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

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HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

City Council approved the Rezoning for Housing Bylaw with amendments on May 14. With this bylaw change R-C2 parcels will be rezoned to R-CG, and any R-C2 parcels along 40 Ave NW, 4 St NW, and Centre St will be rezoned H-GO. Administration has to revise the current Land Use Bylaw to incorporate the changes and has set August 6 as the implementation date. Videos and minutes of the Council hearing can be accessed from <https://www.calgary.ca/council/meetings/agenda-minutes.html?redirect=/agendaminutes>.

Here is a listing of current land use and development permit applications in Highland Park. Hearings for land use changes to R-CG or H-GO will still be proceeding for some of these applications pending the Rezoning implementation date.

- LOC2024-0083 440 32 Ave NW for a land use change to R-CG will be heard by Council on July 16.
- LOC2024-0069 3910 Centre B St NW for a land use change to R-CG is also scheduled for a public hearing at Council on July 16.
- LOC2024-0099 4016, 4020, and 4024 3 Street NW for H-GO. Two of these parcels closest to 40 Ave would be designated as H-GO because of the Rezoning bylaw approval, but the parcel at #4016 would normally be redesignated to R-CG. We have asked the File Manager about this.
- LOC2024-0006 3520 Centre St NE for a land use change from M-C1 to M-U2 to enable construction of a six-storey multi-residential building with ground floor commercial potential. The application has not progressed since March.
- LOC2024-0034 4020 1 St NW for H-GO to allow for five units with suites. A hearing date at Calgary Planning Commission has not been set.
- LOC2023-0259 3820 and 3824 Centre A St NE for M-C1 zoning. The applicant wants to build fifteen townhouses. The application is under review.
- LOC2023-0290 3308 2 St NE. The application for R-CG has not progressed since March.

The following DP applications are all under review:

- DP2024-01385 212 32 Ave NE for two three-unit rowhouses with six suites. We noted that the building plans do not conform to R-CG land use.

- DP2024-00453 4023 Centre B St NW for a five-unit rowhouse with suites.
- DP2024-01681 204 33 Ave NE for a four-unit rowhouse with suites.
- DP2023-07472 116 43 Ave NE for two semi-detached with suites.
- DP2024-00614 3704 Centre St NE for a Chinese Buddhist Temple.
- DP2024-01027 3307 2 St NE for a four-unit rowhouse with suites.
- DP2023-01343 covering #204 to #212 40 Ave NW for three rowhouse buildings with sixteen units and sixteen suites.
- DP2024-02100 119 42 Ave NE is a new application for a semi-detached with suites.
- DP2024-02991 4004 Centre A St NE for two single-detached homes each with a suite.
- DP2024-03112 3803 and 3805 Centre A St NE for a semi-detached with suites.
- DP2024-03789 3721 Centre B St NW for a single detached on the north lot.

Recent approvals include:

- DP2023-08976 for two rowhouse buildings at 3404 3 St NW approved on May 29. Amended plans are available on the Development Map.
- DP2024-00720 for a five-unit rowhouse with suites at 458 33 Ave NW approved May 23.

An application to build an apartment building on four parcels on the south side of 41 Ave NW near Centre St will be submitted soon. The applicant communicated with the HPCA Planning Committee about their hopes to build 60 units, but plans are not yet available.

For more information visit the City's Development Map at <https://developmentmap.calgary.ca/>.

Email development@hpca.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: August 5, 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!



Fresh Start Recovery

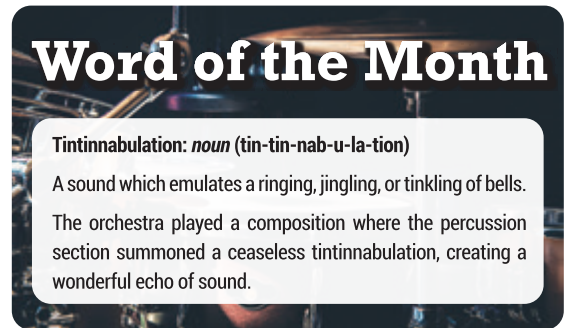


HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

There is no Seniors' Luncheon in July and August.
See you on September 17!



Does helping to keep our neighbourhood clean and waterways healthy interest you? Be a part of project C.A.R.E. (Caring Actions Raise Everyone) by joining your neighbours in picking up litter in our community. For more information or if you would like a cleanup kit, please email c.a.r.e.highlandpark@gmail.com.



Word of the Month

Tintinnabulation: *noun* (tin-tin-nab-u-la-tion)

A sound which emulates a ringing, jingling, or tinkling of bells.

The orchestra played a composition where the percussion section summoned a ceaseless tintinnabulation, creating a wonderful echo of sound.

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.

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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.

Happy 70th Anniversary HPCA!

This year is Highland Park Community Association's 70th Anniversary! We were incorporated as a society on June 21, 1954. In lieu of gifts, why don't you buy or renew your membership? Go to our website at <https://www.highlandparkcommunity.ca/membership> and follow the steps. Benefits of membership include being able to access community programs and renting our hall at a discounted rate.

HPCA E-Newsletter

Did you know you can get a full-colour PDF of the HPCA newsletter delivered to your email inbox? Sign up for our email distribution list and get our newsletter via email at the start of every month. Go to HighlandParkCommunity.ca and input your email when the pop-up comes up at the bottom to "Join our mailing list".

