: [rainbowelderscalgary@gmail.com](mailto:rainbowelderscalgary@gmail.com)

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

- Friendships*
- Social Events*
- Picnics*
- Role Models*
- Companionship*
- Coffee & Cookies*
- Movie Nights*
- Connecting with Youth*
- Making a Difference*
- Being Proud*
- Celebrations*

