

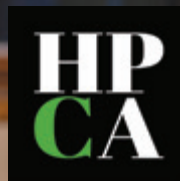
OCTOBER 2024

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# HIGHLAND PARK

SUMMIT

THE OFFICIAL HIGHLAND PARK COMMUNITY NEWSLETTER



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# HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

October luncheon has been cancelled.  
Hope to see you in November!



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- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- 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
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*Some restrictions may apply. Reg: \$14,679*

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- Supply & install one corner caddy with soap dish

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*Some restrictions may apply. Reg: \$12,679*

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# Highland Park Community Association

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COMMUNITY CONTACTS	
Website	<a href="http://www.hpca.ca">www.hpca.ca</a>
Facility Rental and Management	403-276-6969 <a href="mailto:hallmanager@hpca.ca">hallmanager@hpca.ca</a>
Facility Rental Availability Calendar	<a href="http://hpca.ca/hall-calendar">hpca.ca/hall-calendar</a>
Newsletter Editor	Kerri Johansen <a href="mailto:newslettereditor@hpca.ca">newslettereditor@hpca.ca</a>
Good Food Box	Ellen Peterson <a href="mailto:goodfoodbox@hpca.ca">goodfoodbox@hpca.ca</a>
Development Review	Jeanne Kimber <a href="mailto:development@hpca.ca">development@hpca.ca</a>
Seniors' Luncheon	Vacant - Volunteer Needed <a href="mailto:seniorscoordinator@hpca.ca">seniorscoordinator@hpca.ca</a>
Volunteer Coordinator	<a href="mailto:volunteer@hpca.ca">volunteer@hpca.ca</a>
Activity Kits Booking and Info	<a href="mailto:activitykits@hpca.ca">activitykits@hpca.ca</a>
Community Social Worker	Jessica Pauletig <a href="mailto:Jessica.Pauletig@calgary.ca">Jessica.Pauletig@calgary.ca</a>
Ward 4 Councillor	Sean Chu, 403-268-3727 <a href="mailto:sean.chu@calgary.ca">sean.chu@calgary.ca</a>
Police Service	Cst. Raeann Watson, District 3 <a href="mailto:pol5218@calgarypolice.ca">pol5218@calgarypolice.ca</a> , 403-860-8027
Bylaw Infractions	Call 311 or complete form online at: <a href="http://www.calgary.ca/311online">www.calgary.ca/311online</a>



## Highland Park Hall Rentals

**Phone: 403-276-6969**  
**[www.hpca.ca/hall-rental](http://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](http://hpca.ca/hall-calendar).



# Highland Next

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love  
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 Community  
 Litter Pickers



Community Litter Pickers are Highland Park residents who casually volunteer one to two hours once a month from April to October, weather permitting. Some of the areas that have received clean up attention include 3 Street, 40 Avenue, the old golf course park, Centre Street, and Centre A Street.

If you would like to take part in this wonderful way of meeting others and taking care of our community, then please meet at the Community Centre playground on Wednesday, October 9 at 10:00 am.

Gloves, grabber tools, and trash bags are supplied. For more information and if you plan to volunteer, please email Tina at [c.a.r.e.highlandpark@gmail.com](mailto:c.a.r.e.highlandpark@gmail.com).

Editorial  
 Content  
**10**  
 DEADLINE

of each  
 month  
 for the next  
 month's issue

## UPCOMING EVENTS AND ACTIVITIES

As always, for more information about the events below, please contact our Volunteer Coordinator, Anne, at [Volunteer@HPCA.ca](mailto:Volunteer@HPCA.ca) or our Hall Manager, Stephen, at [HallManager@HPCA.ca](mailto: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](http://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 Celebrating 70 Years All Year!**

Our Community Association looks pretty good for being 70 years old, doesn't it? Why not purchase or renew your community membership to help us celebrate? You can do that via our website at [www.highlandparkcommunity.ca/membership](http://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.

### **Friday Night Fires**

Our 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, too cold, or too hot—such as over 24 degrees in the evening). 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. Of course, if a new fire ban is put in place, the weekly campfires will be suspended again.

### **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 your event ideas or to learn about resources available in the community. The next Good Food Box order date is Monday, October 21. Pick-up is always ten days after the order date. If it's your first time ordering, please ensure you register with our lead volunteer, Ellen, by sending an email to [GoodFoodBox@HPCA.ca](mailto:GoodFoodBox@HPCA.ca) with your name, email, phone, and the number of adults, children, and seniors your box

order will feed. You can pay for your order by e-transfer by no later than 5:00 pm on the order date, to our Volunteer Coordinator, Anne, at [AnneNaumann@shaw.ca](mailto:AnneNaumann@shaw.ca) or you can pay with cash in person to Ellen at our hall lobby on the order date, between 6:00 and 7:00 pm.

