

AUGUST 2025

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SUMMIT

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Sturgeon Moon



The gorgeous full moon that occurs in August is called the Sturgeon Moon. If you didn't already know, a sturgeon is a prehistoric-looking fish that has been traced back to around 136 million years ago! The name of this full moon comes from these fish that used to be abundant in the Great Lakes.

Highland Park Community Association

📞 403-276-6969 📍 3716 2 St NW

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Police Service	Cst. Raeann Watson, District 3 pol5218@calgarypolice.ca , 403-860-8027
Bylaw Infractions	Call 3-1-1 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



Fresh Start Recovery



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:

- 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.

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
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

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

HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by *D. Jeanne Kimber*

Following last night's short but violent hail thunderstorm, I'm sure that many of you—like myself—have some cleanup to do. Hopefully you did not get much damage to your buildings.

A significant land use change will be heard by Council tomorrow (July 15). Application LOC2024-0139 pertains to the land that slopes from where 36 Ave curves onto Centre A St NE down towards the Greenview Industrial area. A nearby resident gathered many signatures from neighbours opposed to the land use that could potentially enable, in the future, some medium and high-density development along 1 Street NE. The land is currently zoned R-CG, although it has been a vacant parcel green space for decades. This current zoning could allow for future but much lower density redevelopment.

LOC2025-0001 for a change to MU-1 land use at 3714 and 3718 Centre St NE still shows a status of "Submitted". The MU-1 land use allows for four to six storey buildings that may include commercial space.

There are two applications pertaining to 419 33 Ave NW. DP2024-01176 is for a new garage with a suite. That application is still under review. DP2024-01177 is for an addition to the existing bungalow and a new basement suite. This application was approved in April but is pending an appeal to the SDAB. The hearing will be held July 29.

DP2024-05487 for a mixed-use building with commercial/retail space and eight dwelling units remains "Under Review".

DP2024-05781 for multi-residential buildings at 3923 and 3927 1 St NE, to be built in two phases. Comments are still being accepted through the Development Map (DMAP).

DP2024-06404 for two rowhouses with suites and commercial space at 115 36 Ave NE is still "In Circulation" meaning that comments can be submitted through the DMAP or by email to the File Manager.

DP 2024-07824 to construct four rowhouse buildings with suites on the three parcels located at 4016 – 4024 3 St NW was approved on June 10. The Development

Pemit will be released to the applicant once all conditions of approval have been met. It should be noted that this last stage in the planning review and approval process can take many months. For example, a similar multi-building rowhouse project approved last November at 204 – 212 40 Ave NW still shows that the DP has not yet been released to the developer.

DP2024-08555 for the address at 3703 Centre A St NE, for two three-unit rowhouses with suites. This property is immediately adjacent to the green space slope at 36 Ave and Centre A St NE.

DP2024-9009 for a four-plex with suites at 423 33 Ave NW. The status is "In Circulation".

DP2025-00515 at 3827 Centre B St NW for a four-plex with suites. The application was approved in May but is pending an appeal to the SDAB.

DP2025-01157 at 417 36 Ave NW for both a single detached and a semi-detached with suites. This application was approved June 28, but an appeal is likely.

DP2025-02163 for a new four-building rowhouse project at 425 – 439 37 Ave NW. We have submitted our comments in opposition to the project due to non-conformance to the Land Use Bylaw as well as overall fit within the local context. The DMAP shows that comments are still being accepted.

To keep up to date about developments in the community, make sure to visit the improved Development Map at developmentmap.calgary.ca. The City is also working on a new Zoning Bylaw and the next version of the draft document is expected in Q1 2026. To learn more, see calgary.ca/planning/city-building-program/city-building-program/the-zoning-bylaw.html.

Email development@hpc.ca.





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



Come join us at our play-based preschool program for ages 3- to 4-year-olds. We have friendly, fun, engaging teachers that love their jobs, who are excited to help your children navigate through the early years of their education. Our main priority is teaching your children how to play with others and assist them with social and emotional learning. We are accepting registration for the 2025-26 school year. Please visit our website at hpca.ca/preschool to sign up. For any questions or inquiries, please email Preschool@hpca.ca.

UPCOMING EVENTS AND ACTIVITIES

For more information about the events below, please contact our new Executive Director/Hall Manager, Anne, at HallManager@HPCA.ca or 403-276-6969. Events are listed in chronological order, with ongoing events first. There are usually additional details on our website at HighlandParkCommunity.ca under Upcoming Events. Don't forget, you can sign up for our email list and follow HPCA on our social media sites there too.

Community Cleanup

Saturday, September 20 from 9:00 am to 2:00 pm. Volunteers can sign up now for shifts at signup.com/go/VQDmngW. All volunteers get a free lunch and snacks.

HPCA Market Planning

Want to meet more of your neighbours to collaborate on planning HPCA's next Community Market? Why not join our Market Planning Committee? Sign up here: signup.com/go/JTnDHiq.

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 August 18 and September 15. 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 still \$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 need to pay for your box by the order date - you have two ways to pay: 1) you can e-transfer payment (by no later than 4:30 pm on the order date) to HPCA's Executive Director, Anne, at AnneNaumann@shaw.ca or 2) you can pay cash on the order date between 6:00 and 7:00 pm at our hall. 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.

Seniors' Luncheon

These are now held mostly monthly, on certain Saturdays, at our hall. The dates for our 2025 luncheons are on our website at: highlandparkcommunity.ca/seniors-luncheon. To attend, you need to register at least ten days in advance of the luncheon date, with our Lead Volunteer for the program, Vanessa Gillard; you can reach her at SeniorsCoordinator@HPCA.ca. If you'd like to volunteer for these events, to set up or put away tables and chairs, or help out in the kitchen, please also contact Vanessa at that email.





TODAY'S
SQUARE
DANCING
YOU'LL BE
SURPRISED

Square Dancing
FOR BEGINNERS

CASUAL ATTIRE! COUPLES, SINGLES
AND ALL AGES ARE WELCOME!

HAVE LOTS OF FUN • LAUGH • MAKE FRIENDS • GET LOTS OF EXERCISE
REDUCE STRESS • IMPROVE MEMORY SKILLS • GOOD MUSIC

FOR NEW SQUARE DANCERS

Lessons start on
Friday, September 5
from 7:00 - 8:30 PM

North Haven Community Hall
5003 North Haven Drive NW

Contact: David or Joyce Allen
403-293-0033 or rvr@telus.net

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

HIGHLAND PARK



HIGHWOOD





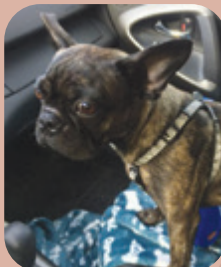
News from the Friends of Nose Hill

by Anne Burke

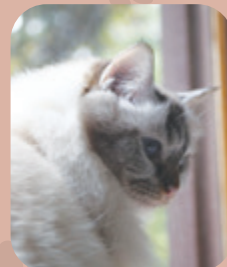
Long ago, what we know as Alberta was underwater, covered by the ocean and surrounded by tropical forests. As many as 20 major glacial advances and retreats reshaped the landscape, including the continuous plateau of Nose Hill and Lake Calgary. Nose Hill provides spectacular views of the Bow River Valley and the uplands across the valley. Their geological history began in the floodplain of the Bow River which flowed at the top level of the present Hill where the river deposited gravel, sand, and mud. These are relatively thin on the steeper slopes. Nose Hill is bounded by the overflow spillway system, now Beddington and Nose Creek. Big Hill Springs Coulee is what remains.

Erratics are stones, boulders, or big blocks picked up and moved from one place to another during the last ice age. There are many in Nose Hill Park traced to a landslide from Mount Edith Cavell in Jasper National Park; they are part of a series across the Foothills region of Alberta. The Foothills Erratics Train runs from near Hinton, Alberta, to the Montana border. Some large boulders, such as the Nose Hill Buffalo Rubbing Stone, were used centuries ago. You can hike up to the Nose Hill 64 Avenue Glacial Erratic from the parking lot off 14 Street NW. At the top of Nose Hill Park there are several scattered glacial erratics of different sizes grouped close together. The Nose Hill Brisebois Glacial Erratic is between the south Nose Hill Parking Lot at Brisebois Drive and John Laurie Blvd. The Nose Hill Tower Glacial Erratic is on the top of the hill near transmission poles and a small building. Access is by an uphill hike from the North Hill SE Parking Lot along an old access road.

