

MARCH 2023

DELIVERED MONTHLY TO 3,385 HOUSEHOLDS

HIGHLAND PARK

SUMMIT

THE OFFICIAL HIGHLAND PARK COMMUNITY NEWSLETTER



SAVE A BUNCH OF CASH

Expert advice | Excellent rates
Better mortgages



403-771-8771

anita@anitamortgage.ca



Dr. Dale Rapske B.Sc. D.D.S.* Deerfoot Dental Centre

In General Family Practice for Over 35 Years

New patients always welcome!

All office fees compliant with or lower than current Alberta Dental Fee Guide

- Oral Surgery
- Crowns & Bridgework
- Teeth Whitening

Insurance Direct Billing

403-275-9255

deerfootdental@gmail.com

Monday	9 am - 4 pm	
Tuesday to Thursday	9 am - 7 pm	By
Friday	9 am - 3 pm	Appointment
Saturday	9 am - 4:30 pm	

www.deerfootdentalcentre.ca

Second Floor, 971 - 64 Ave NE Down the hallway from Original Joe's Restaurant

*Denotes Prof. Corp.

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

NEXT

EXPAND EXPLORE EXCEL

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!



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 | \$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



News from the Friends of Nose Hill

by Anne Burke

Since the 1960s, various groups have lobbied to have Nose Hill preserved as a natural park. In 1972, a group representing eight communities pursued the matter. The result was the Nose Hill Design Brief, a City plan to set aside 1,600 hectares.

In 1976, however, the City rezoned part of the land for housing. In response to public discontent, the City reviewed the zoning issue, and in 1980, approved the Nose Hill Park Master Plan, which aimed to preserve 1,096 hectares as a park.

In 1981, the Nose Hill Park Communities Board was formed to provide public input into implementation of this plan. Twelve community associations were represented on the board, and it kept the issue in the public eye. The City finally reached a deal with remaining landowners in 1989 and the 1,052 hectare Nose Hill Park became a reality.

The remarkable Glenbow Library and Archive, a collection that documents the history of Western Canada, is now housed at the University of Calgary as the Glenbow Western Research Centre. The Nose Hill Park Communities Board files contain historical information: briefs, plans, proposals, reports, submissions, legal papers, maps, and drawings.



UPCOMING EVENTS AND ACTIVITIES

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

Volunteer Opportunity: We are looking for one or more people to assist our current Seniors Luncheon Coordinator, Rosalind, in planning and coordinating our upcoming luncheons, so they may eventually be able to coordinate the luncheons on their own. Are you a savvy food shopper? Are you detail oriented? Then this volunteer opportunity may be for you! The duties would involve, several days prior to the luncheon, menu planning with a targeted budget, shopping for ingredients, delivering food supplies to those who will prepare various dishes, and on the day of the luncheon, ensuring the volunteer crew understands and completes their tasks. Note: the volunteer would not necessarily need to be present during the day of the luncheon (if your work schedule doesn't allow), but they would need to ensure the tasks on the day of the luncheon are assigned and someone else would supervise.

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. 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!

Tuesday, March 7 and April 11: 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 with a note re: what size boxes it's for, and we'll submit your order.

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

Thursday, March 16 and April 20: Good Food Box next pick-up dates. For everyone who ordered one or more boxes on the order date, please pick it up at our hall between 6:00 and 7:00 pm.

Third Tuesday of Each Month - Next Ones are March 21 and April 18: Seniors' Luncheon at our hall. \$6 for community members and \$10 for non-members. Registration is required each month, contact SeniorsCoordinator@HPCA.ca.

Saturday, June 17: Mark your calendars for Neighbour Day 2023! Neighbour Day is the annual celebration of the community spirit that was on full display after the flood in 2013, with neighbours helping each other out to clean up and recover. Further details of how HPCA will be marking the date will be announced in the newsletter prior to the event and sent to our email list.

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 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.

