

NOVEMBER 2023

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SUMMIT

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News from the Friends of Nose Hill

by Anne Burke

In 1993 a land use inventory was conducted of Nose Hill Park. This study reported on archaeological resources on Nose Hill from Alberta's original inhabitants and their land. For the Blackfoot, their culture and homeland have existed for as long as 6,500 years or more. This was their place for more than 350 generations. There are clues about their way of life from remains of the prehistoric past, such as tools, 10 campsites, a kill site, and a "cairn" or stone pile. Pre-contact cairns were used as small game traps, navigation markers, flagging for drive lanes, and burials.

Nose Hill has 18 known sites which contain stone circles from tipi lodges and cooking circles or a central hearth. Fire-broken or cracked rock is a by-product of stonepit boiling. The tipi covers and liners were held down by rocks from the tipi circles. The distribution and weights along the circle are a means of determining the season of use. It is presumed to be a shorter period based on the Nose Hill uplands, where tipi lodges are back from the escarpment edges or in depressed areas, so they were probably meat camps or transitory travel camps. People likely lived there in the early spring for the hunting of individual bison. There are more than 90 rings. The size of the lodge group can be estimated by the size of the ring. Given the number of skins and poles for a tipi, we learn about a group's transportation method. The number and distribution of the rings within a group reveal the size of a larger social group. Isolated rings, even when found in groups, may be vision quest sites.

Read more Uncovering Human History: Archaeology and Calgary Parks at: www.calgary.ca/parks/history.html.

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Highland Park Community Association

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COMMUNITY CONTACTS

Website	www.hpca.ca
Facility Rental and Management	Stephen Wright, 403-276-6969 hallmanager@hpca.ca
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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
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Highland Park Hall Rental Rates

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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 4:00 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:

Monday, November 13

Monday, December 4

PICK-UP DATE:

Thursday, November 23

Thursday, December 14

NOVEMBER 2023 HIGHLAND PARK HALL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 MH 6:00 to 10:00 pm Big Bucks Cornhole	2 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	3 MH 6:30 to 9:30 pm YDS Canada	4 NH 8:00 am to 10:00 pm AC Photography MHB 6:00 to 8:00 pm GraceNotes Music
5 All Halls 8:00 am to Noon, MHB until 2:00 pm Peace Church NH 1:00 to 10:00 pm AC Photography	6 MH 6:30 to 9:00 pm Bunbukan Karate	7 NH 6:00 to 7:00 pm Jazzercise MH 7:00 pm to 9:00 pm Forge Martial Arts	8 MH 6:00 to 10:00 pm Big Bucks Cornhole	9 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	10 MH 6:30 to 9:30 pm YDS Canada	11 MH 8:00 am to 10:00 pm Alahmad MHB 6:00 to 8:00 pm GraceNotes Music
12 All Halls 8:00 am to Noon, MHB until 2:00 pm Peace Church MH or NH Available 1:00 to 10:00 pm	13 MH 6:30 to 9:00 pm Bunbukan Karate 6:00 to 7:00 pm Good Food Box Order	14 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	15 MH 6:00 to 10:00 pm Big Bucks Cornhole	16 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	17 MH 6:30 to 9:30 pm YDS Canada	18 NH 2:00 to 10:00 pm Aamal MHB 6:00 to 8:00 pm GraceNotes Music
19 All Halls 8:00 am-Noon, MHB until 2:00 pm Peace Church MH 5:00 to 10:00 pm YDS Canada	20 MH 6:30 to 9:00 pm Bunbukan Karate	21 NH 11:30 am to 1:00pm Senior's Luncheon NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 10:00 pm Forge Martial Arts	22 MH 6:00 to 10:00pm Big Bucks Cornhole	23 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts 6:00 to 7:00 pm Good Food Box Pickup	24 MH 6:30 to 9:30 pm YDS Canada	25 MH 11:00 am to 4:00pm Marco MH, NH 5:00 to 10:00 pm Calgary Algerian Society MHB 6:00 to 8:00pm GraceNotes Music
26 All Halls 8:00 am-Noon, MHB until 2:00 pm Peace Church NH 2:00 to 5:00 pm Silva	27 MH 6:30 to 9:00 pm Bunbukan Karate	28 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	29 Lobby 1:00 to 3:00pm Northminster United Church Bread Hamper MH 6:00 to 10:00 pm Big Bucks Cornhole	30 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts		

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

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.

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 (rainy, 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

Reminder that due to changes implemented by the provider of the program, Community Kitchen Program (CKP), we have shifted our order dates back by one day each month to meet the revised CKP deadlines for submitting our orders. So, from now onward, our order dates are on Mondays. CKP has added a December order date again this year, so the remaining order dates in 2023 will be November 13 and December 4, for pickup on the Thursday ten days later, between 6:00 and 7:00 pm from 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 3rd Tuesday of the month, although the December one may be shifted to a different date, as it sometimes conflicts with other commitments for our partner, Fresh Start, whose staff prepare the amazing meals in their commercial kitchen. A huge thanks goes out to the Fresh Start Recovery Centre folks for their ongoing support of this program. The next luncheon will be on Tuesday November 21, but advance registration is required by contacting our volunteer Roz, at SeniorsCoordinator@HPCA.ca.

