



# TARGET BY COMMUNITY PLACE YOUR AD HERE AND PROMOTE YOUR BUSINESS 403-720-0762 | grow@greatnewsmedia.ca





www.highlandparkphysio.ca



### CALGARY MAT & **LINEN** SERVICES

#### We care about the safety, cleanliness, and appearance of your business.

#### **Mat Rentals & Purchases**

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



#### Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

#### **Linen Cleaning Services**

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies





VISIT OUR WEBSITE



#### CONTACT US





403.279.5554

calgarymatandlinen.com



# Highland Park Community Association

**└** 403-276-6969 **♀** 3716 2 St NW

PresidentVacantVice PresidentCarolyne MondouxSecretaryCarolyne MondouxTreasurerJerry KohutPast PresidentElise BiecheDirectorD. Jeanne KimberDirectorTanya KowalchukDirectorCareg MillerDirectorGreg MillerDirectorSuresh NairDirectorSuresh NairDirectorVacantDirectorVacantDirectorStephen Wright, 403-276-6969and ManagementHallmanager@hpca.caAvailability CalendarStephen Wright, 403-276-6969and ManagementPaca.ca/hall-calendarAvailability CalendarStephen Wright, 403-276-6969and ManagementBillen Peterson goodfoodbox@hpca.caSood Food BoxElien Peterson goodfoodbox@hpca.caSeniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caSeniors' LuncheonSosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caMunan LibraryAttivityKits@hock.caActivity Kits Booking and InActivityKits@hpca.caMunan LibraryActivityKits@hpca.caActivity Kits Booking and InActivityKits@hpca.caMarcel ActouncillorSeen Chu, 403-268-3727 sen,chu@calgary.ca	BOARD OF DIRECTORS	
SecretaryCarolyne MondouxTreasurerJerry KohutPast PresidentElise BiecheDirectorD. Jeanne KimberDirectorRosalind KohutDirectorTanya KowalchukDirectorOnna MarzolfDirectorGreg MillerDirectorSuresh NairDirectorSuresh NairDirectorVacantDirectorVacantDirectorStephen Wright, 403-276-6969and Managementhallmanager@hpca.caFacility Rental Availability CalendarKerri Johansen newsletter Editor goodfoodbox@hpca.caRosolind Kohut, 587-349-0870 seniorscoordinator@hpca.caSeniors' Luncheon Block Connector/ Human LibraryRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caVolunteer Coordinatorvolunteer@hpca.caBlock Connector/ Human Librarycativitykits@hpca.caActivity Kits Booking and Info ActivityKits Booking and Info Sen Chu, 403-268-3727Ward 4 CouncillorSen Chu, 403-268-3727		Vacant
TreasurerJerry KohutPast PresidentElise BiecheDirectorD. Jeanne KimberDirectorRosalind KohutDirectorTanya KowalchukDirectorOnna MarzolfDirectorGreg MillerDirectorSuresh NairDirectorSuresh NairDirectorVacantDirectorVacantDirectorStephen Wright, 403-276-6969and ManagementHallmanager@hpca.caFacility RentalStephen Wright, 403-276-6969and Managementhpca.ca/hall-calendarAvailability CalendarKerri Johansen newsletter EditorResseltereditor@hpca.caEllen Peterson goodfoodbox@hpca.caSeniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caBlock Connector/ Human Libraryvolunteer@hpca.caActivity Kits Booking and Info Activity Kits Booking and Info Activity Kits Booking and Infocativity Kits@hpca.caKord 4 CouncillorSeen Chu, 403-268-3727	Vice President	Chris Hunt
