

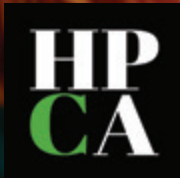
OCTOBER 2023

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HIGHLAND PARK

SUMMIT

THE OFFICIAL HIGHLAND PARK COMMUNITY NEWSLETTER



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September Community Cleanup Recap

by Tanya Kowalchuk, Community Cleanup Coordinator

Thank you to all of the volunteers for making this year's Community Cleanup a great success. We were able to collect three garbage trucks of trash, a full container of metals, five crates of e-waste, and almost a full truck of clothing and household items for Cerebral Palsy.

I am somewhat new to the community, and it was my first time coordinating the event. As a result, I made some changes to how things were done as well as the placement of some vehicles. There was a little concern about the placement of the City trucks. In consultation with the City workers, we placed the trucks at a slant to prevent debris hitting cars and people. Next year, we will have the trucks at a slant again but shift them a bit so we can make more room at the entrance of the parking lot.

Thank you again to our volunteers as well as our vendors: ReconMetal, Techno Trash, City of Calgary, and the Cerebral Palsy Association.



The Medicinal Condiment

Ketchup is one of the most popular condiments in Canada, with 87% of us having a bottle in our fridge! But did you know that ketchup was once thought to have healing properties? In the 1830s, Dr. John Cook Bennett claimed that it could cure indigestion and jaundice and sold his recipe in pill form. It wasn't until the 50s that such claims turned out to be false.



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preschool@hpca.ca | 403-276-6969

www.hpca.ca/preschool



Fresh Start Recovery



HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

Next Lunch: Tuesday, October 17 at noon

Coffee/tea served at 11:30 am

\$6 per person for HPCA members

\$10 per person without membership

HPCA seniors' membership is \$5 per year

Contact seniorscoordinator@hpca.ca or

587-439-7263 to register to attend.

NEXT

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www.nextkidsinc.com

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

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
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Block Connector/ Human Library	connections@hpca.ca
Activity Kits Booking and Info	activitykits@hpca.ca
Community Social Worker	Jennifer Dimarzo jennifer.dimarzo@calgary.ca
Ward 4 Councillor	Sean Chu, 403-268-3727 sean.chu@calgary.ca
Police Service	Cst. Raeann Watson, District 3 pol5218@calgarypolice.ca, 403-860-8027
Bylaw Infractions	Call 311 or complete form on line at: www.calgary.ca/311online

Highland Park Hall Rental Rates

Phone: 403-276-6969

www.hpca.ca/hall-rental

We welcome rental enquiries for our facilities. We offer a choice in hall size, a kitchen with an updated stainless steel appliances, a portable bar, a projector, sound system, and loads of tables and chairs.

Rental Rates:

Main Hall – 186 person capacity

\$550/day (8:00 am to 10:00 pm) or \$55/hour; \$500 damage deposit.

North Hall – 60 person capacity

\$400/day (8:00 am to 10:00 pm) or \$44/hour; \$400 damage deposit.

There is a once per year 25% discount for HPCA area residents with a current membership.

All rentals are subject to GST.

Our facilities can only be rented until 10:00 pm.

The Good Food Box

The Good Food Box is a Community Kitchen initiative available to anyone, not just residents of Highland Park. You can pay in two ways: 1) by e-transfer to our Board Member, Anne Naumann, at AnneNaumann@shaw.ca before 4:00 pm on the Monday order date, or 2) with cash or cheque at the hall on the order date, between 6:00 and 7:00 pm. The pick-up date and time for the ordered boxes is always on a Thursday, at the HPCA hall between 6:00 and 7:00 pm.