### **Community Pizza and Movie Night**

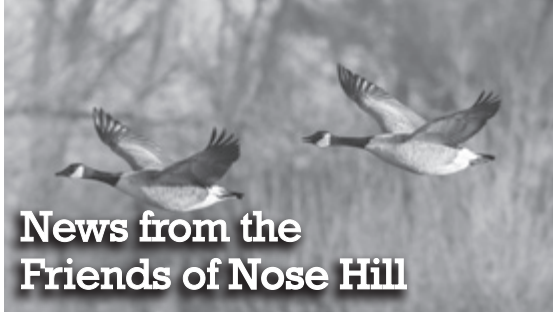
Saturday, October 5 in the main hall, HPCA will be showing a family-friendly movie. Doors will open at 5:30 pm. We plan to serve pizza for \$5 per slice, and the movie will start at 6:30 pm. We hope to show some cartoons or other family-friendly short films prior to the main movie, which will be *Migration*, about a family of ducks that gets lost during their migration south for the winter, and hijinks ensues.

### **Seniors' Luncheon**

We are still searching for a new Seniors' Luncheon Coordinator to take the lead for this program. This could be a shared role. Unfortunately, because we did not have someone in place to take on this role in addition to their other commitments, we have had to skip our September and October luncheons. 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](mailto:Volunteer@HPCA.ca) to get more information about this role, or to step forward to help fill these shoes. Training will be provided. We are hoping to have one or more volunteers in place to fill this role so we can hold a luncheon in November and December.

### **Community Market**

Saturday, December 7 from 11:00 am to 3:00 pm. We'll be hosting another one of our community markets, with perfect timing to accommodate your holiday gift list. If you are interested in securing a table to sell your crafts, please contact Amrit at [Connections@HPCA.ca](mailto:Connections@HPCA.ca).



## News from the Friends of Nose Hill

by Anne Burke

Nose Hill Park is one of the largest urban parks in North America and is distinguished by its unique geological, ecological, and anthropological history (<https://inaturalist.ca/projects/nose-hill-park-bioinventory>). With an abundance of remarkable flora and fauna, this project aims to record observations made by Park users. This information and a quick update were posted on our Facebook page about how the Nose Hill Park iNaturalist project is going. There have been many awesome observations this year. Since January over 2,600 observations have been added. We have nearly 10,000 iNaturalist posts made for the Park. Let's keep the momentum going! Hopefully, we will be close to 11,000 by 2025 and encourage everyone to share their photos of flora and fauna on the Hill. We recently surpassed 200,000 posts made within the City of Calgary municipal boundaries. Of course, you can post (on iNaturalist generally) your biodiversity photos from anywhere in the world, including your own yard and other favourite parks. All this data will help to guide the Nature Calgary updated "Green Book" which is currently in the data collection phase.

World Migratory Bird Day is on the second Saturday in October and again in May. The goal is to raise awareness of issues affecting migratory birds and to inspire action around the world to take measures for their conservation. Migrating birds may fly from 24 kms to 960 kms or more per day. Hawks, swifts, swallows, and waterfowl migrate primarily during the day, while many songbirds migrate at night. Calgary has over 200 bird species and is one of Canada's first Bird Friendly Cities certified by Nature Canada. Bylaws preventing off leash dogs and encouraging people to stay on designated paths can lessen disturbance and decrease the risks to sensitive grasslands species.

## 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](mailto: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](mailto: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](mailto:GoodFoodBox@HPCA.ca).

**Order date:** Monday, October 21

**Pick-up date:** Thursday, October 31



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

HIGHLAND PARK



HIGHWOOD





## 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: Oct 21st & Nov 18th  
 Time: 6 pm - 7 pm  
 Location: Highland Park Community Centre - Green Space

For more information contact Amrit at [amrit.gosal@calgary.ca](mailto:amrit.gosal@calgary.ca)  
 Community Connectors help people connect in their community!



## Still spots open for this fall. Register today!

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

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**OCTOBER 23 1:30-3:00pm**

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# HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

Here is a status update (as of September 12) on the following land use change applications:

- LOC2024-0099 for a land use change at 4016, 4020, and 4024 to H-GO was approved by Council on September 10 by a 10-5 vote. We encourage nearby residents to focus their attention on specific issues when a Development Permit application has been filed.
- LOC2023-0259 3820 and 3824 Centre A St NE for M-C1 zoning. The applicant wants to build fifteen townhouses. The date for a public hearing at Council is unknown.
- LOC2024-0006 3520 Centre St NE for a land use change from M-C1 to MU-2 to enable construction of a six-storey multi-residential building. There has been no change since March.
- LOC2024-0177 for four parcels 119 to 131 41 Ave NW for a change from M-C1 to M-H1 to allow for a six-storey apartment containing 60 units. No plans have been received yet.
- LOC2024-0181 115 36 Ave NE for a change from C-N2 to MU-1 to allow for a multi-use development. Plans have now been received for the parcel (see DP2024-06404).
- LOC2024-0216 448 36 Ave NW for a change from S-CS to R-CG. This application would rezone a parcel that has had a home on it for over 70 years to a residential land use.
- LOC2024-0204 338 and 340 34 Ave NE for a change to M-C1 from R-CG to bring an existing building into compliance with the current land use bylaw.

New Development Permit application in Highland Park include:

- DP2024-05824 and DP2024-05825 for two single detached homes at 3412 1 St NW.
- DP2024-06114 3915 Centre A St NE for a four-unit rowhouse with suites.
- DP2024-05781 3923 and 3927 1 St NE for two six-unit rowhouses and four suites. This project offers an innovative design and site layout.
- DP2024-04805 for a single detached home and a garage suite at 246 43 Ave NW.
- DP2024-06404 at 115 36 Ave NE for two five-unit town homes with suites.

The following Development Permit applications are still under review:

- DP2024-04574 440 32 Ave NW for a four-plex with suites.
- DP2024-05487 4220 Centre St NE for a four-unit rowhouse with suites.
- DP2024-04125 3910 Centre B St NW for two semi-detached buildings (front and rear) with suites. Concerns include overlooking, shadowing, lack of amenity space, loss of tree canopy, a poor landscape plan, the lack of permeable land, and general concerns about infrastructure capacities.
- DP2024-04247 3827 Centre B St NW for two semi-detached with suites. Same issues as DP2024-04125.
- DP2024-05535 215 41 Ave NW for two semi-detached with suites. Very similar for DP2024-04125 and DP2024-04247.
- DP2023-01343 covering #204 to #212 40 Ave NW for three rowhouse buildings with sixteen units and suites. The City is awaiting amended plans.
- DP2024-04931 132 44 Ave NE for a semi-detached with suite. We raised concerns about parcel coverage and the extremely deep window wells for the basement suite.
- DP2024-01681 204 33 Ave NE for a four-unit rowhouse 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.
- DP2024-02100 119 42 Ave NE 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.

The new Calgary Plan should be available for public feedback by the end of this year. The timeline for the new Zoning Bylaw has been extended to 2026.

To stay abreast of new developments in Highland Park, we encourage you to visit [developmentmap.calgary.ca/](http://developmentmap.calgary.ca/).

Email [development@hpca.ca](mailto:development@hpca.ca).



# Roasted Seasoned Cauliflower

by Anne Naumann

The last Good Food Box (small size) I received contained the following: five lbs potatoes, one lb tomatoes, two lb strawberries, three bananas, four oranges, one English cucumber, one bunch celery, one large bunch/bag of green onions, one head romaine, one cauliflower, one cantaloupe, two lbs carrots, two ears corn, three apples, three lbs onions, and a recipe for corn chowder with bacon. For this roasted cauliflower recipe, I'm sure you can think of other seasonings to try. Be creative!

Here are a few quick tips and techniques to ensure that your roasted cauliflower turns out perfectly:

## Basic Ingredients:

- One large cauliflower, cut into bite-sized chunks
- Two to three tablespoons of cooking oil, such as canola or olive oil
- ¼ teaspoon of salt, and a few shakes of black pepper to taste

## Basic Roasted Cauliflower Instructions:

1. Heat the oven to 425 degrees, and line a rimmed baking sheet with parchment paper.
2. Remove any outer greenish leaves, and slice off the stem to make a flat base.
3. Place the cauliflower on a cutting board, "dome side" up, and slice downward to cut it into four wedges.
4. Slice off the tough inner core, then cut across each piece to make slices about 1 ½ cm wide. You want the cauliflower to have a lot of flat edges, as it will allow

those flat parts to caramelize in the oven and create more flavour.

5. Pull apart any florets that are stuck together and spread the florets onto the baking sheet. Try not to overcrowd the pan, as otherwise the cauliflower chunks won't crisp up. If needed, use a second pan as well.

6. Drizzle the florets with the oil, and sprinkle with the salt and pepper.

7. Bake until the florets are golden on the edges, for about 25 to 35 minutes, tossing/flipping the cauliflower after about 15 minutes.

## Additional Instructions for Different Seasoned Versions:

- For Indian Roasted Cauliflower: before baking, sprinkle the florets with about ½ to 1 teaspoon of curry powder before baking. Then after baking, top with some chopped cilantro and red pepper flakes (if you like it spicy).
- For Mexican Roasted Cauliflower: before baking, sprinkle the florets with about ½ to 1 teaspoon of cumin, and ¼ to ½ teaspoon of chili powder. When you take the cauliflower out of the oven to toss/flip them, sprinkle about ¼ cup of raw green pumpkin seeds (pepitas) and return to the oven to finish roasting. Spritz with lime juice just before eating.
- For an Italian seasoned version, sprinkle with one to two teaspoons of Italian seasoning. When you take the cauliflower out of the oven to toss/flip them, sprinkle with about ½ to ¾ cup of grated parmesan cheese and return to the oven to finish roasting. Can spritz with lemon juice just before eating.

## 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](http://hpca.ca/membership)

Highland Park Presents

# Winter Market

DEC 7TH 11:00AM

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.....

Concession Stand	Kids Zone	Crafts & Stalls
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.....

For more information visit  
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OCT. 15TH - NOV 7TH**

## *Nobel Canadians*



Nobel Prize winners are announced in the first two weeks of October. Since the very first awards, Canada has won 27 Nobel Prizes. From 1923 to 2021, Canadians have received the award for everything from Economics and Physics to Literature.



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