Past PresidentElie BiecheDirectorD. Jeanne KimberDirectorRosalind KohutDirectorTanya KowalchukDirectorOnna MarzolfDirectorGreg MillerDirectorAnne NaumannDirectorSuresh NairDirectorVacantDirectorVacantDirectorVacantDirectorStephen Wright, 403-276-6969and Managementhallmanager@hpca.caFacility RentalStephen Wright, 403-276-6969and Managementhallmanager@hpca.caFacility RentalStephen Wright, 403-276-6969and Managementhallmanager@hpca.caFacility RentalStephen Wright, 403-276-6969and ManagementBillen Paterson goodfoodbox@hpca.caSewsletter EditorKerri Johansen newslettereditor@hpca.caSeniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caSeniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caBlock Connector/ Human Libraryoutleter@hpca.caAttivity Kits Booking and Infoactivitykits@hpca.caCommunity Social Worker jennifer.dimarzo@calgary.caJennifer.Dimarzo jennifer.dimarzo@calgary.caWard 4 CouncillorSean Chu, 403-268-3727	Secretary	Carolyne Mondoux
DirectorD. Jeanne KimberDirectorRosalind KohutDirectorTanya KowalchukDirectorOnna MarzolfDirectorGreg MillerDirectorAnne NaumannDirectorSuresh NairDirectorMarit KaurDirectorVacantDirectorVacantDirectorVacantDirectorStephen Wright, 403-276-6969and Managementhallmanager@hpca.caFacility RentalStephen Wright, 403-276-6969and Managementhallmanager@hpca.caFacility RentalKerri Johansen newslettereditor@hpca.caRood Food BoxEllen Peterson goodfoodbox@hpca.caDirectoryeanne Kimber development@hpca.caSeniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caSolock Connector/ Human Libraryounteer@hpca.caActivity Kits Booking and Infoactivitykits@hpca.caWard 4 CouncillorSean Chu, 403-268-3727	Treasurer	Jerry Kohut
DirectorRosalind KohutDirectorTanya KowalchukDirectorDonna MarzolfDirectorGreg MillerDirectorAnne NaumannDirectorSuresh NairDirectorMarit KaurDirectorVacantDirectorVacantDirectorStephen Wright, 403-276-6969and Managementhallmanager@hpca.caFacility RentalStephen Wright, 403-276-6969and Managementhallmanager@hpca.caFacility Rentalhpca.ca/hall-calendarAvailability Calendarhpca.ca/hall-calendarAvailability Calendarkerri Johansen newslettereditor@hpca.caSeniors LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caSeniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caBlock Connector/connections@hpca.caHuman Libraryactivitykits@hpca.caActivity Kits Booking and Infoactivitykits@hpca.caCommunity Social WorkerJennifer Dimarzo jennifer.dimarzo@calgary.caWard 4 CouncillorSean Chu, 403-268-3727	Past President	Elise Bieche
DirectorTanya KowalchukDirectorDonna MarzolfDirectorGreg MillerDirectorAnne NaumannDirectorSuresh NairDirectorMarrit KaurDirectorVacantDirectorVacantDirectorVacantDirectorVacantDirectorStephen Wright, 403-276-6969and Managementhallmanager@hpca.caFacility Rental Availability CalendarKerri Johansen newslettereditor@hpca.caRood Food BoxEllen Peterson goodfoodbox@hpca.caSeniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caSeniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caBlock Connector/ Human Libraryoutvitkits@hpca.caActivity Kits Booking and Infoactivitykits@hpca.caWard 4 CouncillorSean Chu, 403-268-3727	Director	D. Jeanne Kimber
DirectorDona MarzolfDirectorGreg MillerDirectorAnne NaumannDirectorSuresh NairDirectorMrit KaurDirectorVacantDirectorVacantDirectorVacantDirectorVacantCOMMUNITY CONTACTSWebsiteWebsitewww.hpca.caFacility RentalStephen Wright, 403-276-6969and Managementhallmanager@hpca.caFacility RentalKerri Johansen newslettereditor@hpca.caRood Food BoxEllen Peterson goodfoodbox@hpca.caDevelopment Review Beniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caSolutteer Coordinatorvolunteer@hpca.caBlock Connector/ Human Libraryconnections@hpca.caActivity Kits Booking and Infoactivitykits@hpca.caWard 4 CouncillorSean Chu, 403-268-3727	Director	Rosalind Kohut