Large Box: 45 to 50 lbs = \$40

Medium Box: 35 to 40 lbs = \$35

Small Box: 25 to 30 lbs = \$30

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

ORDER DATE:

Monday, October 16

Monday, November 13

PICK-UP DATE:

Thursday, October 26

Thursday, November 23

OCTOBER 2023 HIGHLAND PARK HALL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. All Halls 8:00 am to noon, MHB until 2:00 pm Peace Church MH 3:00 to 7:00 pm Tsang	2. MH 6:30 to 9:00 pm Bunbukan Karate	3. NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 10:00 pm Forge Martial Arts	4.	5. NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 10:00 pm Forge Martial Arts	6. MH 6:30 to 9:30 pm YDS Canada	7. NH 8:00 am to 2:00 pm Amatorio MH 2 to 10pm Fiestas
8. All Halls 8:00 am to noon, MHB until 2:00 pm Peace Church MH 1 to 10pm Kultgen	9. MH 1:00 to 4:00 pm Anglican Network Churches of the Good Shepherd	10. NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 10:00 pm Forge Martial Arts	11.	12. MH 9:00 am to 1:00 pm Child Development Dayhomes NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 10:00 pm Forge Martial Arts	13. NH 10:00 am to 2:00 pm Huo MH 6:30 to 9:30 pm YDS Canada	14. MH 8:00 am to 10:00 pm Khan MHB 6:00 to 8:00 pm GraceNotes Music
15. All Halls 8:00 am to noon, MHB until 2:00 pm Peace Church NH 1:00 to 7:00 pm Sood	16. MH 6:30 to 9:00 pm Bunbukan Karate 6:00 to 7:00 pm Good Food Box Order	17. NH 11:30 am to 1:00 pm Seniors' Luncheon NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 10:00 pm Forge Martial Arts	18. MH 3:30 to 9:00 pm Prasad	19. NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 10:00 pm Forge Martial Arts	20. MH 6:30 to 9:30 pm YDS Canada	21. MH 8:00 am to 10:00 pm Nague MHB 6:00 to 8:00 pm GraceNotes Music
22. All Halls 8:00 am to noon, MHB until 2:00 pm Peace Church MH 1:00 to 7:00 pm Nair	23. NH 8:00 am to 4:00 pm HPCA MH 6:30 to 9:00 pm Bunbukan Karate	24. NH 8:00 am to 4:00 pm HPCA NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 10:00 pm Forge Martial Arts	25. Lobby 1:00 to 3:00 pm Northminster United Church Bread Hamper NH 7:00 to 9:00 pm HPCA	26. 6:00 to 7:00 pm Good Food Box Pick-up NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 10:00 pm Forge Martial Arts	27. MH 6:30 to 9:30 pm YDS Canada	28. MH Noon to 5:00 pm Doiron-Samaska 6:00 to 10:00 pm HPCA
29. All Halls 8:00 am to noon, MHB until 2:00 pm Peace Church MH, NH, LNH 1:00 to 5:00 pm Science of Spirituality	30. MH 6:30 to 9:00 pm Bunbukan Karate	31. NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 10:00 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

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Available Times:

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October to December
3:30 – 5:00pm

Let's Connect:

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Calgary AB, T2E 2X7
403-252-1704
info@fairviewbaptistchurch.ca

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 often additional details on our website if you scroll down to 'Upcoming Events' on HighlandParkCommunity.ca. You can sign up for our email list there too.

Urgent! Volunteer Newsletter Content Editor Needed

We need a new volunteer newsletter editor for the Highland Park Summit. This would require about one to two hours of your time each month, and would involve:

- a) Sending a reminder email to regular content providers re: the upcoming submission deadline.
- b) Prioritizing articles received and submitting them by the deadline (the 15th of the month) to our publisher with instructions for managing them (the publisher arranges them and includes advertising content).
- c) Reviewing a draft newsletter received from the publisher (near the end of the month) and making small edits if required.
- d) Receiving the final electronic newsletter (start of newsletter's month) and emailing it out to our contact list.

If you are interested in this position and want more information, contact 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 remains open for preschool kids ages 3 and 4. We still have one last spot in our class on Tuesday/Thursday afternoons from 1:00 to 3:30 pm. The monthly cost is \$65. Visit HPCA.ca/preschool for more information.