MARCH 2023

HIGHLAND PARK HALL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 MH 7:00 to 9:00 pm Forge Martial Arts NH 7:30 to 9:30 pm Tango Calgary	3	4 MH 4:00 to 8:00 pm St. Uriel Calgary MH 9:00 am to noon Art of Living Foundation NH 10:00 am to noon HPCA
5 All Halls 8:00 am to noon Peace Church MHB until 2:00 pm NH 6:30 to 9:30 pm De Santis	6 MH 6:30 to 9:00 pm Bunbukan Karate NH 6:30 to 8:30 pm GraceNotes Music Academy	7 MH 7:00 to 9:00 pm Forge Martial Arts 6:00 to 7:00 pm Good Food Box Order	8 MH 3:00 to 10:00 pm Beljica	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	11 MH 5:00 to 10:00 pm Palardon MHB 3:00 to 4:00 pm DoReMi Babies NH 8:00 am to 3:00 pm Minhas
12 All Halls 8:00 am to noon Peace Church MHB until 2:00 pm MH 1:00 to 7:00 pm Paturara	13 MH 6:30 to 9:00 pm Bunbukan Karate NH 6:30 to 8:30 pm GraceNotes Music Academy	14 NH 6:30 to 8:30 pm Indigenous Film Series MH 7:00 to 9:00 pm Forge Martial Arts	15	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	18 MH 9:00 am to 6:00 pm Thrive Foundation MHB, LH 11:30 am to 4:00 pm Thrive Foundation
19 All Halls 8:00 am to noon MHB until 2:00 pm Peace Church MH 5:30 to 8:30 pm Science of Spirituality NH 1:00 to 6:00 pm Bolton	20 MH 6:30 to 9:00 pm Bunbukan Karate NH 6:30 to 8:30 pm GraceNotes Music Academy	21 MH 11:00 am to 1:00 pm Seniors' Lunch 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 LNH 6:30 to 9:30 pm Calgary Algerian Society MHB 3:00 to 4:00 pm DoReMi Babies NH 11:00 am to 4:00 pm Coetzee NH 5:00 to 9:00 pm Bieche
26 All Halls 8:00 to noon Peace Church MHB until 2:00 pm NH 1:00 to 6:00 pm Gordon	27 MH 6:30 to 9:00 pm Bunbukan Karate	28 MH 7:00 to 9:00 pm Forge Martial Arts	29	30 MH 7:00 to 9:00 pm Forge Martial Arts NH 7:30 to 9:30 pm Tango Calgary	31 NH 7:00 to 10:00 pm Alvarado	

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

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*



PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber | development@hpca.ca

Only a few new development applications have been received during the past month. One of them is for a 2-storey 6-plex to be built at 3520 Centre Street NE. 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. The file reference for this development permit application is DP2023-00451.

There is a development permit application for a semi-detached with basement suites at 224 34 Avenue NE. Comments on this are due by March 3. The file reference is DP2023-00165.

The following DP applications are still under review: DP2022-08058 for a rowhouse at 3424 Centre B St NW. We are pleased to report that, in response to comments the Community Association filed, the developer has agreed to move one of the second-floor bedroom windows to face east towards the laneway rather than face south. In addition, the second-floor bathroom windows are to be frosted glass. Both these changes will reduce the units overlooking the backyards to the south and help maintain the privacy of residents of the adjoining properties. We are also pleased that the developer considered our suggestions for better placement of waste and recycling bins, to provide more convenience to future residents.

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

Development Permit application DP2022-04064 for a rowhouse at 3306 1 Street NE has just been approved. There will be a three-week appeal period once the approval has been advertised.

With respect to LOC2022-0112 for H-GO land use at 453 and 457 35 Avenue NW, the public hearing at Council on this land use change is scheduled for March 7. Anyone who wishes to submit comments or to speak at Council should watch for information regarding how and when to submit their letter or request to speak. This is the link to the calendar listing for the public hearing: <https://www.calgary.ca/council/meetings/council-calendars.html?trumbaEmbed=view%3Devent%26eventid%3D163109545>.

It should be kept in mind that land use is judged separately from building development plans. Land use allows for a variety of building forms and site layouts within the rules of that particular land use designation. Where the “rubber meets the road” is in the Development Permit stage.

The DP application pertaining to this property is still under review. The amended plans (v3) can be downloaded from the development map (look under the About tab). The file reference is DP2022-05441.

A new Planning communication/information tool was recently implemented by the City. It can be found at www.calgary.ca/planningmatters. This 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.

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.