DirectorGreg MillerDirectorAnne NaumannDirectorSuresh NairDirectorAmrit KaurDirectorVacantDirectorVacantDirectorVacantCOMMUNITY CONTACTSWebsitewww.hpca.caFacility RentalStephen Wright, 403-276-6969and Managementhallmanager@hpca.caFacility Rentalhpca.ca/hall-calendarAvailability Calendarkerri Johansen newslettereditor@hpca.caRood Food BoxEllen Peterson goodfoodbox@hpca.caDevelopment Review Levelopment@hpca.caSeane Kimber development@hpca.caSeniors' Luncheon Human LibraryRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caVolunteer Coordinatorvolunteer@hpca.caBlock Connector/ Human Libraryactivitykits@hpca.caActivity Kits Booking and Infoactivitykits@hpca.caWard 4 CouncillorSean Chu, 403-268-3727	Director	Tanya Kowalchuk
DirectorAne NaumannDirectorSuresh NairDirectorAmrit KaurDirectorVacantDirectorVacantDirectorVacantCOMMUNITY CONTACTSWebsiteWebsitewww.hpca.caFacility RentalStephen Wright, 403-276-6969and Managementhallmanager@hpca.caFacility Rentalhpca.ca/hall-calendarAvailability CalendarKerri Johansen newslettereditor@hpca.caRood Food BoxEllen Peterson goodfoodbox@hpca.caDevelopment ReviewJeanne Kimber development@hpca.caSeniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caVolunteer Coordinatorvolunteer@hpca.caBlock Connector/ Human Libraryconnections@hpca.caActivity Kits Booking and Infoactivitykits@hpca.caWard 4 CouncillorSean Chu, 403-268-3727	Director	Donna Marzolf
Director Suresh Nair Director Amrit Kaur Director Vacant Director Vacant Director Vacant COMMUNITY CONTACTS Website www.hpca.ca Facility Rental Stephen Wright, 403-276-6969 and Management hallmanager@hpca.ca Facility Rental hallmanager@hpca.ca Facility Rental hallmanager@hpca.ca Facility Rental hallmanager@hpca.ca Facility Rental herca.ca/hall-calendar Availability Calendar Newsletter Editor Kerri Johansen 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 Seniors' Luncheon and Sosalind Kohut, 587-349-0870 seniorscoordinator@hpca.ca Block Connector/ Human Library Activity Kits Booking and Info Activity Kits Booking Al	Director	Greg Miller
Director Amrit Kaur Director Vacant Director Vacant COMMUNITY CONTACTS Website www.hpca.ca Facility Rental Stephen Wright, 403-276-6969 and Management hallmanager@hpca.ca Facility Rental hpca.ca/hall-calendar Availability Calendar Newsletter Editor Kerri Johansen 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 wolunteer@hpca.ca Slock Connector/ Block Connector/ Human Library Activity Kits Booking and Info activitykits@hpca.ca Community Social Worker Jean Chu, 403-268-3727	Director	Anne Naumann
Director Vacant Director Vacant Director Vacant COMMUNITY CONTACTS Website www.hpca.ca Facility Rental Stephen Wright, 403-276-6969 and Management hallmanager@hpca.ca Facility Rental hpca.ca/hall-calendar Availability Calendar Newsletter Editor Kerri Johansen newslettereditor@hpca.ca Senod Food Box Ellen Peterson goodfoodbox@hpca.ca Development Review Jeanne Kimber development@hpca.ca Seniors' Luncheon Rosalind Kohut, 587-349-0870 seniorscoordinator wolunteer@hpca.ca Slock Connector/ volunteer@hpca.ca Block Connector/ paca.ca Block Connector/ seniorscoordinator@hpca.ca Keri Johansen newslettereditor@hpca.ca Seniors' Luncheon Rosalind Kohut, 587-349-0870 seniorscoordinator@hpca.ca Muman Library Activity Kits Booking and Info Activity Kits Booking All Info Book Connection Book	Director	Suresh Nair
Director Vacant COMMUNITY CONTACTS Website www.hpca.ca Facility Rental Stephen Wright, 403-276-6969 and Management hallmanager@hpca.ca Facility Rental hpca.ca/hall-calendar Availability Calendar Newsletter Editor Kerri Johansen 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 volunteer@hpca.ca Slock Connector/ connections@hpca.ca Block Connector/ paca.ca Human Library Activity Kits Booking and Info activitykits@hpca.ca Jennifer Dimarzo jennifer.dimarzo@calgary.ca Ward 4 Councillor Sean Chu, 403-268-3727	Director	Amrit Kaur