Good Food Box

*Important adjustment – 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, the next two order dates will be Monday, October 16 and November 13. There is no order date in December. As of August this year, the price is now \$5 higher per box than it was earlier in the year, so it's now \$30 for a small, \$35 for a medium, and \$40 for a large box.

You can still order in person with Ellen, our volunteer, at our hall between 6:00 and 7:00 pm on the order dates, or you can e-transfer payment by no later than 4:00 pm on the order date to our board member, Anne, at AnneNaumann@shaw.ca with a note re what box size(s) you want, and we'll submit your order. The pick-up dates will remain on a Thursday, now 10 days after the order date, at the hall between 6:00 and 7:00 pm.

Seniors' Luncheon

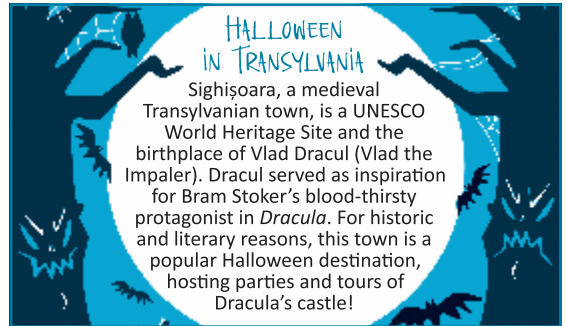
The third Tuesday of each month. Next dates are October 17 and November 21. Sign-in starts at 11:30 am, with lunch served at 12:00 pm. The cost is \$6 per person for HPCA members, and \$10 for non-members. Please register in advance with our HPCA board member, Rosalind, at SeniorsCoordinator@HPCA.ca or by phone at 587-439-7263 to confirm your attendance so that we can ensure we have enough food for everyone. If you want to volunteer for this event (to set up, help serve, or clean up afterward) please also contact Rosalind.

Christmas Art Market

Join us for a holiday gathering of the most talented creators from noon to 4:00 pm on Saturday, December 9. Registration for vendors is now open (\$25 per table). Vendors can register online only at www.hpca.ca/events by November 17.

A HALLOWEEN DISGUISE

Halloween costumes have been around for over 2,000 years! This tradition began with the Celtic festival of Samhain, which marked the end of harvest season. It was believed that on October 31, spirits could walk the Earth. To honour the spirits and keep themselves safe by blending in, Celts donned disguises made of animal heads and skin.



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HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber | development@hpca.ca

At the time of writing this article, we are expecting that a very large number of submissions will be sent to/presented at the City's Community Development Committee public hearing on September 14. The hearing will deal with the recommendations of the Calgary Housing Strategy. Several of the recommendations will be highly contentious inasmuch as they represent something of a paradigm shift in land use zoning.

As usual with any significant proposed changes, there are pros and cons. Broadly speaking, the HPCA Planning and Development Committee supports the goals and objectives of the Housing Strategy to increase housing supply including the supply of more affordable housing. However, we do have some questions and concerns about several of the implementation action items and have submitted a letter to the committee outlining these. We will provide an update on what transpires at the committee meeting in next month's newsletter.

Within Highland Park, there are several proposed projects that are either still under review, pending decision, or approved:

The development permit application for a 4-plex with suites at 4012 Centre A St NE was approved on August 18. The appeal period ends on September 14. The file reference is DP2023-03893. Note: Last month's newsletter incorrectly stated the address as 4012 Centre St NE.

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 file references are LOC2023-0054 for the land use change to H-GO and DP2023-01343 for the redevelopment project. The proposed development is a major one and is undergoing significant review by the City.

DP2023-01905 for a rowhouse with suites at 457 33 Ave NW is pending decision further to additional revisions to the plans.

The land use change to R-CG for 420 37 Avenue NW goes to a public hearing at Council on September 19. A development permit application was recently filed for a proposed 3-unit rowhouse with basement suites and a 6-car garage with adjoining suites. The DP application number is DP2023-05622.

