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Highland Park Community Association

📞 403-276-6969 📍 3716 2 St NW

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COMMUNITY CONTACTS

Website	www.hpca.ca
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Police Service	Cst. Raeann Watson, District 3 pol5218@calgarypolice.ca , 403-860-8027
Bylaw Infractions	Call 311 or complete form online at: www.calgary.ca/311online

Highland Park Hall Rentals

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.

Visit our current hall rental calendar at hpca.ca/hall-calendar.



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Fresh Start Recovery



HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

There is no luncheon in December.
seniorscoordinator@hpca.ca

It's Christmastime in Calgary

by Garth Paul Ukrainetz

It's Christmastime in Calgary
In foothills west a silent night
The constellations fill the sky
Forever sharing starry light

The whitetail deer in Nose Hill Park
Prancing over city's glow
Sweet homes of dancing candlelight
Gentle as the falling snow

And high on top of every tree
The stars and angels overlook
For bleak and icy winter hearts
The melting grace of warm chinook

It's Christmastime in Calgary
Though heights of mountains cold in snow
Our gifts stay warm beneath the trees
Wrapped with love by River Bow



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 VOLUNTEER OPPORTUNITIES

As always, for more information about the events below, please contact our Volunteer Coordinator, Anne, at Volunteer@HPCA.ca or our Hall Manager 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. If you haven't done so already, you can sign up for our email list and follow HPCA on our social media sites there too.

HPCA is Still Celebrating 70 Years!

Have you purchased your community membership in our 70th Anniversary year yet? You can do that via our website at <https://www.highlandparkcommunity.ca/membership> and follow the steps. You can also sign up for our email list on our home page. Once you sign up, you'll get our monthly newsletter delivered to your inbox, as well as occasional emails about things happening that may not have made it into our newsletter the previous month.

Outdoor Rink Volunteers Needed!

While we have a couple of longtime volunteers lined up who are able to do the flooding for our outdoor rink, we really do need some younger dedicated volunteers who can commit to shovelling off the snow from the surface so it can be flooded overnight. Please contact Volunteer@HPCA.ca for more information.

Seniors' Luncheon Volunteers Needed!

We are still searching for a new Seniors' Luncheon Coordinator to take the lead for this program. This could be a shared role between more than one person. The coordinator role involves contacting Fresh Start (whose chef does all the cooking) regarding the menu for that upcoming month's meal, then liaising with other volunteers to contact the seniors on our list to confirm whether they will attend the luncheon, then providing the final planned attendance numbers to Fresh Start, so they can make sufficient quantities of the meal for us. The role also involves confirming which of our existing crew of volunteers are available to set up, serve, and clean up on the day of the luncheon. The estimated time commitment for this role is six to eight hours per month, with most of those hours in the week or two prior to the luncheon. Please contact our Volunteer Coordinator, Anne, at Volunteer@HPCA.ca to get more

information about this role, or to step forward to help fill these shoes. Training will be provided.

Friday Night Fires

Our steadfast volunteer Dee is still hosting a campfire at the Highland Park grounds every Friday evening starting 6:00 pm, unless there's a fire ban, or the weather is terrible (too windy, rainy, or too cold). Come on by! You may want to bring your own blanket to sit on our bench or to wrap up in. Feel free to bring roasting sticks, and something yummy to roast over the fire (like hot dogs or marshmallows). Donations of firewood are gratefully accepted; please drop it off next to the HPCA shed.

Good Food Box and Highland Park Chats

There is no Good Food Box order date in December, as the Community Kitchen group that runs the program works on other projects until the New Year. As a result, there is also no Highland Park Chat session in December. You can still register with us for the Good Food Box program though and we'll let you know when the 2025 schedule is released. To register with our lead volunteer, Ellen, please send an email to GoodFoodBox@HPCA.ca with your name, email, phone, and the number of adults, children, and seniors your box order will feed. We'll see you.

HPCA Community Market

Saturday, December 7, from 11:00 am to 3:00 pm. We invite you to join us at Highland Park's third annual Winter Market. There will be approximately 30 local vendors of artisan crafts selling their wares. This will be a perfect chance to shop for holiday gifts and add unique items to your personal style. We'll also be offering several free family activities (holiday crafts, games, etc.) and a food concession (cash or tap).

Buchanan Skating Week – January 27 to 30, from 9:00 am to 3:30 pm. Buchanan students will once again be using HPCA's outdoor rink and the Skate Shack for free skate rental for their phys. ed periods. We expect we'll need volunteers to help make and serve hot chocolate to the skaters after their time slot. Contact Volunteer@HPCA.ca for more information.

HPCA Family Skating Day: Saturday, February 1 will be HPCA's Community Skating Day at our Outdoor Rink, from 1:00 to 3:00 pm, with free access to skates from the Skate Shack, hot chocolate, and a fire. Mark your calendars!



News from the Friends of Nose Hill

by Anne Burke

Phase 3 of the Connect: Calgary's Parks Plan is underway, and the draft plan was shared with the public and partners before Council's expected approval in early 2025. You can send questions or comments directly to the project team by emailing parkspan@calgary.ca. Please note that these will not be included in the final Phase 3 What We Heard Report. A Park is a space set aside for enjoyment, recreation, education, cultural or aesthetic use, or for the protection of wildlife or natural habitats. An urban forest includes trees and shrubs intentionally planted, naturally occurring, or accidentally seeded within city limits. This means all trees in parks, river valleys, streets, roadways, natural areas, and commercial and private lands.

A Natural Area is a City-owned park or open space where the primary role is protection of a (relatively) undisturbed parcel or with a natural/native plant community. Natural areas are categorized to provide guidance for management and permitted uses according to habitat sensitivity and conservation needs. Habitat is the environment where the life cycle of a species is found and characteristics of the place (climate or suitable food and shelter). A Habitat Management Plan means a ten-year operational plan on how we manage natural areas that help maintain or improve the health and function of a park. Calgary's natural ecosystems are categorized by their habitat type (e.g., grassland, forest, wetland). There are also categories for classifying parks with natural environments: Special Protection or Major; Supporting (may be buffers), and other naturalized parks. Naturalization means improving management or repairing some function. For Environmentally Significant Areas, some key natural components recognized by the City of Calgary are Water Quality and Quantity; Rare, Intact, or Biologically Diverse content; and Habitat for Native Species of Interest. Read more at engage.calgary.ca/parkspan.

The Good Food Box

The Good Food Box is a Community Kitchen initiative available to anyone, not just residents of Highland Park. If you are ordering for the first time, please register first with our Lead Volunteer, Ellen, at our hall on the order date between 6:00 and 7:00 pm, or via email to GoodFoodBox@HPCA.ca, and provide your name and phone number. We also need some basic demographics about how many people your box will help feed. You can pay for your box in two ways: 1) by e-transfer to our Board Member, Anne Naumann, at AnneNaumann@shaw.ca by 4:00 pm on the order date (please ensure you indicate what size box(es) you are ordering), or 2) with cash or a 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, ten days after the order date, at our hall between 6:00 to 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.

There is no Good Food Box in December.



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

HIGHLAND PARK



HIGHWOOD



Highland Park Presents

Winter Market

DEC 7TH 11:00AM

HIGHLAND PARK COMMUNITY ASSOCIATION
3716 - 2ND STREET NW, CALGARY

Concession
Stand

Kids
Zone

Crafts &
Stalls

For more information visit
hpca.ca/events



HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

The Calgary Plan is a high-level policy document outlining goals and objectives for Calgary's growth in the future. It is a component of the broader Calgary Building Program and is an update to the Municipal Development Plan (MDP) combined with the Calgary Transportation Plan. A final draft of the Calgary Plan was released to the public in October. Following opportunities to learn about the Plan and provide feedback, the final draft will next be presented to Council's Infrastructure and Planning Committee on December 11. Presentation to Council for first readings are expected in early 2025. For more information see <https://engage.calgary.ca/citybuilding>.

Another component of the Calgary Building Program is the development of a new Zoning Bylaw. One of the principal goals of the new Zoning Bylaw is to simplify and reduce the number of land use types. Feedback on the first draft closed at the end of October and we are now waiting for changes to be made before another opportunity to provide feedback arises. A final draft will not be done until 2026.

Within Highland Park there are several new proposed land use change (LOC) and Development Permit (DP) applications. The most significant LOC application pertains to the parcels at 3620, 3624, and 3704 Centre A St NE and 3703 and 37707 1 St NE, and also part of the 36 Ave NE Road allowance running downslope from Centre A St NE towards the Greenview Industrial area. A large part of this land is steeply sloped, covered in grass and weeds and is often used as a dumping ground for unwanted furniture. If approved, the land use changes would allow for a variety of housing forms, from town homes with suites to six-storey apartment buildings. The taller buildings would face 1 St NE. More information and the opportunity to submit comments can be found at <https://dmap.calgary.ca/?p=LOC2024-0139>.

As of today's date, November 14, new DP applications include:

- DP2024-06568 4020 1 St NW for a four-plex with suites.
- DP2024-07701 3423 2 St NW for a four-unit rowhouse with suites.
- DP2024-05487 4220 Centre St NE for a four-unit rowhouse with suites and a commercial unit. Originally

the application was for a rowhouse only however the North Hill Communities Local Area Plan (NHCLAP) encourages commercial development along Centre St in addition to residential. With the addition of a commercial unit to the proposed development, a Land Use Change application must be filed/approved to enable commercial usage. The parcel is currently zoned R-CG which does not allow for commercial land use.

The following applications have been approved recently:

- DP2024-06476 for a secondary suite at 3807 1 St NE.
- DP2024-04574 440 32 Ave NW for a four-plex (no suites).
- DP2024-04247 3827 Centre B St NW for two semi-detached with suites. This approval is pending an appeal to the Subdivision and Appeal Board (SDAB) on November 14.
- DP2024-04125 3910 Centre B St NW for two semi-detached buildings with suites.
- DP2024-05824 and DP2024-05825 for two single-detached at 3412 1 St NW.

It should be noted that amended development plans are often submitted in response to feedback received from the City, the Community Association, and from nearby residents. These amended plans are posted on the City's Development Map but are not advertised. One example is DP2024-01027 at 3307 2 St NE. The amended plans for this project show that a garage building has been eliminated in favour of open parking spaces.

There are many DP applications still under review from last month. These can be searched on the City's Development Map at <https://developmentmap.calgary.ca/>.

Email development@hpc.ca

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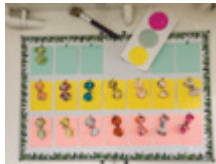
Building Foundations Through Play-Based Learning

As we approach January, we look forward to the start of registration for the 2025-2026 school year! For families seeking a warm, engaging, and community-centred preschool experience, Highland Park Preschool continues to be a trusted choice.

Registration for September 2025 opens in January, and we're excited to invite prospective families to our Open House on Wednesday, January 17 from 5:00 to 7:00 pm. It's a chance to meet our dedicated teachers, explore our vibrant classroom and see first-hand the joy and growth that comes from our play-based learning environment.

A Playful Start to Big Skills

Through a thoughtfully designed program, students build key skills in early literacy, numeracy, motor coordination, and social interactions—all while having fun. Here are a few highlights of the activities that our current students enjoyed this fall:



- **Early Literacy and Numeracy:** Each morning, our welcome and goodbye songs help students recognize letters and sounds while feeling connected to the group. They also count friends during attendance, practice the calendar, and match ABC cards with number cards during table-top activities, laying a foundation for kindergarten readiness.
- **Building Motor Skills:** From structured gym sessions to fine motor activities, we support the development of coordination and strength. Gym games like "Stop/Go Freeze," "Catch Me If You Can," and using balls for free play builds gross motor skills. Our art projects—like constructing marshmallow shapes with toothpicks or creating "Potato Buddies"—promote fine motor skills, sparking creativity, and self-expression.
- **Social Skills and Kindness:** Learning to share, take turns and listen is a key part of preschool life. In circle time,

students participate in role-playing for kindness and turn-taking. We also enjoy call-and-answer games like "Mac and Cheese/Quiet Please" to help everyone manage their volume and take turns speaking.

- **Creative Exploration and Community Connection:** This fall, the children harvested potatoes from our community garden box and used them for their "Potato Buddies" art, linking them to our local environment. They've also learned about community helpers and safety through themed story times and hands-on activities. These connections foster gratitude, curiosity and an early sense of community.

Supporting All Children

We're fortunate to partner with Kids Developmental Services (KDS) again this year, providing extra support in speech and language for many of our students. Thanks to our incredible developmental aides, children with specific needs receive personalized guidance, helping everyone thrive within the classroom setting.

Ongoing Registration and Upcoming Opportunities

If you're interested in your child starting at Highland Park Preschool this year, we still have limited availability in our afternoon classes, which run two, three, or five afternoons a week from 12:30 to 3:00 pm until June 2025.

We can't wait to welcome more families into our Highland Park community. Remember to keep an eye on www.hpca.ca/preschool for the latest updates.

We look forward to seeing new faces at our Open House and sharing more about our dynamic and nurturing program. Come discover how Highland Park Preschool can be the perfect place to begin your child's early learning journey!



Join the Highland Park Preschool Food Drive!



Every year, students and families at Highland Park Preschool hold a food drive to help teach students about sharing and kindness.

This year, we're inviting everyone to help support our food drive and the Calgary Food Bank! There are two ways to help:

1. Make a financial donation directly to the Calgary Food Bank. For every \$1 donated, the Calgary Food Bank can distribute \$3.50 worth of quality food. From December 1 to 20, use this link to count your donation towards our preschool's tally: <https://www.canadahelps.org/en/dn/m/122218>.

Scan this URL to donate:



2. Bring a non-perishable food item to the Highland Park Holiday Market happening from 11:00 am to 3:00 pm on Saturday, December 7. Please do not bring donations to the community hall on any other dates. Visit www.calgaryfoodbank.com/wishlist for a list of most needed items.

Thank you for supporting the Calgary Food Bank and helping to teach our preschool students about the importance of community and sharing.



GAMES & PUZZLES

Guess the Holiday!

1. This holiday seems like it could be named after a sport, but it has nothing to do with one.
2. This incredibly bright festival celebrates good winning over evil and the arrival of a new season.
3. This holiday typically revolves around one shape.
4. Egnog, trees, and bells are classic elements of this holiday.
5. Costumes are a huge part of the fun of this holiday.
6. This holiday happens on the first Sunday after the full moon that occurs on or after the spring equinox.



The Simpsons

The Simpsons made their grand debut on Fox with the holiday episode "Simpsons Roasting on an Open Fire" on December 17, 1989. That means Homer, Marge, Bart, Lisa, and Maggie have been making us laugh for 35 years – and counting!

Word of the Month



Absquatulate: Verb (ab-skwoch-uh-leyt)

To run away or leave abruptly.

The sneaky cat managed to absquatulate any time the door was open.

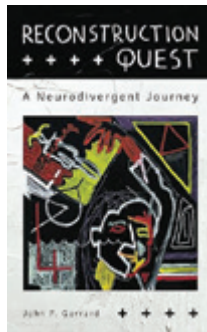
Another Can Do Kind of Guy

by Judy Hughes

On March 12, 2023, our neighbour, Dennis Jonk died by suicide. A group of his neighbours restored an old park bench from his yard. Now Highland Park community residents are enjoying his bench. The Suicide Call line (9-8-8) is on the dedication plaque in case any person is feeling hopeless in an altered state of mind like Dennis was the night he died.

This month, while attending a Nurturing Community workshop I had the privilege of meeting another can do kind of guy. Let me introduce you to John F. Gerrard, a multi-disciplinary artist and author. He is trained as a peer support worker with Canadian Mental Health Association (CMHA) who participated in the workshop. His artwork is featured in private collections around the world. He was born and raised in Calgary and blends mental health advocacy with his art practice. In a door prize, I won a copy of his book *Reconstruction Quest: A Neurodivergent Journey* and read it in two sittings!