COMMUNITY CONTACTSWebsitewww.hpca.caFacility RentalStephen Wright, 403-276-6969and Managementhallmanager@hpca.caFacility Rentalhpca.ca/hall-calendarAvailability Calendarhpca.ca/hall-calendarAvailability Calendarnewslettereditor@hpca.caRood Food BoxEllen Peterson goodfoodbox@hpca.caDevelopment ReviewJeanne Kimber development@hpca.caSeniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caVolunteer Coordinatorvolunteer@hpca.caBlock Connector/ Human Libraryconnections@hpca.caActivity Kits Booking and Info activitykits@hpca.caactivitykits@hpca.caWard 4 CouncillorSean Chu, 403-268-3727	Director	Vacant
Websitewww.hpca.caFacility RentalStephen Wright, 403-276-6969and Managementhallmanager@hpca.caFacility Rentalhpca.ca/hall-calendarAvailability Calendarneca.ca/hall-calendarAvailability Calendarkerri Johansen newslettereditor@hpca.caRewsletter EditorKerri Johansen newslettereditor@hpca.caGood Food BoxEllen Peterson goodfoodbox@hpca.caDevelopment ReviewJeanne Kimber development@hpca.caSeniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caVolunteer Coordinatorvolunteer@hpca.caBlock Connector/ Human Libraryconnections@hpca.caActivity Kits Booking and Ino iennifer Dimarzo iennifer.dimarzo@calgary.caWard 4 CouncillorSean Chu, 403-268-3727	Director	Vacant
Facility RentalStephen Wright, 403-276-6969and Managementhallmanager@hpca.caFacility Rentalhpca.ca/hall-calendarAvailability Calendarhpca.ca/hall-calendarAvailability Calendarmewslettereditor@hpca.caNewsletter EditorKerri Johansen newslettereditor@hpca.caGood Food BoxEllen Peterson goodfoodbox@hpca.caDevelopment ReviewJeanne Kimber development@hpca.caSeniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caVolunteer Coordinatorvolunteer@hpca.caBlock Connector/ Human Libraryconnections@hpca.caActivity Kits Booking and Info jennifer Dimarzo jennifer.dimarzo@calgary.caactivity.403-268-3727Ward 4 CouncillorSean Chu, 403-268-3727	COMMUNITY CONTACTS	
and Managementhalimanager@hpca.caFacility Rental Availability Calendarhpca.ca/hall-calendarAvailability Calendarkerri Johansen newslettereditor@hpca.caRood Food BoxEllen Peterson goodfoodbox@hpca.caDevelopment ReviewJeanne Kimber development@hpca.caSeniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caVolunteer Coordinatorvolunteer@hpca.caBlock Connector/ Human Libraryconnections@hpca.caActivity Kits Booking and Info activitykits@hpca.caactivitykits@hpca.caWard 4 CouncillorSean Chu, 403-268-3727	Website	www.hpca.ca
Facility Rental Availability Calendarhpca.ca/hall-calendarNewsletter EditorKerri Johansen newslettereditor@hpca.caGood Food BoxEllen Peterson goodfoodbox@hpca.caDevelopment Review Development@hpca.caJeanne Kimber development@hpca.caSeniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caVolunteer Coordinatorvolunteer@hpca.caBlock Connector/ Human Libraryconnections@hpca.caActivity Kits Booking and Infoactivitykits@hpca.caCommunity Social Worker jennifer Dimarzo jennifer.dimarzo@calgary.caJean Chu, 403-268-3727	Facility Rental	Stephen Wright, 403-276-6969
Availability CalendarNewsletter EditorKerri Johansen newslettereditor@hpca.caGood Food BoxEllen Peterson goodfoodbox@hpca.caDevelopment ReviewJeanne Kimber development@hpca.caSeniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caVolunteer Coordinatorvolunteer@hpca.caBlock Connector/ Human Libraryconnections@hpca.caActivity Kits Booking and Infoactivitykits@hpca.caCommunity Social Worker jennifer Dimarzo jennifer.dimarzo@calgary.caWard 4 CouncillorSean Chu, 403-268-3727	and Management	hallmanager@hpca.ca