Crafty Christmas Holiday Market

Saturday, December 9 from noon to 4:00 pm at our hall. Volunteers are needed for various positions and times for this event, including set-up before and tidy-up afterward; contact Volunteer@HPCA.ca. If you want to book a table as a Vendor to sell your wares, please go to our website and navigate to Community Connections, then Events, click on the Market event headline, then on the Vendor Registration button. Our volunteer Amrit (CommunityConnections@HPCA.ca) will get back to you.

HPCA Outdoor Rink

If you want to join our group of volunteers who ensure we have a wonderful ice surface for winter skating, please contact Anne at Volunteer@HPCA.ca. We will aim to have it ready for skaters by the Christmas break and maintained in good condition through the spring. Note, we generally leave at least one shovel out near the light pole between the rink and the hall. Rink users are asked to use it to shovel ice chips and fresh snow off the rink and return it to the pole for the next person to use.

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

HIGHLAND PARK



HIGHWOOD



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Wrap-Up of HPCA Summer and Early Fall Events

by Anne Naumann

Well, unfortunately, summer has come to an end, but it was a great chance to re-connect with neighbours over a very successful series of community events. Here's an overview of the events HPCA organized in the last few months.

Music In the Park: July 12 and September 15

We held two Music In the Park events this summer, our Stampede BBQ in July, and another event in September. Once again, our volunteers managed to book a great variety of very talented musical acts. Thanks goes out to all the volunteers who helped plan the meals, prepare, and cook the food for the Stampede event, book the bands, staff the sales table, and set up and put away tables and chairs. Thanks also to two local businesses who helped these events be a success: TJ's Pizza (located on Centre St & 19 Ave N), who brought fresh-cooked pizzas to the September event, and Highland Park's own Citizen Brewery for coming out to staff a booth with their products. We are happy to support our local businesses.

Shakespeare On the Go: August 6

Once again, this year we were offered the opportunity to host Theatre Calgary in one of their travelling productions of Shakespeare On the Go. This year the play was A Midsummer Night's Dream, a family-friendly production put on by Theatre Calgary's emerging artists. What a great opportunity for our residents and others from the surrounding area, to access this kind of free entertainment.

Community Cleanup: September 9

Our Community Clean-Up on Saturday September 9 was once again a big success. We were able to provide a one-stop spot for an estimated 100+ folks to donate lightly used household goods, recycle metal and electronics, and save themselves a trip to the landfill for other items that were no longer usable. Thanks goes out to the City of Calgary for providing their staff and compactor trucks, which collected an estimated 8000 kg of waste that day. We also want to thank the Cerebral Palsy Association for coming out to accept household donations of clothing, toys, and small housewares. Thanks also goes out to Recon Metals and TechnoTrash

for attending with their staff so metals and electronics could be diverted from the landfill to be recycled. And finally, a huge thanks to all the volunteers who helped make this event a success, from advance organizing, to greeting vehicles and directing them to the correct spots for drop-off, to unloading items from vehicles, to the long-time residents who were able to make multiple trips to bring in discarded items on behalf of others, to those preparing and serving a delicious lunch and snacks for all the HPCA volunteers and staff from the various agencies. We truly couldn't do it without you all.



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Paint the Pavement Project

by Anne Naumann



If you haven't been near our community hall lately, you should drop by and see the amazing artwork we painted on September 30 and October 1, with the permission of the City of Calgary, on the intersection at 36 Ave and 1 St NW. It's beautiful and makes me happy when I see it.

This Paint the Pavement Project came into being when we learned there were ActivateYYC grants of up to \$5,000 available from the Federation of Calgary Communities to install and activate curb bump outs at problem intersections within a community. We had already identified the intersection of 36 Ave and 1 St NW as a problem, as we've observed many vehicles failing to stop for the stop signs on 36 Ave and driving over the 30 kph speed limit through this playground zone. One such incident was in the summer of 2022 when two vehicles crashed at this intersection with enough force to cause one vehicle to roll over and the other to crash into a tree on the HPCA grounds.

Happily, we were accepted for the grant, and we began to plan the project. The City of Calgary dropped off the cement curb bump outs and moved the stop signs for 36 Ave NW onto them from the adjacent landowner's grass. Our survey of community residents indicated this

moving of the stop signs had already made a difference in calming down traffic at this intersection. Our task was then to activate the area, which we planned to do with a large mural on the intersection.

After contracting with a Highland Park artist, Christian Olguif, who had previously created the mural mounted on the east wall of the community hall, we decided on a brightly coloured, geometric design for the pavement. We think it looks like a quilt, which is emblematic of the fabric of our community, with many connecting points, and different colours, that together creates beauty.

We were also able to paint the curb bump outs themselves, using stencils and small brushes to create designs and small pictures of flowers, butterflies, and fairies. We've been advised that while the painted pavement will fade over time, it should last about two years, and we should be able to touch it up as needed.