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

HIGHLAND PARK



HIGHWOOD



Highland Park Community Association

📞 403-276-6969 📍 3716 2 St NW

BOARD OF DIRECTORS

President	Elise Bieche
Vice President	Chris Hunt
Secretary	Carolyne Mondoux
Treasurer	Jerry Kohut
Director	D. Jeanne Kimber
Director	Gary Koehler
Director	Kathy Koehler
Director	Rosalind Kohut
Director	Tanya Kowalchuk
Director	Donna Marzolf
Director	Greg Miller
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 Infactions	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.



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
Or HPCA Hall 403-276-6969

The Good Food Box

by Anne Naumann

The Good Food Box program is run by Calgary's Community Kitchen Program, and the Highland Park Community Association and its volunteers host an ordering and pickup depot. As always, we offer in-person ordering between 6:00 and 7:00 pm at our hall on the order date with our Good Food Box volunteer, Ellen, set up in the lobby. Order pick-up is also at our hall between 6:00 and 7:00 pm on the pick-up dates. We are still also providing an e-transfer ordering option. To do that, you can e-transfer me for your order by no later than 4:30 pm on the order date; send it to AnneNaumann@shaw.ca and I will ensure your order gets tallied and payment gets submitted.

There are three different sizes of GFB boxes, small for \$25, medium for \$30, and large for \$35. HPCA doesn't make any money on this program; it is merely offered as a service to our residents and other Calgarians in our area. For last month, the small box I ordered included: one head iceberg lettuce, one large turnip, one head cauliflower, two red peppers, three bananas, three lbs. onions, three gala apples, three naval oranges, one avocado, one head garlic, two lbs. carrots, one-pint grape tomatoes, five lbs. potatoes, and a recipe for carrot, ginger, coconut milk soup. I haven't tried that recipe yet, but it sounds delicious! With the cauliflower, I made two dishes using half of the head each time, one was something my mum used to make that I haven't had in ages: steamed cauliflower with cheese sauce. The other recipe is below, I hope you like it. Note: I cut the amounts of the ingredients in half to use up the ½ head of cauliflower. You can vary or substitute the amounts as you like.

Cauliflower "Fried Rice"

Prep Time: About 20 minutes; makes four to six servings

Kitchen Supplies Needed: Sharp knife, large bowl, small bowl, medium to large frying pan, blender or food processor

Ingredients:

*Amounts don't need to be exact

- 1 head of cauliflower, about 4 to 5 cups chopped into chunks
- 2 tablespoons (30 ml) of soy sauce or gluten-free Tamari sauce
- 1 tablespoon (15 ml) of sesame oil (can use canola or olive oil, but the sesame oil gives a great flavour)
- 1 tablespoon (15 ml) freshly grated ginger root (or jarred minced ginger)
- ¼ teaspoon (1.25 ml) pepper

- 2 tablespoons (30 ml) of vegetable oil, divided into 2 portions, for 2 separate batches of frying
- 2 large eggs, beaten
- 2 cloves garlic, minced (or jarred minced garlic)
- 1 white or red onion, diced
- 1 ½ cups (375 ml) broccoli florets, chopped – can omit, or substitute another crunchy vegetable such as chopped celery or canned bamboo shoots
- 2 carrots, peeled and grated
- 1 cup of frozen vegetables (any one of or a combination of corn, carrots, peas, beans)
- 2 green onions, thinly sliced (optional)
- ½ teaspoon (2.5 ml) sesame seeds – can omit, or can add more if no sesame oil used

Directions:

- In batches, put chunks of cauliflower into blender or food processor and pulse until it resembles rice, about 2 to 3 minutes per batch. Set aside in a large bowl.
- In a small bowl, mix together the soy sauce, sesame oil, grated ginger, and pepper and set aside.
- Heat 1 tablespoon of vegetable oil in a frying pan over low heat; add beaten eggs and cook without stirring until cooked through, about 2 to 3 minutes, flipping once. Remove from pan and set aside to cool, then cut into small pieces.
- Heat remaining tablespoon of oil in the frying pan over medium heat. Add garlic and onion; cook and stir until onions have become transparent, about 3 to 4 minutes. Add all other vegetables except cauliflower and green onions and cook until vegetables are tender. About 3 to 4 minutes.
- Stir in riced cauliflower, chopped eggs, green onions, and soy sauce mixture. Cook and stir until heated through and cauliflower is tender, about 3 to 4 minutes. Serve and garnish with sesame seeds.