Newsletter EditorKerri Johansen newslettereditor@hpca.caGood Food BoxEllen Peterson goodfoodbox@hpca.caDevelopment ReviewJeanne Kimber development@hpca.caSeniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caVolunteer Coordinatorvolunteer@hpca.caBlock Connector/ Human Libraryconnections@hpca.caActivity Kits Booking and Info Community Social Worker jennifer Dimarzo jennifer.dimarzo@calgary.caactivity.403-268-3727	Facility Rental	hpca.ca/hall-calendar
newslettereditor@hpca.ca   Good Food Box Ellen Peterson goodfoodbox@hpca.ca   Development Review Jeanne Kimber development@hpca.ca   Seniors' Luncheon Rosalind Kohut, 587-349-0870 seniorscoordinator@hpca.ca   Volunteer Coordinator volunteer@hpca.ca   Block Connector/ connections@hpca.ca   Human Library activitykits@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	Availability Calendar	
Good Food BoxEllen Peterson goodfoodbox@hpca.caDevelopment ReviewJeanne Kimber development@hpca.caSeniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caVolunteer Coordinatorvolunteer@hpca.caBlock Connector/ Human Libraryconnections@hpca.caActivity Kits Booking and Info Community Social Worker jennifer Dimarzo jennifer.dimarzo@calgary.caWard 4 CouncillorSean Chu, 403-268-3727	Newsletter Editor	Kerri Johansen
Development Review Jeanne Kimber development@hpca.ca   Seniors' Luncheon Rosalind Kohut, 587-349-0870 seniorscoordinator@hpca.ca   Volunteer Coordinator volunteer@hpca.ca   Block Connector/ connections@hpca.ca   Human Library activitykits@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		newslettereditor@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 jennifer.dimarzo@calgary.ca   Ward 4 Councillor Sean Chu, 403-268-3727	Good Food Box	Ellen Peterson
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 jennifer.dimarzo@calgary.ca   Ward 4 Councillor Sean Chu, 403-268-3727		goodfoodbox@hpca.ca
Seniors' LuncheonRosalind Kohut, 587-349-0870 seniorscoordinator@hpca.caVolunteer Coordinatorvolunteer@hpca.caBlock Connector/ Human Libraryconnections@hpca.caActivity Kits Booking and Infoactivitykits@hpca.caCommunity Social Worker jennifer Dimarzo jennifer.dimarzo@calgary.caWard 4 CouncillorSean Chu, 403-268-3727	Development Review	
seniorscoordinator@hpca.ca   Volunteer Coordinator volunteer@hpca.ca   Block Connector/ connections@hpca.ca   Human Library activitykits@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		development@hpca.ca
seniorscoordinator@hpca.ca   Volunteer Coordinator volunteer@hpca.ca   Block Connector/ connections@hpca.ca   Human Library activitykits@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	Seniors' Luncheon	Rosalind Kohut, 587-349-0870
Block Connector/ Human Library Activity Kits Booking and Info conmunity Social Worker Vard 4 Councillor Sean Chu, 403-268-3727		
Human Library Activity Kits Booking and Info activitykits@hpca.ca   Community Social Worker Jennifer Dimarzo   ward 4 Councillor Sean Chu, 403-268-3727	Volunteer Coordinator	volunteer@hpca.ca
Human Library   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	Block Connector/	connections@hpca.ca
Community Social WorkerJennifer Dimarzo jennifer.dimarzo@calgary.caWard 4 CouncillorSean Chu, 403-268-3727	Human Library	
Community Social WorkerJennifer Dimarzo jennifer.dimarzo@calgary.caWard 4 CouncillorSean Chu, 403-268-3727	Activity Kits Booking and Info	activitykits@hpca.ca
jennifer.dimarzo@calgary.ca Ward 4 Councillor Sean Chu, 403-268-3727		
Ward 4 Councillor Sean Chu, 403-268-3727	,	jennifer.dimarzo@calgary.ca
	Ward 4 Councillor	
Police Service Cst. Raeann Watson, District 3	Police Service	
pol5218@calgarypolice.ca, 403-860-8027		-
Bylaw Infractions Call 311 or complete form online at:	Bylaw Infractions	
www.calgary.ca/311online	ojian inidelolo	

## **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, April 15 **PICK-UP DATE:** Thursday, April 25



# HIGHLAND PARK

### Register today for September 2024

Open House May 15, 5:00 to 7:00 pm 3716 2 St NW Stop by to see the classroom and meet the teachers! Visit our website to learn more.

Morning Classes Mon/Wed/Fri | 9am to 11:30am | \$105 per month Tues/Thurs | 9am to 11:30am | \$65 per month

Afternoon Classes Mon/Wed/Fri | 12:30 to 3:00pm | \$105 per month Tues/Thurs | 12:30 to 3:00pm | \$65 per month

> preschool@hpca.ca | 403-276-6969 www.hpca.ca/preschool





# HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

Next Lunch: Tuesday, April 16 at noon Coffee/tea served at 11:30 am Confirm attendance by April 9. \$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.

ighland Next Before & After School Care Program

Before & After School Care Grades 1 – 6 | Kindergarten Fully Licensed | Certified Staff | Quality Care

6:15am – 6:00pm Monday to Friday | Closed STAT Holidays

Private Bussing | PD Day Care | ½ Friday Care School Break Care | Summer Care

www.nextkidsinc.com

# **APRIL 2024 HIGHLAND PARK HALL CALENDAR**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 MH 6:30 to 9:00 pm Bunbukan Karate	2 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	3 MH 5:30 to 10:00 pm Big Bucks Cornhole	4 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	5 MH 6:30 to 9:30 pm YDS Canada	6 MH 8:00 am to 10:00 pm Creollo MHB 6:00 to 7:30 pm GraceNotes Music
7 All Halls 8:00 am to Noon, MHB until 2:00 pm Peace Church MH 1:00 to 5:30 pm Chahal	8 MH 6:30 to 9:00 pm Bunbukan Karate	9 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 10:00 pm Forge Martial Arts	10 MH 5:30 to 10:00 pm Big Bucks Cornhole	11 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	12 MH 6:30 to 9:30 pm YDS Canada	13 MH 8:00 am to 10:00 pm Abrenica MHB 10:00 am to 2:00 pm Dunsmore MHB 6:00 to 7:30 pm GraceNotes Music
14 All Halls 8:00 am to Noon, MHB until 2:00 pm Peace Church NH 1:00 to 5:00 pm Pospisil	15 6:00 to 7:00 pm Good Food Box Order and HP Chats MH 6:30 to 9:00 pm Bunbukan Karate	16 NH 11:30 am to 1:00 pm HPCA Seniors Luncheon NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	17 MH 5:30 to 10:00 pm Big Bucks Cornhole	18 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	19 MH 6:30 to 9:30 pm YDS Canada	20 MH, MHB 11:00 am to 6:30 pm Anike MHB 6:00 to 7:30 pm GraceNotes Music
21 All Halls 8:00 am to Noon, MHB until 2:00 pm Peace Church MH 1:00 to 3:00 pm Forge Martial Arts NH 1:00 to 6:00 pm Belmonte	22 MH 6:30 to 9:00 pm Bunbukan Karate NH 7:00 to 9:00 pm HPCA	23 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 10:00 pm Forge Martial Arts	24 Lobby 1:30 to 3:00 pm Northminster United Church Bread Hamper MH 5:30 to 10:00 pm Big Bucks Cornhole NH 7:00 to 9:00 pm HPCA	25 Lobby 6:00 to 7:00 pm Good Food Box Pick-up NH 6:00 to 7:00 pm Jazzercise MH 8:00 am to 4:00 pm HPCA MH 7:00 to 9:00 pm Forge Martial Arts	26 MH 8:00 am to 4:00 pm HPCA MH 6:30 to 9:30 pm YDS Canada	27 MH 8:00 am to 10:00 pm Loewen
28 All Halls 8:00 am to Noon, MHB until 2:00 pm Peace Church MH 1:00 to 6:00 pm Koch	29 MH 6:30 to 9:00 pm Bunbukan Karate	30 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.



**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.

### **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 usually additional details on our website if you scroll down to Upcoming Events on HighlandParkCommunity.ca. Don't forget, you can sign up for our email list and follow HPCA on our social media sites there too.

#### **HPCA Casino Sign-Up**

We have been assigned our next casino which will be on July 1 and 2, and we are recruiting volunteer workers now. Volunteers need to be 18 or older as of July 1, and for all positions, except Chip Runner, a Casino Volunteer Worker form must be submitted indicating you have no criminal record related to narcotics, acts of dishonesty, or acts of violence. Sign yourself up at: https://signup.com/go/ hVHzYNz. Volunteers receive a free meal and snacks during their shift.

#### **HPCA 70th Anniversary**

2024 is Highland Park Community Association's 70th Anniversary year, as we were incorporated as a society on June 21, 1954. Contact Anne at Volunteer@HPCA.ca if you have any old pictures of our neighbourhood or events that we can include in a slideshow to share with the community.

#### **HPCA E-Newsletter**

Sometimes you may not get the paper newsletter in time, so why not get it delivered to your email inbox? Sign up for our email distribution list and get a PDF of our newsletter at the start of every month. Go to HighlandParkCommunity. ca and when the pop-up comes up at the bottom to "Join our mailing list" just input your email. Please note, your email will not be shared with anyone outside of the Highland Park Community Association.

#### **Friday Night Fires**

Our volunteer Dee is still going strong, hosting a campfire at the Highland Park grounds every Friday evening starting 6:00 pm, unless the weather is terrible (too windy, rainy, or too cold, etc.) 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, if you want. Note if you have any firewood, you won't be using, please drop it off next to the HPCA shed.

#### **Good Food Box and Highland Park Chats**

Amrit, our Community Connector, is hosting Highland Park Chats in our hall lobby during Good Food Box order dates, on certain Mondays, from 6:00 to 7:00 pm. The next ones are April 15 and May 6. Come have a coffee and chat about community resources and your event ideas. You can order a Good Food Box at the same time. Good Food Box Pickup is always on a Thursday, ten days after the order date, between 6:00 and 7:00 pm in our hall lobby. If you are ordering for the first time, make sure you register with our lead volunteer, Ellen, by sending an email to GoodFoodBox@HPCA.ca with your name, email, phone, and the number of adults, children, and seniors your box order will feed. You can pay with cash in person with Ellen, or by e-transfer to our Volunteer Coordinator, Anne, at AnneNaumann@shaw.ca.

#### Seniors' Luncheon

This monthly event is on the third Tuesday of the month, with the next two being April 16 and May 21. Remember to register one week in advance with our lead volunteer for this program, Roz, at SeniorsCoordinator@HPCA.ca so we know how much food needs to be purchased and prepared. The cost is still \$6 for HPCA members and \$10 for non-members. This program is proudly supported by Fresh Start Recovery Centre, whose cooks prepare the meals.

#### **Earth Day Celebration Litter Cleanup**

Event kick-off is Saturday, April 20, 9:00 to 11:00 am, at our hall. Pitch in with family and some neighbours to pick up litter around our neighbourhood. Clean-up kits and further information will be provided.

#### Little Free Pantry Project

Project kick-off will also be on Saturday, April 20, 9:00 to 11:00 am, at our hall. Come find out more about this resident-led idea to create Little Free Pantries in our neighbourhood that will be stocked with dry goods for neighbours who need a little extra help.

#### **Community Market**

Saturday, June 15, from 11:00 am to 2:00 pm. This is the next one in our series of Market events and will tie in with Neighbour Day. Mark your calendars to come out and support local vendors. If you want to book a table, please email Connections@HPCA.ca.

Note: do not try to book a table through any other email address, as some folks are trying to trick vendors into sending scammers money.

#### HPCA AGM

Wednesday, June 19 will be Highland Park Community Association's Annual General Meeting followed by a social "meet your neighbours" event. Sign-in for the meeting will start at 6:45 pm. Additional details will be provided to those on our Membership and Contact list. Note, only paid HPCA members are eligible to vote at the meeting. You can purchase your 2024 membership on our website: HighlandParkCommunity.ca. We are looking to fill some key positions on our Board; please email Anne at Volunteer@HPCA.ca for more information.

#### by D. Jeanne Kimber

Calgary City Council will be holding a public hearing on the contentious "Rezoning for Housing" proposal to upzone R1/RC-1 and R2/RC-2 land use to a base level of R-CG. R-CG allows for higher density on a property and a variety of housing forms (e.g. Rowhouses, and town homes) but it is important to remember that R-CG also includes single-detached and semi-detached housing. A motion to put the change to a plebiscite was defeated by Council, as well as a motion to delay the hearing until June. City Administration will also be recommending proposed amendments to R-CG. Check out the City's website at https://www.calgary. ca/planning/projects/rezoning-for-housing.html for more information.

Another significant planning initiative currently underway is the City Building Program. The program has three components:

- Integrating the Municipal Development Plan (MDP) and the Calgary Transportation Plan,
- Developing a new Zoning Bylaw to replace the current Land Use Bylaw, and
- Creating a new Street Manual to provide updated guidance on how Calgary's streets are designed.

Information on the Program can be found at https:// www.calgary.ca/planning/city-building-program.html. At present, public engagement is closed and we are waiting for "What Comes Next".

Here is a brief rundown of all the recent planning and development applications in Highland Park starting with land use change applications:

- LOC2023-0330 3503 Centre A St NE for R-CG land use was approved by Council on March 5.
- LOC2023-0352 212 32 Ave NE for R-CG land use is scheduled for a public hearing at Council on April 9.
- LOC2024-0006 3520 Centre St NE for a land use change from M-C1 to M-U2 to enable construction of a sixstorey multi-residential building with ground floor commercial potential. This is a 50 ft parcel and we have questioned the feasibility and the appropriateness of such a development, even though it is on a designated "Main Street" and Neighbourhood Flex route.
- LOC2024-0034 4020 1 St NW for H-GO to allow for five units with suites. The property is within the 40 Ave Neighbourhood Flex corridor but because there is still one older bungalow in-between, we have suggested R-CG with its slightly lower density would be a better transition.

- LOC2023-0256 458 33 Ave NW for a land use change to H-GO was approved by Council on February 6. DP2024-00270 for a rowhouse has now been filed.
- LOC2023-0259 3820 and 3824 Centre A St NE. The application is for M-C1 zoning which allows a max density of 148 units per hectare and a building height of 14 m. Our response was that M-CG would be more appropriate. The application is still under review.
- LOC2023-0290 3308 2 St NE. The application for R-CG is under review.