Cats, Canines, & Critters of Calgary



Bugsy, Dalhousie



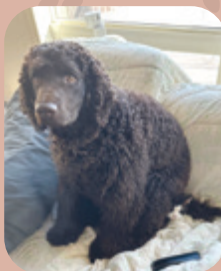
Ella, Mount Royal



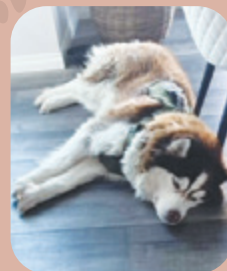
Mac, Evanston



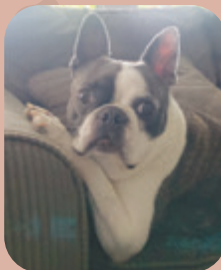
Mango, Evanston



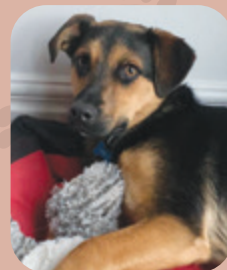
Mick and Turd,
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

To have your pet featured, email news@mycalgary.com

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

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.

Municipal Election

Calgary's General Election will take place on October 20, 2025, and eligible voters can check if they are registered, update their information, or add themselves to the Permanent Electors Register until August 1, 2025. Visit www.voterlink.ab.ca or call Elections Alberta toll free at 310-0000 then dial 780-427-7191.

If you miss the opportunity to register or update your information in advance, you can register at the voting station during Advance Vote (October 6 to 11) or on Election Day (October 20). Information about Calgary's upcoming General Election, including voter eligibility can be found at www.electionscalgary.ca.



HIGHLAND PARK COMMUNITY LITTER PICKERS

**GRAB YOUR GLOVES AND COME TOGETHER TO
TAKE CARE OF OUR NEIGHBOURHOOD!**

TRASH BAGS WILL BE PROVIDED

**MEET AT THE COMMUNITY CENTRE PLAYGROUND 10:00-11:30 AM
ON THE SECOND TUESDAY OF EACH MONTH FROM MAY- OCTOBER**



UPCOMING DATES WEATHER PERMITTING

AUGUST 12

SEPTEMBER 9

OCTOBER 14

RSVP TINA PRIOR TO EACH DATE: YOURCOMMUNITY@HPCA.CA

Evaluating Online Health Information

by Alberta Health Services

Many Canadians go online to search for medical and health-related information. The internet is the first source of information for many people, before even speaking to a doctor or other healthcare provider.

Online health information can have many positive impacts on our health knowledge, behaviours, and well-being. Unfortunately, the quality and accuracy of online health information is not consistent, including social media where information quality can be very low.

Being able to evaluate online health information is an important skill.

How Do I Evaluate Online Health Information?

Use the steps below to evaluate the health information you find online.

- **Check the Date:** Look to see when the website was created or last updated. Health information should be up to date to make sure it is relevant and accurate. Even if the information has not changed, it should be regularly reviewed.
- **Check the Author:** Identify the author to determine if they have the necessary background, experience, or training to accurately discuss the topic.
- **Look For the Evidence:** Health information should be based on facts rather than opinion, rumours, or personal stories. Authors and websites should clearly list their sources, so that you can check the information for yourself.
- **Understand the Purpose:** Read a website's "About Us" page to understand the website's purpose and who runs it. Are they credible and unbiased? Be cautious of websites selling a product. Their information may already be biased, as the goal is to make profit rather than present clear facts. Often product claims are too good to be true.
- **Be Critical of the Details:** Be skeptical of websites that look outdated, contain broken links, or have spelling and grammar errors. Patient information should be written in plain language, making it easy to follow.



- **Protect Your Privacy:** Be careful when sharing your personal information. Look for a privacy policy to find out how and why your information is being used, stored, or shared.

You should carefully consider the source of the information you find on the internet and discuss that health information with your healthcare provider.

Learn more about evaluating online health information from <https://acalibrary.libguides.com/friendly.php?s=patients/evaluatingohi>.

Misinformation and Disinformation

Finding information online is faster and easier than ever before. While the information you find online can often be helpful and trustworthy, it is important to keep in mind that the internet also allows for rapid and widespread distribution of false and misleading information.

As you look online for health information, you need to watch for both misinformation and disinformation.

- Misinformation is inaccurate information. In other words, it means getting the facts wrong.
- Disinformation is false information that is deliberately meant to mislead.

Getting Help

Alberta Health Services Knowledge Resource Service library staff are available at healthcare facilities across the province. They can work with you to help you find and evaluate online health information.

The Knowledge Resource Service also offers a free online course for patients and caregivers on evaluating online health information. Find more information and register at: krs.ahs.ca/patients/evaluatingohi.

Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

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

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.

Celebrating Calgary 150 - Calgary at War

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

To all those who have served to protect our freedom, we are forever grateful.

During the South African War (1899-1902), Lord Strathcona formed a mounted regiment of cowboys and former NWMP officers. King Edward VII awarded the title of Royal to the NWMP. The RCMP went on to police the Klondike Gold Rush.

At Central Memorial Park National Historic Site, the "Horseman of the Plains" statue commemorates the war. Its creation paved the way for the other memorials.

World War I (1914-1918) saw thousands of Canadians volunteer. A military camp dubbed Sarcee City trained 45,000 soldiers. Before departing, they created rock art on Signal Hill.

One Calgarian enlistee was William Ware, who served in France as part of an all-black unit. Princess Patricia's Light Infantry served at the Somme and Vimy Ridge. Today, the Canadian National Vimy Memorial is a symbol of national unity.

Meanwhile, Southern Alberta Light Horse fought in history's first tank attack while others were in the last cavalry charge in Canadian history.

During the war, Mewata Armouries was built with medieval castle features. Suspicions about immigrants from enemy countries led authorities to establish internment camps at Cave and Basin, Banff.

A sanatorium was built in Bowness in 1918 to treat returning soldiers. Baker Park is named for its head doctor.

Memorial Drive was created in 1922 as a "Road of Remembrance" to honour fallen soldiers.

The world was again at war in September 1939, with 1.1 million Canadians serving.

Princess Patricia's Light Infantry landed in Sicily and was the first Allied force to enter Amsterdam, while Calgary Highlanders liberated Dieppe.

Alberta was home to pilot training under the British Commonwealth Air Training Plan. President Roosevelt called Canada the "aerodrome of democracy". Vulcan, AB supported a training station but is famous for its connection to beloved Star Trek character, Mr. Spock.

A drill hall was constructed at McCall Field, while Renfrew's Rutledge Hanger became a training base.

In 1998, Currie Barracks closed and became a new residential neighbourhood, including Garrison Woods.

At Burnsland Cemetery, a Field of Honour holds the graves of soldiers.

May they rest in peace.

*All copyright images cannot be shared without prior permission.



"Lord Strathcona's Horse en route to Boer War in South Africa.", [ca. 1900], (CU1195484) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Aboard S. S. 'Monterey'. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1SM0NSC>.



"Central Park [Memorial Park], Calgary, Alberta.", [ca. 1914-1919], (CU183768) by Reader W. R.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OWOTYK?WS=SearchResults>.



"137th Battalion, Canadian Expeditionary Force leaving by train, Calgary, Alberta.", 1916-08, (CU183747) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OWOOII?WS=SearchResults>.



"Canadian soldiers at Vimy Ridge.", 1917, (CU178364) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OBRU7X?WS=SearchResults>.



Vimy Ridge National Memorial, France, March 2007. Photo courtesy of Anthony Imbrogno.



"Internment camp at Banff, Alberta.", [ca. 1914-1918], (CU192396) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1O1XJTU?WS=SearchResults>.

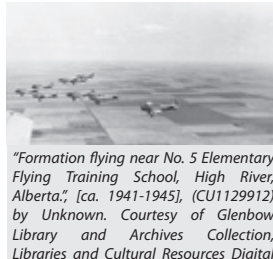


Glenbow Archives
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"William J. Ware in military uniform, Calgary, Alberta," [ca. 1916-1918], (CU1174787) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1SVRJ3>.



"Battle of Britain day, Calgary, Alberta," 1954-09, (CU1139806) by De Lorme, Jack. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FYEC6M?WS=SearchResults>.



"Formation flying near No. 5 Elementary Flying Training School, High River, Alberta," [ca. 1941-1945], (CU1129912) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FR0BA9?WS=SearchResults>.



Statue of the Constitution-class Federation Starship USS Enterprise, Vulcan, AB, August 2023. Photo courtesy of Anthony Imbrogno.



"Field of honour, Burnsland cemetery, Calgary, Alberta," [ca. 1920-1923], (CU183830) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://www.calgary.ca/arts-culture/heritage-sites/scripts/historic-sites.html?dhcResourceId=239>.



Battalion Park, Calgary, 2007 (Chuck Szmurlo, via Creative Commons Attribution-Share Alike 3.0 Unported license). <https://commons.wikimedia.org/wiki/File:Battalion-Park-Szmurlo.jpg>.



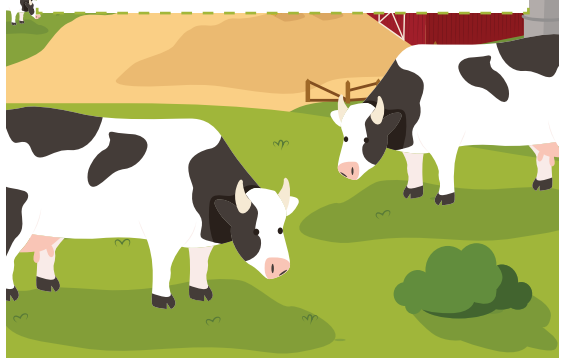
Memorial Drive, Calgary, November 2013, daveblogs007 via Creative Commons Attribution 2.0 Generic license. [https://commons.wikimedia.org/wiki/File:Memorial_Drive_Calgary_\(10764720245\).jpg](https://commons.wikimedia.org/wiki/File:Memorial_Drive_Calgary_(10764720245).jpg).



Canadese militair omringd door drie vrouwen uit Marken (Canadian soldier surrounded by three women from Marken), Amsterdam, 8 May 1945 (Nationaal Archief, via Creative Commons CC0 1.0 Universal Public Domain Dedication). https://commons.wikimedia.org/wiki/File:Canadese_militair_omringd_door_drie_vrouwen_uit_Marken_-_Bestanddeelnr_900-2854.jpg. <https://www.nationaalarchief.nl/onderzoeken/fotocollectie/ac087730-d0b4-102d-bcf8-003048976d84>.

Udder-ly Adorable

Cows have best friends! Humans aren't the only ones who know the importance of and reap the benefits of having a bestie. Studies have shown that the heart rate of a cow will slow, and they will be less stressed and calmer when they are with their best friend/favourite partner.



Curried Shrimp and Mixed Greens Salad

by Jennifer Puri



Food from the sea; shrimp have been a popular food source for a very long time. Shrimp are usually smaller than prawns but are similar in taste and texture.

Quick and easy to cook, shrimp can be found in just about every cuisine and are a popular ingredient in appetizers, salads, soups, pastas, and curries.

Shrimp are also recognized for their nutritional value and are a good source of protein, zinc, iron, vitamin B12, Omega 3, and selenium. They are low in calories, fat, and carbohydrates, and are a healthy food source that can fit well into a balanced diet.

Shrimp are lean and high in protein and can be poached, broiled, sautéed, or grilled. A flavourful curry dressing with shrimp like the one in the curried shrimp and mixed greens salad, also makes a delightful appetizer.

Prep Time: 15 minutes

Cook Time: 0

Servings: 4

Ingredients:

- 1 lb. cooked shrimp (peeled and tails removed)
- ½ cup mayonnaise
- ½ tsp. curry powder
- ½ cup Greek yoghurt

- 1 green onion, finely sliced
- 1 celery rib, finely chopped
- ¼ tsp. coarsely ground black pepper
- 2 tbsp. chopped coriander leaves
- 150 gm mixed greens

Direction:

- In a small bowl, blend the mayonnaise, curry powder, Greek yoghurt, celery, green onion, and black pepper.
- Next, add the cooked shrimp and coriander leaves and gently mix together. Cover and place in the refrigerator for at least an hour before serving.
- To serve, divide the mixed greens between four salad bowls. Place the shrimp salad on top and garnish with fresh strawberries, melon, or papaya slices if desired.
- Curried shrimp salad can be served with crackers, on a bun, or wrapped in lettuce leaves.

Bon Appétit!



YOUR CITY OF CALGARY

Celebrate Calgary Culture Days All September Long!

by *The City of Calgary*



Arts and culture help shape the unique character of our city by bringing people together, telling our stories, and adding vibrancy to our communities. Whether it's murals and music, film and festivals, or dance and delicious food, culture is all around us.

Calgary Culture Days is a month-long celebration that highlights the diverse artists, cultural groups, and community organizations that make Calgary special. Throughout September, events and activities will take place in neighbourhoods across the city — many of them free and family-friendly.

From live performances and art exhibits to hands-on workshops and cultural showcases, there's something for everyone to discover and enjoy.

Explore what's happening near you and be part of the celebration! Visit calgary.ca/culturedays to learn more.



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