The land use change application for R-CG for the corner parcel at 3307 2 Street NE is also scheduled for a public hearing at Council on September 19. The file reference is LOC2023-0068. A development permit application has not yet been submitted.

A land use change application for R-CG for the parcel at 4216 2 Street NW will be proceeding to the Calgary Planning Commission (CPC) although the hearing date is not yet known. If approved there, the application would then go to Council for a public hearing. The developer's intent is to build a 4-plex with suites, along with a garage structure along the laneway. There is no DP application yet.

A new application for H-GO land use at 458 33 Avenue NW has just been filed. There is no information about the application. The file manager indicated that they are suggesting to the applicant that R-CG would be a better land use change, given the size of the parcel and the limitations that imposes. The file reference is LOC2023-0256.

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/>. You can sign up for "Planning Matters" email alerts about planning matters that go to Council or to a Council Committee. For more information go to: <https://www.calgary.ca/planning/public-hearings.html?redirect=/planningmatters>.

Just a reminder that Council and Committee meetings are live-streamed. Check out <https://www.calgary.ca/council/meetings/agenda-minutes.html?redirect=/agendaminutes> for further information on how to submit comments or to watch the live-stream.



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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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.



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Spaghetti Squash Carbonara

Recipe received from Bruce McLeod, longtime HPCA resident

Here's a recipe I received a few years ago from Bruce McLeod and his mom Irene. They brought it to a community potluck dinner, and it was so delicious I needed to know how to make it myself. Notes from the chef: I often prefer baking the squash in the oven as opposed to the microwave to prepare them for "scraping". I also quite often substitute bacon for prosciutto as I do not always have prosciutto in the house.

Servings: 4 to 6

Prep and Cook Time: approximately 90 minutes, including 40 minutes of baking squash prior to scraping it out.

Kitchen Supplies Needed: long knife, 8 x 8-inch baking dish or pan, whisk or beaters, large mixing bowl, frying pan

Ingredients:

- 1 1/2 to 2lb. spaghetti squash, cooked. See below.
- 1 tbsp. extra-virgin olive oil
- 1 oz (28 g) prosciutto, finely diced (can substitute 1/2 cup chopped and cooked bacon, or bacon bits)
- 2 large eggs
- 1/2 cup water
- 1/2 cup whipping cream (can substitute some half and half cream to lower the fat content)
- 1/4 tsp. sea salt
- 1/4 tsp. freshly ground black pepper
- 3/4 cup freshly grated Parmesan cheese (could substitute Asiago cheese)

Directions:

- With a sharp, sturdy knife, trim the stem end from the squash and split it in half lengthwise. Scoop out the seeds with a spoon.
- Lay the squash halves, cut side down, in a baking dish and add about 1/2 inch of water to the dish. Cook the spaghetti squash either in the oven or microwave. Oven: bake, covered in tin foil, at 350 degrees for about 40 minutes. Microwave: in a microwave-safe dish with the water in the bottom, cover with plastic wrap and heat on high for 10 minutes or more. It is cooked when you can push down on the skin slightly. When the squash is cooked (by whichever method), uncover it and let it cool slightly while you prepare the other ingredients.

- In a small frying pan, heat the oil and prosciutto (or bacon) over medium-low heat and cook until the prosciutto crisps slightly. Remove from heat.
- In a large mixing bowl, beat the eggs, water, cream, salt, pepper, and 1/2 cup of the cheese together.
- Scrape out the flesh of the squash. It will come out looking like spaghetti strings (hence the name). Discard the squash skins.
- Add to the mixing bowl, the prosciutto with the oil, as well as the spaghetti squash flesh and stir it all together.
- Spread the mixture out into an 8 x 8-inch (20 x 20-cm) baking dish and sprinkle with the remaining cheese. Bake for 30 to 40 minutes until set but still slightly jiggle in the middle. Let sit for 10 minutes before serving.



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