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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>
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## 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).

## World Coconut Day



September 2 is World Coconut Day! It's a day dedicated to celebrating all things coconut - from the refreshing water to the versatile oil. Whether you're enjoying a tropical drink or cooking up a coconut curry, it's the perfect day to appreciate this amazing fruit!

 **Samaritan Club  
of Calgary**

## Fall Super Thrift Sale

**Saturday, September 28**

**9:00am-1:00pm**

**Hillhurst-Sunnyside Community Centre  
1320 - 5th Avenue NW**

All proceeds will benefit  
Calgarians in need

For More Information:  
**[samaritanclub.ca](http://samaritanclub.ca)**

# HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

All R-C2 properties are now designated R-CG, as per the Rezoning for Housing bylaw. This will allow property owners to develop rowhouses or cluster housing, but still permits single detached or semi-detached housing. Prior to the city-wide change, two land use change applications for R-CG zoning were approved by Council on July 16:

- LOC2024-0083 440 32 Ave NW
- LOC2024-0069 3910 Centre B St NW

LOC2024-0099 for a land use change at 4016, 4020, and 4024 to H-GO will be heard by Council on September 10. Since 4020 and 4024 are now H-GO anyways, the hearing will basically be for the third parcel at 4016.

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

- LOC2024-0034 4020 1 St NW for H-GO was cancelled.
- LOC2023-0259 3820 and 3824 Centre A St NE for M-C1 zoning. The applicant wants to build fifteen townhouses. Calgary Planning Commission (CPC) hearing August 15.
- LOC2023-0290 3308 2 St NE for R-CG. Now irrelevant since Rezoning bylaw.
- 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 with ground floor commercial potential. There has been no change since March.

In addition, three new land use change applications have been received:

- 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. The North Hill Communities Local Area Plan envisions buildings of up to six-storeys in this block but there are concerns about fitting a large apartment building amongst the existing low-density housing. No plans have been received.
- LOC2024-0181 115 36 Ave NE for a change from C-N2 to MU-1 to allow for a multi-use development of up to 20 m height. The parcel has been vacant for many years.

There are three new Development Permit (DP) applications:

- 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.
- DP2024-05535 215 41 Ave NW for two semi-detached (front and rear) with suites. The comment period on this new application is till September 2.

The following Development Permit (DP) applications are under review:

- 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 (front and rear) with suites. Same issues as DP2024-04125.
- DP2024-04931 132 44 Ave NE for a semi-detached with suites. Issues raised include parcel coverage on the north lot and the extremely deep window wells required for the basement suites.
- 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.
- DP2023-01343 covering #204 to #212 40 Ave NW for three rowhouse buildings with sixteen units and 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.

Recent approvals include:

- DP2024-01385 212 32 Ave NE for two three-unit rowhouses with suites.
- DP2024-03789 3721 Centre B St NW for a single detached.

For more information about the development applications in Highland Park visit the City's Development Map at <https://developmentmap.calgary.ca/>.

Email [development@hpc.ca](mailto:development@hpc.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: Sep 23rd, 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!

Calgary

## 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, September 2

**Pick-up date:** Thursday, September 12



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](mailto:c.a.r.e.highlandpark@gmail.com).

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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](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 <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.

### 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 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 dates are Monday, September 2 (Labour Day holiday) and also Monday, September 23. 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@](mailto:GoodFoodBox@)

[HPCA.ca](http://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.

### Seniors' Luncheon

After the summer break, this program is restarting in September, on the third Tuesday of the month, with the next luncheon on Tuesday, September 17. Important: we are still looking for one or two key people to take on the coordination of this program starting in September, as our long-time volunteer, Roz, is stepping back from this role. The coordinator role involves contacting Fresh Start regarding the menu they have planned for that month's meal, then contacting the seniors on our list to confirm whether they will attend the luncheon, then providing the final numbers to the kitchen staff at Fresh Start, who make 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 so 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.

### Community Market

Saturday, December 7, save the date! 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).

## Checkmate!

On September 1, 1972, Bobby Fischer made history by becoming the first American to win the World Chess Championship. He outplayed the reigning champion, Boris Spassky, with a score of 12.5 to 8.5 in what became the most famous chess match at the time, capturing the world's attention!



# Highland Park Community Cleanup

**Saturday, September 14, 9:00 am to 2:00 pm**  
**3716 2 St NW**

## Volunteers Needed

We are in need of volunteers to help direct traffic and unload vehicles. Every volunteer will be provided lunch and refreshments. Please use this link to select a volunteer shift if you can help out: <https://signup.com/go/ajXKNJp>.

## About the Cleanup

Once again, it's time to comb through your garage and purge your garden shed of that never-used stuff. Community Cleanup events run from April through September to help keep our city clean and safe while also saving residents a trip to the landfill. These popular events are hosted by community associations with support from The City.

You can dispose of items such as furniture, toilets, broken recreational equipment, e-waste, metal recycling, and other large household items. A metal and an e-waste recycler have been confirmed for the event.

Certain items cannot be accepted at the community cleanups such as:

- Barbecues
- Lawn mowers
- Yard waste, including sod or dirt
- Car batteries
- Glass (e.g. windowpanes, glass tabletops)
- Tires
- Large household appliances with freon (e.g. refrigerators, freezers)
- Microwaves

- Liquids (e.g. cooking oil)
- Household chemicals and hazardous waste including propane tanks, paint, and automobile, cleaning, healthcare, and gardening chemicals

Visit [calgary.ca/community-cleanup-items](http://calgary.ca/community-cleanup-items) to see all items that are accepted. This event is absolutely free!

Cerebral Palsy Alberta will also be onsite to take gently used items such as clothing, small household items, and toys. For more information visit: <https://www.cpalberta.com>.