Recent Development Permit (DP) applications include:

- DP2023-08976 3404 3 St NW. The application is for two buildings containing five units and four suites in a stacked townhouse style. The DP is under review.
- DP2023-07472 116 43 Ave NE for two semi-detached with suites. The amended plans are under review.
- DP2024-00614 3704 Centre St NE for a small Place of Worship (Chinese temple) is under review.
- DP2024-00720 458 33 Ave NW for a five-unit rowhouse with suites has been submitted.
- DP2024-01027 3307 2 St NE for a rowhouse with suites has just been submitted. No information is available as of today's date (March 14).
- DP2023-01343 covering #204 to #212 40 Ave NW. Revised plans for three parcels to build three rowhouse buildings with sixteen units and sixteen suites. Still under review.

To learn more about any of the land use or development permit applications going on in Highland Park, please visit the City's Development Map at https://developmentmap. calgary.ca/.

Email development@hpca.ca.



# BUSINESS CLASSIFIEDS For business classified ad rates contact 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.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 | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit https://calgarymatandlinen.com/ to learn more and get a quote. We are located in SE Calgary.

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

**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. 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.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

**TERRAVIEW LAWN CARE & LAWN PAINTING:** Lawn painting; enjoy a nice green lawn while saving water! Drought friendly! Spring cleanups, power raking, aerating, slit-seeding, etc. Weekly and bi-weekly mowing and yard maintenance services. Reasonable rates. Ron | 403-669-4671 or Craig | 403-819-7905. View us on Facebook at www.Facebook.com/TerraViewLawnCare.



### 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.



### Suicide Prevention: A Can-Do Kind of Guy - Caring and Helpful Neighbour

by Judy H.

#### Dennis M. Jonk (1963-2023)

March 12, 2024, was the one-year anniversary of the loss of our dear neighbour and friend.

Last spring, we gathered the neighbours for an evening of personal stories that were shared with his sister, Yvonne. This gave us a way of saying goodbye together.

We published monthly articles in the Highland Park Summit community newsletter about Men's Mental Health and information about some suicide prevention resources.

Last summer, we restored a small wooden bench from his yard. With permission from the HPCA board it was safely installed in the community garden area. Dennis loved kids. There are playschool children and skaters on the rink in winter. We hope that they climb all over his bench! It has the new Suicide Crisis Line, 9-8-8, engraved on the plaque.

With the expertise of a videographer from the Highland Park Living Library and funding from his family we produced a five-minute video clip of Dennis's impact on our street.

We completed our goals, by hosting 26 people at a Suicide Awareness Talk on January 22. We viewed the "Dennis: A Can-Do Kind of Guy" video clip. There was an emotional discussion and energy in the room. What's the next step that individuals can take? Send a message to our Minister of Health and Addictions requesting funding for a Calgary Respite program to "hold a safe space" for those struggling in deep emotional pain to prevent suicide:

# Williams, Dan. Honourable Minister of Mental Health, and Addictions

Members of Executive Council Executive Branch

130 Legislature Building 10800-97 Ave, Edmonton AB T5K 2B6.

Call 780-427-0165. Email: mha.minister@gov.ca.

I still miss seeing his comings and goings through my kitchen window. I miss his smile and waves from his truck window and our outside chats. By sharing this story of a real person's death by suicide and the impact of Dennis' life on our street we hope that we have reduced the "silent stigma" and increased awareness of resources. Now let's lobby for a local respite program. jlynn2@shaw.ca.









# **Highland Park Chats**

### Hosted by Amrit, Community Connector

Let's chat about our community!

- what's happening in Highland Park?
- How can you get to know your neighbours?
- what ideas do you have to bring people together?
- need information on local resources?
- how can we help?

#### I'll have the coffee on, I'm looking forward to chatting with you!

Date:	April 15, 2024
Time:	6 pm - 7 pm
Location:	Highland Park Community Association - Lobby



For more information contact Amrit at amrit.gosal@calgary.ca

Community Connectors help people connect in their community!

r I	Highland Park Community Association MEMBERSHIP FORM						
I	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					
Ľ,	Plea	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:						
I.	HP	Address:	Postal Code:				
i -	CA	Phone:	Email Address:				
ι,			*memberships also available for purchase online at hpca.ca/membership				



### North Central BRT (Centre Street MAX 301) improvements



Starting in spring 2024, construction on the North Central BRT will be taking place in communities along the Centre Street MAX 301 Corridor, from Country Hills Boulevard N.E. to 28 Ave N.W.

We're making improvements to current transit service and amenities, while preparing for the future Green Line LRT.

Learn more and sign up for updates at calgary.ca/NorthCentralBRT



23-0028631 | ADV-26655