HPCA Good Food Box 2023

Order Date

Tuesday, March 7

Tuesday, April 11

Pick-Up Date

Thursday, March 16

Thursday, April 20



Together We Can Do Amazing Things!

by Anne Naumann

I wanted to take this opportunity to thank all the Highland Park community volunteers. We've accomplished a lot of things in the past year. I know there are some other community volunteers who helped ensure our programs and events ran smoothly, and my apologies for those who aren't included below, but I've tried to include everyone I could recall who played a significant role. Many of our volunteers have helped with multiple programs and events. On behalf of our Board of Directors, I can tell you we are all truly thankful for everyone's contribution.

We restarted our Seniors' Luncheons in the last couple of months. It has been wonderful to see so many community seniors returning to our hall to share a meal and conversation with each other. It's been a long hiatus due to COVID-19. A huge thanks goes out to our lead coordinator, who also serves on our Board, Rosalind, who again lined up the chefs from Fresh Start Recovery Centre to partner with us to cook the hot entrees and side dishes while her able staff volunteers prepare salads and desserts, set up and put away tables and chairs, and clean up afterward. The Seniors' Luncheon main volunteer crew includes Ellen, Marilyn, Ray, Jeanne, Monica, Rohan, and well as some others periodically.

This past summer and fall we hosted multiple events, including Music in the Park, Shakespeare in the Park, weekly Rock Painting events, our Community Cleanup, and we started the Friday Night Fire events. The volunteers arranged musical acts, shopped for and cooked food, booked the City Waste and Recycling crew, as well as other recycling organizations, set up and put away tables and sound equipment, and cleaned up afterward. We couldn't have accomplished any of these without a large number of volunteers. Thanks go out to Elise, Chris, Anne, Braiden, Roz, Jerry, Sara, Ellen, Wayne, Dee, Folivi, multiple students from the volunteer service team at Winston Churchill High School, Jeanne, Ray, Carolyne, Dave, Marilyn, Amrit, and the folks from Citizen Brewing, among others.

We've also had another great year with our outdoor rink (shoveling off the snow and creating multiple layers of ice) that has been well-used by our community and the Buchanan students at the start of February, our outdoor hall renovations (working with contractors to plan paint colours and the arbour design), and our rain garden (weeding and watering).

Thanks go out to Garth, Chris, Michael, multiple Preschool parents, Gary, Donna, Elise, Greg, Sara, Amrit, Anne, Ellen, Simone, and others.

In addition to these events and outdoor projects, in the last year we created a Human Library (you can borrow a human "book" to learn about their area of expertise), hosted three Community Markets, continued the Block Connector program (which is currently evolving), started hosting the Indigenous Learning Film Series, and continued to serve as a Good Food Box ordering depot for the Calgary Community Kitchen. Thanks for these programs go out to Amrit, Ellen, Anne, Anisa, Suzi, Kelli, Bota, Doug, Salma, Suresh, Bob, Jennifer, Christy, Rosa, Kelli, Jill, Alexis, Farah, and I'm sure I'm forgetting a few others.

Thanks also go out to our Casino volunteers who helped run our casino this past January. These volunteers were: Anne, Jerry, Robert, Kirk, Rebecca, Kyra, Elise, Jill, Carolyne, Chris, Dave, Dee, Phillip, Charlene, Marilyn, Joanne, Katrina, Carolyn, Talha, Elaine, Nic, Ellen, Monica, Donna, Michelle, Stephen, Anisa, Monique, Theresa, and Gina.

And overseeing all these amazing community offerings are the Highland Park Board of Directors. So, a big thanks to the 15 volunteers on our Board who are: Elise, Chris, Jerry, Carolyne, Anne, Jeanne, Rosalind, Amrit, Greg, Jill, Gary, Kathy, Braiden, Tanya, and Donna.

Finally, I know they aren't volunteers, but I also want to acknowledge HPCA's paid staff, our Hall Manager, Stephen, our Bookkeeper, Carolyn, and our Preschool Teaching staff, Chantal, Danna, and Sonja. Without their hard work in ensuring everything runs smoothly for our Hall rentals, Hall financial entries and filings, and Preschool operations, we would not be able to offer so many programs for our community. Working together we definitely make our community even better. If you want to join the HPCA group of volunteers, contact me at Volunteer@HPCA.ca.



Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.



HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

\$6 per person for HPCA members

\$10 per person for non-members of HPCA

Next Lunch: March 21 at 11:30 am

Contact SeniorsCoordinator@HPCA.ca or 403-439-7263 to register to attend.

Joke of the Month

What's the difference between a hippo and a Zippo?

One is really heavy, and the other is a little lighter.

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.

Calgary Confederation
Len Webber, MP
 2020 – 10 St NW
 Calgary, AB T2M 3M2
 ☎ 403-220-0888
 ✉ len.webber@parl.gc.ca

Getting All Your Benefits

Canada generous system of benefits has expanded to include the new Canada Dental Benefit and a top-up to the Canada Housing Benefit.

The Canada Dental Benefit provides financial support for eligible families earning less than \$90,000 per year. Parents and guardians with children under 12 years-old may be eligible to receive up-front, direct payments totaling up to \$1,300 per child (up to \$650 per year) if they obtain dental care for which the parent has out of pocket costs and no access to a private dental insurance plan.

The one-time top-up to the Canada Housing Benefit provides a \$500 payment to low-income renters facing housing affordability challenges. It is available to renters who had an adjusted net income for 2021 of \$35,000 or less for families, or \$20,000 or less for individuals, and pay at least 30% of their adjusted net income on rent for their own principal residence in Canada.

While some benefits are automatic, many benefits require that Canadians submit an application in order to receive them. The Government of Canada has a very useful online tool available that makes sure you are aware of these benefits. Visit www.canadabenefits.gc.ca and use the online 'Benefits Finder' which generates personalized results based on a few simple multiple-choice questions.

I would encourage you to try this tool even if you do not think you may be entitled to any benefits. Very often life circumstances change, and you may qualify for a program that you previously did not.

Most assistance programs require up-to-date tax filings, so it is also very important that those looking to access benefits keep up to date on their taxes. The Canada Revenue Agency has thousands of volunteers who can also assist with this task. Learn more at www.canada.ca/taxes.





Councillor, Ward 4
Sean Chu

📞 403-268-3727

✉ ward04@calgary.ca

🌐 www.calgary.ca/ward4

🌐 www.seanchu.ca

Greetings Ward 4!

Green Line's stations are designed to promote accessible, safe, and secure transit use for all Calgarians.

Stations will feature plenty of signage, info displays, and wayfinding details to help riders navigate the area. A tactile strip will also inform visually impaired riders of the platform's edge.

Station platforms will also be lower, meaning Calgarians will move through less ramps to reach a platform from street level. Our underground stations will feature convenient elevator access from ground level and will likewise take advantage of CCTV cameras and help phones to promote security.

Where possible, our stations will feature weather protection, including transparent and heated passenger shelters; well-lit, open spaces with plenty of CCTV cameras for added security; and help phones that offer immediate assistance.

Our new Urbos 100 Light Rail Vehicle (LRV) also makes use of accessibility- and safety-conscious low-floor technology. Lowered floors remove the need for steps during boarding and integrate more easily with existing city infrastructure and communities. As well, the LRV's eight entrances dock level with station platforms, providing a safe, accessible, and convenient boarding experience for riders.

In addition, the Urbos offers three designated, roomy areas for people with mobility aids. Each of these designated areas is flanked by two entryways that allow immediate boarding and exiting for people with mobility aids. The Urbos also includes an easy to navigate, spacious interior with plenty of hand grips.

For more news and updates, subscribe to our newsletter at www.calgary.ca/green-line/green-line-contacts.html.

Wondering what businesses are open in Calgary? The Business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

Thank you for your attention,

Ward 4 Cllr. Sean Chu

BUSINESS CLASSIFIEDS

For business classified ad rates call 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.officialplumbing-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.

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.

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.

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.

SEE MORE WINDOW CLEANING: Offering residential window cleaning all year long, weather permitting. Inside and out, and commercial low rise. Wall washing, chandelier cleaning, etc. Also, if you need a general handyman, we can do it. Need a reno job? Contact us for a free estimate: 403-274-1404 or seemorewindowcleaning.ca or seemorewindowcleaning@gmail.com.

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 for an
advertising
quote



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING