

APRIL 2025

DELIVERED MONTHLY TO 3,700 HOUSEHOLDS

HIGHLAND PARK

SUMMIT

THE OFFICIAL HIGHLAND PARK COMMUNITY NEWSLETTER



HIGHLAND PARK PHYSIO CLINIC
YOUR HEALTH, OUR PRIORITY

Contact us today to book your appointment.



Accepts Direct Billing!

Unit 4325 - 4303 Centre St NW • Calgary, AB

587.327.6465

Physiotherapy • Massage Therapy • Acupuncture

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HIGHLAND PARK PHYSIO CLINIC

YOUR HEALTH, OUR PRIORITY

Physiotherapy

- Motor Vehicle Accidents
- WCB Injuries
- Sports Injuries
- Vertigo/Dizziness
- TMJ Dysfunction
- Dry Needling
- Spinal Decompression
- Laser Therapy



Massage Therapy

- Relaxation
- Sports Massage
- Deep Tissue
- Remedial

Acupuncture

- Neck, Shoulders & Back pain
- Insomnia
- Digestive Disorder
- Menopause
- Stress etc

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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: \$15,679

SALE \$11,679

Limited Supplies

SUPREME 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
- Tile 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 new corner caddy with 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,789

SALE \$13,879

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Highland Park Community Association

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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.



Highland Next

Before & After School Care Program

Before & After School Care

Grades 1 – 6 | Kindergarten

Fully Licensed | Certified Staff | Quality Care

6:15am – 6:00pm

Monday to Friday | Closed STAT Holidays

Private Bussing | PD Day Care | ½ Friday Care

School Break Care | Summer Care

www.nextkidsinc.com

Green Calgary Rain Barrel Sales

by The City of Calgary

Did you know, water use in Calgary communities increases up to 20 percent in the summer months? Capturing rainwater can help you and your community build resiliency during times of hot and dry weather while keeping your yard and garden healthy. Rain barrels typically fill up after a single rainfall and help keep water on your property, so less dirt and contaminants wash into the rivers.

Made locally with recycled material, Green Calgary rain barrels can be used to water the plants in your yard. Rain barrels are \$75 after rebate for a limited time with pick-up and delivery options available.

Visit greencalgary.org for details on all sales event dates and locations. Join the thousands of Calgarians already conserving water by using a rain barrel. Pre-order yours at greencalgary.org, starting April 1, 2025.



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HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

HPCA Seniors' Luncheon - Now on Saturdays!

Join the HPCA and Fresh Start Recovery once again for Seniors' Luncheon now on Saturdays from 11:30 am to 2:00 pm. Enjoy a nice meal and the company of other seniors for a reasonable price. All are welcome but HPCA members get a great discount!

Upcoming Seniors' Luncheon Dates:

- April 26, registration open February 28 to April 17.
- May 24, registration open April 17 to May 16.
- No luncheon in June.
- July 26, registration open May 16 to July 18.
- No luncheon in August.

Cost: HPCA members \$7, non-members \$10

To learn more and register, please visit highlandparkcommunity.ca/seniors-luncheon, email seniorscoordinator@highlandparkcommunity.ca, or call Vanessa at 403-671-0826 and leave a message with your name, number, and email.



Editorial Content DEADLINE
 10 of each month for the next month's issue

HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

The City's Planning department has drafted several modifications to the current Land Use Bylaw. These will be presented at a public hearing to Council's Infrastructure and Planning Committee on April 2, 2025. Assuming that the recommended amendments are approved, they would then be presented to Council at a public hearing which is tentatively scheduled for May 6. You can learn more about these amendments at calgary.ca/planning/land-use.html#amend. A few amendments that we would like to see are not included in the current list but hopefully they will make it into the next round. Meanwhile, work continues within the Planning department on developing a new Zoning Bylaw to eventually replace the current Land Use Bylaw. This is in conjunction with a new Calgary Plan which will replace the existing Municipal Development Plan. On February 12, 2025, the Infrastructure and Planning Committee deferred a decision on the draft Calgary Plan until Q2 2026. Creating a new Zoning Bylaw and a new Calgary Plan is part of the overall City Building Program. A website worth bookmarking is engage.calgary.ca/citybuilding.