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of each month for the next month's issue

**Editorial Content 10 DEADLINE**

## 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)*

# How to Deal with Resentment: A Better Way to Process the Poison We Drink, Expecting the Other to Die

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



In the recovery community, resentment is a hot topic. It's often referred to as "drinking poison hoping the other person will die." Psychologist Susan Albers, PsyD, shares some of the signs you might be harbouring resentment, along with ways you can pull yourself out of it.

Resentment is a complex emotional reaction to being or feeling mistreated or wronged by another person, situation, or series of circumstances. Resentment can feel like a mix of anger, bitterness, disgust, or disappointment toward the person or events from your perception. It can be triggered by several things:

- Being taken advantage of by others.
- Being put down, dismissed, or ignored.
- Feeling inadequate, overlooked, or unheard.

- Having unrealistic expectations of others or the world around you.
- Maintaining relationships with people who insist their needs are more important than your own.
- Having interactions with people who undermine your authority.

The challenge with resentment is that if you hold onto it tightly, it becomes harder to forgive or let go and move on from the situation. When you've been mistreated or wronged, it's common to experience an overlap of negative emotions that continue to resurface and return whenever you're confronted with these individuals, situations, or memories. These emotions may include anger, hostility, hate, bitterness, discomfort, or disgust. Suppressing these emotions over time, can lead to resentment, which can have significant negative effects on your mental and physical health. "In the short-term, suppressing feelings may seem like a way of coping. However, in the long run, pushing down or ignoring emotions can be an entry into mental health issues like PTSD, trauma, depression, and anxiety," warns Dr. Albers.

Resentment can make it difficult to let go of your anger. You find yourself hyper-focusing on these feelings, especially whenever you're confronted by the person or situation that caused them in the first place. You might even be enraged or experience strong urges to seek revenge. These things can take a significant toll on your mental and physical health. "Emotions are not solely confined to our minds; they can also take residence in our bodies," clarifies Dr. Albers. "Anger, if left unaddressed, can manifest physically by increasing your heart rate and blood pressure, causing muscle tension and headaches, digestive issues, weakening your immune system, and causing sleep disturbances. These can all put you at higher risk for cardiovascular issues like high blood pressure and heart disease or chronic conditions like diabetes and autoimmune disorders."

When emotions like resentment linger, we tend to associate it with other feelings like regret, shame, guilt, or remorse, especially if we're made to feel like we're at fault. When you're resentful, you're on guard. Why would you ever surround yourself with the same people or situations that hurt you again from the start? We see this often in relationships. If you've been wronged in the past by a previous partner, you might resent them



and anyone else who reminds you of them or presents that kind of behaviour because it triggers your fears and anxiety around betrayal and lack of commitment. On the surface, resentment may appear to offer you the ability to have power and control over the situation. But internally, it can cause real, long-lasting damage to your mental health. "At first, it may seem like avoiding the situation is a way of coping. However, by engaging in avoidance behavior, we inadvertently fuel the flames of resentment, allowing it to fester and intensify inward," says Dr. Albers.

When you're ready to let go, and leave resentment in the past, these steps are useful:

- Do a personal inventory of what's important to you. What would it take for you to "settle the score"? Are you looking for an apology? Are you looking for an explanation? Or are you looking to make amends?
- Acknowledging where you stand on the issue, what you need in order to heal, and what your expectations are for yourself and the other party involved are the keys to handling any unresolved conflict.
- "Empathy plays a vital role in putting a stop to resentment, as it allows us to step into the shoes of others and understand their perspective," says Dr. Albers. "Coming to terms with the person or situation that caused resentment can open the door to healing and closure, as it enables us to find empathy towards ourselves and create space for forgiveness and growth."
- When you're steeped in doubt and negativity, lean on the people, places, and things that bring you peace and positivity by practicing gratitude. Try keeping a gratitude journal of all the things that make you happy and serve as a positive step toward improving your well-being.

"It's OK to seek support because navigating resentment alone is not easy," reaffirms Dr. Albers. "Working with a therapist can help you to see the situation from a new perspective and access self-compassion, which becomes key to making a manageable journey of healing and growth."

Finding ways to practice self-love and compassion will not only set you up for success in the future. It will also help you recognize that when you feel like you're caught in the throes of resentment, you can stop drinking the poison hoping the other person will die.

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### HIGHLAND PARK



### HIGHWOOD





**Fresh Start Recovery**



# HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

Next lunch: Tuesday, September 17 at 11:30 am.  
Confirm attendance by September 10.



Kerby Centre, Cobs Bread and Northminster United Church present:

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# SEPT 25

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**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.

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**TOP MARK EXTERIORS:** We deliver top-quality roofing and siding services to elevate your homes exterior and enhance durability. Roofing installation, siding installations, repairs & maintenance. 10 Year Workmanship Warranty. Financing options. BBB accredited. Call now for a free estimate! Phone: 403-970-9522. Email: info@topmarkexteriors.ca. Website: www.topmarkexteriors.ca.

**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.

**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.

**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](http://www.communitymediation.ca), 403-269-2707.



 **the Gutter Doctor** 403-714-0711  
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. 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!

MANY OTHER PACKAGES AVAILABLE!

# BATHROOM RENOVATION SALE

## SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- 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
- 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 \$10,769**  
*Limited Supplies*

## TUB TO SHOWER CONVERSION

- 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
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

**ABSOLUTELY NO HIDDEN COSTS**

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

**SALE \$9,379**  
*Limited Supplies*

**We Also Specialize in En Suites & Custom Bathrooms**

**PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!**



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**403-257-3222 | WWW.WESTERNBATHROOMS.CA**

**All Labour & Material Included**

All packages pertain to standard size bathrooms