Thanks to all the volunteers who helped create this community art. Together we can do some pretty amazing things. We'd love to hear your feedback on this project. To provide feedback, or if you want to join the HPCA group of volunteers, contact me at Volunteer@HPCA.ca.



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HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

development@hpc.ca

City Council's Community Development Committee approved the Calgary Housing Strategy at a public meeting on September 14. There were several amendments made to the Strategy, mostly to recommendation number one "Make It Easier to Build Housing Across the City". The amendments focused on:

- Selling or utilizing city-owned land for housing, including non-market and emergency housing, and adding to the City's Housing Land Fund to support these efforts.
- Providing funding to support downtown office conversions for post-secondary residential use.
- Amending the Municipal Development Plan (MDP) to include policy that every community should encourage a minimum of 15% non-market housing.
- Eliminating parking requirements for backyard suites.
- Using tracking systems to understand the needs and determine the funding requirements for infrastructure, service, and amenity upgrades and then figure out how these costs can be shared among all levels of government and the public and private sectors.
- Investigating business licensing for residential landlords including education requirements and a landlord registry.

Any of the Calgary Housing Strategy's recommended land use zoning changes still must be heard by Council at a future public hearing.

The following redevelopment projects are either approved or in process:

- Land use change application LOC2023-0054 for a change to H-GO for the six properties at 204 to 224 40 Avenue NW will be heard by the Calgary Planning Commission on October 19. The original Development Permit (DP) application is being revised to cover only the three eastern-most parcels in Phase 1. Phase 2 covering the three western-most properties, will be dealt with in the future. The City is still awaiting the revised DP application.
- DP2023-01905 for a 4-unit rowhouse with suites at 457 33 Avenue NW was approved September 14.
- A land use change application to H-GO at 458 33 Avenue NW has been filed. The applicant has not provided any information about what they want to build. Neither the File Manager nor we know why the

applicant has filed for H-GO rather than the more usual R-CG. The North Hill Communities Local Area Plan denotes 4 Street NW as a Neighbourhood Connector and therefore subject to higher density. We continue to voice general concerns about the capacities of the civic infrastructure to handle ever-increasing volumes of waste and storm water, as well as concerns about pedestrian safety when crossing 4 Street NW. The file reference is LOC2023-0256.

- The land use change to Direct Control (DC)/R-CG for 420 37 Avenue NW was approved at the Council on September 20. Development permit application DP2023-05622 is under review for a proposed 3-unit rowhouse with basement suites and a 6-car garage with adjoining garage suites.
- The land use change application for R-CG at 3307 2 Street NE was also approved at Council on September 19. There is no DP application yet.
- A land use change application to R-CG at 4216 2 Street NW will be go to the Calgary Planning Commission (CPC) although the hearing date is unknown. If approved there, the application would then go to Council for a public hearing. There is no DP application yet.
- Another land use change application to H-GO for 4023 Centre B Street NW will also be heard by the CPC on October 19. This property is just one block from the transit hub at Centre Street and 40 Avenue. Higher housing density at this location is deemed appropriate. We have no information on what the applicant intends to construct. The file reference is LOC2023-0184.

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'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.

A Can-Do Kind of Guy: Mental Health Matters

by Judy H.

We hope that children, teens, and older people in our Highland Park community are taking time to sit and rest on Dennis' little park bench. Many folks have been a part of the restoration of the rickety old bench in Dennis' yard.

John, a business friend, and President of COMPASS offered to sandblast and paint the iron bench ends. His neighbour Ivor, purchased, shaped, and stained each of the new boards.

Thank you to Chris, Jerry, and Ivor who have problem solved the safe installation of the bench close to the garden area. We are waiting for the use of a laser printer to finish the memorial bench plaque which has been designed by Alexis, a local artisan of Serene Cree-ations.

Dennis' bench will be a "working bench" because we have engraved the Calgary Distress Centre number on the plaque.

Just like an overturned car near the community hall indicated a crisis in managing traffic not stopping at the intersection, a suicidal crisis refers to "a suicide attempt and an incident in which an emotionally distraught person seriously considers or plans to imminently attempt to take his or her own life" (Suicide Prevention Resource Centre, N.D).

On September 30 some of our community members painted our intersection which has a traffic calming effect and is meant to prevent a motor vehicle accident.

A suicide safety plan is a tool (<https://www.albertahealthservices.ca/frm-18600.pdf>) that can be used when body sensation and behaviours increase the chance of a suicidal crisis.

Dennis' street neighbours are now working with our Northwest City Social Worker, Jennifer Dimarzio, to offer an evening information session about Men's Mental Health/ Suicide Prevention in the cold month of January, 2024.

If you have an idea of what you would like to learn and/ or are interested in attending, please can you email me at jlynn2@shaw.ca and we can have coffee and chat about possibilities.

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

Crisis Talk line: 1-833-456-4566. Distress Centre: 403-266-4357.

Kerby Centre, Cobbs Bread and Northminster United Church

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The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



New fees ensure that the cost of running the service is covered by those who benefit from it.



You only need a permit if your street has parking restriction signs and you want to park on the street.