Since our last newsletter written in mid-February, the following Development Permit (DP) applications have been approved:

- DP2024-08783 137 40 Avenue NW for five-unit rowhouse with suites. This application replaced previously approved DP2024-00453.
- DP2024-08308 218 32 Avenue NE for a semi-detached.
- DP2024-02100 119 42 Avenue NE for a semi-detached with suites.
- DP2024-06114 3915 Centre A Street NE for a four-plex with suites. Amended plans were still available on the City's Development Map as of March 14.
- DP2024-06568 4010 1 Street NW for a four-plex with suites.

New and noteworthy applications include:

- LOC2025-0001 3714 Centre Street NE for a change of land use to MU-1 which could allow for a six-storey apartment building with underground parking.
- DP2025-01157 417 36 Avenue NW for a single-detached and a semi-detached rear building containing six units and six suites.

- DP2025-01177 and DP2025-01176 419 33 Avenue NW for a large rear extension to the existing bungalow, a basement suite and a new three-car garage with a large suite above.

The following applications remain under review:

- LOC2024-0307 for a land use change at 4220 Centre Street NE from R-CG to MU-1. There is some question about whether the proposed development project for this property would conform to MU-1 land use.
- LOC2024-0181 115 36 Avenue NE for a land use change to MU-1.
- DP2024-06404 115 36 Avenue NE for two rowhouse buildings also containing some commercial space.
- DP2025-00515 is a new application for a four-plex with suites at 3827 Centre B Street NW.
- DP2024-09009 at 423 33 Avenue NW for a four-plex with suites.
- DP2024-07701 for a four-unit rowhouse with suites at 3423 2 Street NW.
- DP2024-05535 for two semi-detached buildings at 215 41 Avenue NW. The safety issue regarding window wells protruding into the side yard walkways has been resolved. It is expected that the SDAB will approve the revised plans.
- DP2024-07824 for four rowhouse buildings (sixteen units with suites) at 4016 to 4024 3 Street NW is under review. Draft revised plans have been received.
- DP2024-08555 is for two rowhouse buildings to be built where 36 Avenue NE curves around onto Centre A Street NE.

To keep on top of recent DP or Land Use Change (LOC) approvals, check out the Public Notices (calgary.ca/development/public-notice.html) which are posted every Thursday. Appeals to the Subdivision and Appeal Board can be filed up to 21 days from the date of posting. As always, the Development Map (developmentmap.calgary.ca) and the Land Use Bylaw (calgary.ca/planning/land-use.html?redirect=/landusebylaw) are invaluable sources of planning information for community residents.

Email development@hpca.ca.



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. Don't forget, you can sign up for our email list and follow HPCA on our social media sites there too.

HPCA E-Newsletter

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

Good Food Box

The next order dates are April 21 then May 19 (Victoria Day). Pick-up is always on the Thursday ten days after the order date, between 6:00 and 7:00 pm in our hall lobby. Prices for boxes are \$30 for a Small, \$35 for a Medium, and \$40 for a Large box. If you haven't ordered before, please register first 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 cash for your box on the order date between 6:00 and 7:00 pm at our hall, or you can e-transfer payment (by no later than 4:30 pm on the order date) to our Board member, Anne, at AnneNaumann@shaw.ca. Please don't forget to include with any e-transfer a memo regarding who it's for (if your email is different from your name), and how many and what box sizes you want. For more information and other order dates for 2025, check our website at highlandparkcommunity.ca/good-food-box.

Earth Day Litter Cleanup

Saturday, April 26, we'll be meeting at 10:00 am at our hall. Let's all celebrate Earth Day by picking up the litter that has accumulated through the winter on the sidewalks and green spaces around our neighbourhood. Picking up litter helps keep it out of our rivers and creeks, as it will otherwise get washed or blown into

the storm drains, which, for Highland Park, feed into our buried section of Confederation Creek and then into Nose Creek. Bring your own work or gardening gloves and grabbing tools if you have them. Trash bags will be provided. We'll all meet back at the hall at noon to do a group photo and enjoy some light refreshments. Hope to see you there! For more information, email Tina at YourCommunity@hPCA.ca.

Seniors' Luncheon

These have restarted with our new Lead Volunteer for the program, Vanessa Gillard; you can reach her via the SeniorsCoordinator@HPCA.ca email. The luncheons are now being held on Saturdays, approximately once per month. We are working toward having a consistent Saturday of the month in the future, but for now we are scheduling them around our existing Saturday rental bookings. The next date is May 24.

Community Market

Saturday, May 31, from 11:00 am to 3:00 pm at our hall. Multiple volunteers are needed to make this event a success, doing a variety of tasks, between 9:00 am and 4:00 pm; to volunteer please use our online signup form at signup.com/go/TGqCYbJ. Even if you can't volunteer, you should come by and see the amazing creations made by our local artists.

Save the Dates

- Wednesday, July 9 – HPCA's annual Stampede BBQ and Music in the Park evening.
- Saturday, September 20 – Community Cleanup event from 9:00 am to 2:00 pm.

Volunteers will be needed for these events; an online signup will be shared at a later date.

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

HIGHLAND PARK



HIGHWOOD





HIGHLAND PARK COMMUNITY MARKET

Support Our Local Vendors

MAY 31ST, 2025
11 AM TO 3 PM

Highland Park Community Association
3716 - 2nd Street NW, Calgary

- REGISTRATION:**
- Only through HPCA Website
 - Between March 20th - April 10th

For More Information Contact:
yourcommunity@hPCA.ca



Highland Park Community Market

Mark your calendars! The Highland Park Community Market is happening on May 31 from 11:00 am to 3:00 pm. At this event, you can buy unique items from local vendors and kids can take part in fun activities. The market is a great opportunity to support the vibrancy of Highland Park community.

Volunteering is a great way to help. You can view volunteer roles and sign up directly at signup.com/go/TGqCYbJ.

Vendor registration opens on March 20 and closes on April 10. All registrations must be submitted through the Highland Park Community Association website. Once your registration is received, our Market Coordinator, Tina Bachynski, will contact you with the next steps. Tina is a Highland Park resident, who is dedicated to supporting events in this community. For questions, please reach out to Tina at yourcommunity@hPCA.ca.

Scam Alert! Please beware of scammers commenting on social media posts claiming to have vendor spots available and requesting e-transfers. All official market communications and payments will only be processed through the Highland Park Community Association and Tina directly. If you have any concerns, please contact Tina before sending any payments.

We look forward to another fantastic market celebrating local vendors and our amazing community!



Kerby Centre, Cobs Bread and Northminster United Church present:

FREE POP-UP BREAD AND RESCUED GOODS MARKET

MAY 7, JUNE 4
(First Wednesday of each Month
1:30 - 3:00)

HIGHLAND PARK COMMUNITY CENTRE
3716 2 STREET NW

Friendly faces, delicious breads & baking!

Northminster United Church
St. David's United Church

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



APRIL 26, 2025
SATURDAY 10AM-12PM
HIGHLAND PARK COMMUNITY CENTRE

EARTH DAY

LITTER CLEANUP

BRING YOUR OWN GLOVES
TRASH BAGS WILL BE PROVIDED



JOIN US IN MAKING OUR COMMUNITY
CLEANER & GREENER



News from the Friends of Nose Hill

by Anne Burke

Connect: Calgary's Parks Plan will determine how Calgary's 2,900+ parks are managed, developed, and redeveloped over the next 20 years. A draft will be presented to City Council after review by the Community Development Committee. Parks connect urban communities, but the city is projected to grow to two million people within the next two decades (<https://engage.calgary.ca/parksplan>).

Calgary has over 200 natural areas in the parks system. Our relationship with the natural world is primarily to preserve undisturbed land, wildlife, and native plant communities. In a natural area all uses and activities must comply with the approved habitat management plan to protect the natural environment and not cause damage. New natural areas should be designated. There are different types, but all need to be protected to conserve nature now and for the future. The landscape offers access to the natural world which helps our physical and mental well-being. Special places like Nose Hill, a major natural area, foster stewardship, support biodiversity, and reduce impacts of heat, flooding, and drought. Some areas are sacred spaces for Indigenous Nations and provide opportunities to learn about cultural history.

Controlled burns and animal grazing are encouraged as alternate land management practices. We must assess and update the cost of maintenance to ensure the value of natural areas with a compensation model. We can allow litter-control-only (with guidance) in natural areas to be included in enhanced landscape maintenance requirements. We should develop ten-year operational Habitat Management Plans for all natural areas, including those required as part of the development approval process. Prior to subdivision the developer is responsible for restoration and compensation must be paid to the City when there is damage or disturbance to land dedicated to environmental reserve. Back sloping should not be allowed.

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, a few days before the order date, 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. For new clients, 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

HPCA GOOD FOOD BOX 2025

Order Date Monday	Pick-Up Date Thursday
April 21	May 1
May 19	May 29
June 9	June 19
July 21	July 31
August 18	August 28
September 15	September 25
October 13	October 23
November 17	November 27

Email: GoodFoodBox@HPCA.ca
Or call HPCA Hall: 403-276-6969

Recipes Using the Good Food Box Produce: That “Viral” Cucumber Salad Recipe

by Anne Naumann

Last month, the large Good Food Box contained five pounds of potatoes, three pounds of onions, two pounds of carrots, one large bunch of celery, one large head of Romaine lettuce, one bag of mandarin oranges, six apples, one head of cauliflower, one large sweet potato/yam, one head of red cabbage, two English cucumbers, eight navel oranges, four tomatoes, one lemon, one head of garlic, one cantaloupe, one bag of red grapes, and one bag (with several bunches inside) of green onions. I've been wanting to try a version of the Cucumber Salad recipe that went viral on the web, with videos of people making it and showing how easy it is to make, while being good for you, so here's my version.

Ingredients:

- 1 whole English cucumber, thinly sliced (use a mandoline slicer if you have one)
- ½ cup plain yogurt (Greek style is preferred as it's thicker)
- 1 tablespoon of lemon juice (or juice squeezed from ½ a fresh lemon)
- 1 to 2 tablespoons of tamari sauce (or soy sauce)
- 1 tablespoon of sesame oil
- 1 teaspoon of rice vinegar (can substitute white or red wine vinegar)
- 1 clove garlic, very finely chopped (can substitute ½ to 1 teaspoon of jarred minced garlic)
- 2 green onions, chopped
- Pre-mixed “Everything Bagel” seasoning, to taste, as a topping (can substitute about ½ teaspoon each of salt, sesame seeds, dried minced onion or onion powder, dried minced garlic or garlic powder, and poppy seeds, mixed together)

Directions:

1. Slice the cucumber thinly, into even slices. Add them to a medium bowl (or an approximately one-litre mason jar, like in the viral videos). Add the yogurt, lemon juice, tamari (or soy sauce), sesame oil, vinegar, minced garlic, and the green onions.

2. If using a bowl, toss everything together until everything is well-coated and combined. If using a mason jar, close the lid and shake it very well for about one minute.

3. Serve the salad, and top with ½ to 1 teaspoon of the “Everything Bagel” seasoning, or the homemade version.

4. Note, you can let the salad marinate together in the fridge for an hour or two, which allows the cucumber slices to absorb the dressing more. Can store any leftovers in the fridge for up to three days.



HELP KEEP LOVE IN THE HOME

ElderDog Canada is a national registered charity whose mission is to assist and support older adults in the care and wellbeing of their dogs.

We have a vibrant presence here in Calgary! Reach out to us if you are a senior in need of dog care support (dog walking, transportation to a groomer/vet clinic), to volunteer with us, or for more information at calgaryldr@elderdog.ca.

Help us provide assistance to people and dogs in need.

Learn more:

[facebook.com/elderdoggycc](https://www.facebook.com/elderdoggycc) [@elderdoggycc](https://www.instagram.com/@elderdoggycc) [elderdog.ca](https://www.elderdog.ca)

Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

6. Confidence Tips

Before the Date: Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

During the Date: Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

After the Date: Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.



We boast a large indoor gym and outside garden space to experience all types of play. From arts and crafts to imaginative play, we encourage children to express themselves and discover new interests. We celebrate diversity and foster an inclusive atmosphere where every child feels valued and loved.



Visit our website to register for the September 2025-26 school year!

Open spots are still available for our Tuesday/Thursday afternoon class.

Morning Classes

Mon/Wed/Fri | 9:00 to 11:30 am | \$105 per month
Tues/Thurs | 9:00 to 11:30 am | \$65 per month

Afternoon Classes

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

Five Days/Week (\$245 per month)

Mon/Wed/Fri am and Tues/Thurs pm
Mon/Wed/Fri pm and Tues/Thurs pm
Mon/Wed/Fri pm and Tues/Thurs am

preschool@hpca.ca | 403-470-5845

www.hpca.ca/preschool



Are you searching for a preschool where your child can learn, play and grow?

Consider Highland Park Community Preschool where every child's curiosity and creativity are nurtured in a safe and loving environment. We welcome children from ages 3 to 5 for an enriching preschool experience. We have teachers full of knowledge and passion to create engaging and stimulating learning. Our curriculum is designed to foster cognitive, social and emotional development preparing for the school years ahead. Your child's health and safety are a top priority, ensuring a clean and secure space for them to explore.

COSMIC TRUCE: THE ECLIPSE THAT STOPPED A BATTLE!

On April 6, 648 BC, the Ancient Greeks recorded one of the earliest solar eclipses! Greek historian Herodotus described how the eclipse coincided with the battle between the Lydians and the Medes, scaring the armies into a truce. Talk about a cosmic peacekeeper!

Collection Days Are Changing in April

by *The City of Calgary*

Starting April 22, many Calgary households will see blue, black, or green cart pick-up days moving to improve routes. These updates also align with the return of city-wide weekly green cart collection. The new collection schedules will be available on calgary.ca/cartschedule by April 8. Check your schedule to:

- Find out whether your blue, black, or green cart pick-up day is changing.
- Know when your weekly green cart begins.

Collection schedule changes update automatically if you have signed up for reminders.

Did you know that The City provides free reminders for your blue, black, and green cart pick-up days? All you need to do is sign up! When it's time to put your carts out for collection, we'll send you a reminder. When you sign up, you will get:

- Instant access to your pick-up schedule.
- Notifications about any changes to your collection schedule.
- Useful tips for using your blue, green, and black carts.

It's Easy!

Option 1: Go to calgary.ca/cartschedule.

- Type your address in the search box to view your collection days.
- Click on 'Get a reminder' to receive your preferred method. Choose to be notified by email, calendar, or phone, either the day before or the day of your collection.

Option 2: Download the Garbage Day App onto your phone.

- Available on the App Store or Google Play.
- Set notifications to remind you of your cart collection days.

Never miss another cart collection day again.



MLA Calgary - Klein
Lizette Tejada

#232-A - 3630 Brentwood Rd NW

📞 403-216-5430

✉️ Calgary.Klein@assembly.ab.ca

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Happy April! I hope you were able to enjoy some of the warm days in the last month and stay cozy on the cold days.

The week of March 3 was Constituency Week, and I was thrilled to be out in the community, meet with constituents, and attend local events. The conversations were meaningful, with key concerns raised about disability funding and supports, education, and healthcare. I am incredibly grateful for the time constituents take to share their thoughts, and I look forward to bringing these concerns to the legislature.

With the legislative session resuming, I will be participating in regular session activities in addition to budget estimates for about two weeks. During budget estimates, I'll have an opportunity to ask key questions on the allocation of the budget and advocate for our constituency.

I look forward to receiving your correspondence as session progresses and bringing your voices into the legislature. As always, our constituency office is here to assist with inquiries and connect you with helpful resources. In the meantime – I'll see you out in the community on the weekends. Our next full constituency week will be from March 30 to April 4.

Please reach out to us at calgary.klein@assembly.ab.ca or by phone at 403-216-5430. Stay connected and follow along on Facebook, Twitter, Instagram, Threads, and Bluesky—my handle is @lizettendp.

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