This easy to read, 125-page memoir, is focused on his story as a person who has struggled with mental illness but has learned to thrive with neurodivergence (a mind that works differently from the majority).



In plain language, he recounts his experiences with altered states, psychosis, and depression. As a community member, I found this information so enlightening. Because of my increased awareness and increased listening skills in my conversations, I recently learned of two young men who are now where he was! John's story helped me to better understand their experience.

To use John's words, "The stigma is bad, so the people who are winning against this illness typically do not speak up. Because a lot of people do not speak up, the stigma stays."

This book is a compelling call for greater empathy and understanding in how we approach men's mental health. His honest writing offers readers comfort, inspiration, and valuable insight.

Let's think about how active listening, empathy, and acting in compassionate ways can make us good neighbours. In what ways do you receive and give support to your neighbours?



A CHRISTMAS CAROL

The first edition of the Christmas classic *A Christmas Carol*, written by Charles Dickens, was originally published in London on December 19, 1843. This story was published as a novella by Chapman & Hall and the first edition sold out by Christmas Eve that first year!

BRAIN GAMES SUDOKU

1				4	3		6	5
9		6	1		2			
		3			6	1		
5								
6				8	1		5	
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SCAN THE QR CODE FOR THE SOLUTION



Loaded Sweet Potato Casserole

by Anne Naumann



I had been looking for a different way to prepare yams or sweet potatoes for Thanksgiving and Christmas dinner, and I found one that I've adapted and made, to rave reviews from my family. I hope you try it! Amounts can be adjusted.

Ingredients:

- 2 ½ pounds sweet potatoes or yams, peeled and cut into ½ inch cubes
- 2 tablespoons cooking oil
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 ¼ cups shredded cheddar cheese (I used old cheddar), save ¼ cup of this for topping
- 4 green onions, chopped
- 3 slices of cooked bacon, chopped (or can use ¼ to ½ cup of packaged bacon bits)
- ½ cup of sour cream, or can substitute plain yogurt

Instructions:

1. Prep your ingredients and preheat the oven to 400 degrees Fahrenheit.
2. Arrange the cubed sweet potatoes in an even layer in a 9 x 13-inch baking pan or dish. Drizzle with the oil, and sprinkle with salt and pepper. Stir to coat.
3. Cover with foil and bake in the oven for 15 minutes. Uncover and bake, stirring occasionally, until the sweet potatoes are tender, about 35 to 40 more minutes.
4. Once the sweet potatoes are tender, stir in one cup of grated cheese, and half of the chopped green onions. Sprinkle the remaining grated cheese overtop, and return to the oven to melt the cheese, about 5 minutes.
5. Remove from oven and drop spoonfuls of sour cream on top, and sprinkle remaining green onions and bacon bits overtop. Serve and enjoy!

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Five Benefits of Longer-Term Therapy

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Longer-term therapy offers a more comprehensive, sustainable, and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

1. Addresses Root Causes – Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma, or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.

2. Develops Self-Awareness – One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions, and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns, or self-defeating behaviours. This heightened self-awareness helps us not only resolve our current issues but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.

3. Builds A Therapeutic Relationship – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness, and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings, and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.

4. Prevents Relapse – Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.

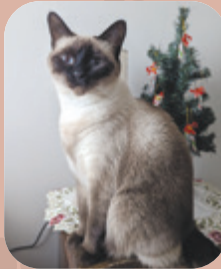
5. Personal Growth and Transformation - Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity, and cultivate a greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises, and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.

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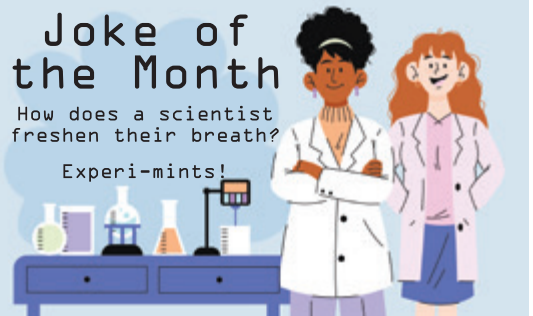
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