Friday Night Fires

Our committed volunteer Dee is still 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.) or unless there's a fire ban (like during the recent massive water feeder main break). As you know, even in summer, it can still get cool in the evenings, so we recommend you bring your own blanket 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

Amrit, our Community Connector, is hosting Highland Park Chats in our hall lobby during Good Food Box order dates, from 6:00 to 7:00 pm. Come have a coffee and chat with Amrit about community resources and your event ideas. There is no Good Food Box order date in July. The next one is on Monday, August 5 (Heritage Day holiday). 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 at our hall on the order date, between 6:00 and 7:00 pm, or by e-transfer by 5:00 pm on the order date, to our Volunteer Coordinator, Anne, at AnneNaumann@shaw.ca.

Seniors' Luncheon

This program will be on hiatus for July and August. Important: we are looking for someone or a team of people to take over the coordination of this program for September, as our long-time volunteer, Roz, is stepping back from this role. The role involves contacting the seniors on our list to confirm whether they will attend the next luncheon and providing the final numbers to the kitchen staff at Fresh Start, who make the meals 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. 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.

Stampede BBQ and Music in The Park

Wednesday, July 10, from 5:00 to 8:30 pm. We'll serve a low-cost meal and provide free live entertainment. There will also be a mini-donut food truck for a Stampede-style dessert and also a Petting Zoo, which was a big hit last time we booked them. Volunteers are needed to help make this day a success. Please sign up here: <https://signup.com/go/xTzKjOm>.

Community Cleanup

We have secured a date for our annual HPCA Community Cleanup for Saturday, September 14; it will run from 9:00 am to 2:00 pm sharp! Mark your calendars! Multiple volunteers in various roles are needed for this event; if you are interested in volunteering, or learning more about the various jobs available, please contact Anne at Volunteer@HPCA.ca.



JULY 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	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 Noon to 4:00 pm Hubick
7 All Halls 8:00 am to Noon, MHB until 2:00 pm Peace Church MH 2:00 to 10:00 pm Singh	8 MH 6:30 to 9:00 pm Bunbukan Karate	9 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	10 MH, NH 3:00 to 10:00 pm HPCA	11 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 NH Noon to 7:00 pm Okunlola
14 All Halls 8:00 am to Noon, MHB until 2:00 pm Peace Church MH 1:00 to 6:00 pm Park	15 MH 6:30 to 9:00 pm Bunbukan Karate	16 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	17	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 NH 4:00 to 10:00 pm Plamondon	20 NH 8:00 am to 10:00 pm Plamondon
21 All Halls 8:00 am to Noon, MHB until 2:00 pm Peace Church MH 1:00 to 6:00 pm Forge Martial Arts NH 1:00 to 4:00 pm Chan	22 MH 6:30 to 9:00 pm Bunbukan Karate	23 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	24 Lobby 1:00 to 3:00 pm Northminster United Church Bread Hamper Program	25 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	26 MH 6:30 to 9:30 pm YDS Canada	27 NH 10:00 am to 2:00 pm Wong NH 3:30 to 7:30 pm Ajani
28 All Halls 8:00 am to Noon, MHB until 2:00 pm Peace Church	29 MH 6:30 to 9:00 pm Bunbukan Karate	30 NH 6:00 to 7:00 pm Jazzercise MH 7:00 to 9:00 pm Forge Martial Arts	31			

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: _____

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**memberships also available for purchase online at hpca.ca/membership*



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of each month for the next month's issue

Editorial Content 10 DEADLINE

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 July.

See you on August 5 to place your order (pick up is August 15!)



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HIGHLAND PARK



HIGHWOOD



How to Grieve the Loss of a Pet

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



The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are

empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

Allowing ourselves to feel joy, and remembering our pet with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given." Suzanne Clothier



News from the Friends of Nose Hill

by Anne Burke

The guided free Nose Hill Flower Walk on Tuesday, July 9 at 7:00 pm will meet at the parking lot on 14 Street and 64 Avenue NW. You are also invited to another exciting plan for a pair of weed pulls at the south-end of Nose Hill by the Winter Club, on Saturday, July 13 and Sunday, July 21 from 9:00 to 11:30 am. The Nose Hill ecologist (andrew.phelps@calgary.ca) says, for dense infestations, that early season pulling allows for a more effective application of herbicide throughout the whole plant later. July and early August are the busiest times to catch many weed species before they go to seed. Events are booked early to beat the heat. Jim Davis, the Program Coordinator for Activations and Education for Calgary Parks and Open Spaces, will assist and said to let him know of any questions at jim.davis@calgary.ca. He wrote: "Yes, we have been working to schedule two volunteer projects to address Canada and Notting Thistle at Nose Hill Park. The current plan is to start at 9:00 am on both days, ending around 11:30 am. We will be meeting at the Park's parking lot at the corner of the Winter Club and working on the south-end of the park, moving clockwise to the west/north. The event is open to up to twenty volunteers working alongside a couple of Parks' staff who will give safety and task demos and bring all required tools. Prospective volunteers should wear closed-toe shoes and long pants, clothing suitable for weather conditions that day, and bring gloves if they have them. We also will have gloves available. Parks' staff will map the event, track weed removals, and drop them at a designated facility".



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- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS
Some restrictions may apply. Reg: \$14,679

SALE \$9,879
Limited Supplies

SUPREME TUB TO SHOWER

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base added
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install a new toilet with soft close seat
- Supply & install a new corner caddy with soap dish
- Supply & install new sub-floor
- Installing of new tile flooring
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new vanity

ABSOLUTELY NO HIDDEN COSTS
Some restrictions may apply. Reg: \$16,789

SALE \$11,879
Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms
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All Labour & Material Included

All packages pertain to standard size bathrooms