

JANUARY 2025

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SUMMIT

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GAMES & PUZZLES

Guess the Instrument!

1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.
2. This instrument's name comes from the Persian word meaning "three-stringed."
3. This instrument is made up of 88 keys that strike 230 strings.
4. Along with the shamrock, this instrument is the official State emblem of Ireland.
5. This instrument is played with a bow made up of at least 150 individual hairs.
6. The Fender Stratocaster is this kind of instrument.



SCAN THE QR CODE FOR THE ANSWERS!

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: \$15,679

SALE **\$11,679**
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
- 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 one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$13,679

SALE **\$9,879**
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COMMUNITY CONTACTS

Website	www.hpca.ca
Facility Rental and Management	403-276-6969 hallmanager@hpca.ca
Facility Rental Availability Calendar	hpca.ca/hall-calendar
Newsletter Editor	Kerri Johansen newslettereditor@hpca.ca
Good Food Box	Ellen Peterson goodfoodbox@hpca.ca
Development Review	Jeanne Kimber development@hpca.ca
Seniors' Luncheon	Vacant - Volunteer Needed seniorscoordinator@hpca.ca
Volunteer Coordinator	volunteer@hpca.ca
Activity Kits Booking and Info	activitykits@hpca.ca
Community Social Worker	Jessica Pauletig Jessica.Pauletig@calgary.ca
Ward 4 Councillor	Sean Chu, 403-268-3727 sean.chu@calgary.ca
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.



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Fresh Start Recovery



HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

There is no luncheon in January.
We are seeking a coordinator for this beloved event. If you'd like to volunteer, please email volunteer@hpc.ca.



Please join us for an open house on January 15, from 5:00 to 7:00 pm at the HPCA community centre. Come meet the teachers, see our learning space, and ask any questions you may have before registering! Registration opens up to the public on January 20, 2025. Secure your desired spot, don't delay!



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



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 hpc.ca/membership*

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 leave a message or send an email to our new Hall Manager, Abi, at 403-276-6969 or HallManager@HPCA.ca. However, Abi is only at our hall on Wednesdays. Please note, 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. 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.

More Outdoor Rink Volunteers Needed!

While we have a couple of longtime volunteers lined up who are able to do the flooding for our outdoor rink, we really do need some younger dedicated volunteers who can commit to shovelling off the snow from the surface so it can be flooded overnight. Please contact Volunteer@HPCA.ca for more information.

Seniors' Luncheon Volunteers Needed!

We are still searching for a new Seniors' Luncheon Coordinator to take the lead for this program. This could be a shared role between more than one person. 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 to get more information about this role, or to step forward to help fill these shoes. Training will be provided.

Friday Night Fires

Our steadfast 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, or too cold). 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.

Good Food Box

The Good Food Box schedule for 2025 has been released, and the order dates are found elsewhere in this newsletter. The next order date is Monday, January 6, with pickup on the Thursday ten days later, as always. You must confirm by the order date if you want to order by emailing our Good Food Box Lead Volunteer, Ellen, at GoodFoodBox@HPCA.ca with your name, email, phone, and the number of adults, children, and seniors your box order will feed. You also need to pay on the order date at the hall in person between 6:00 and 7:00 pm, or via e-transfer to our Volunteer Coordinator, Anne Naumann, to AnneNaumann@shaw.ca and she will tally all payments and transfer payment to the Calgary Community Kitchen.

Buchanan Skating Week

Provided the weather cooperates, Buchanan students will be using our outdoor rink all week between January 27 and 30, from 9:00 am to 3:30 pm. The Skate Shack has been booked for free skate rental for their phys. ed periods. We'll need volunteers to help make and serve hot chocolate to the skaters after their time slot. Contact Volunteer@HPCA.ca for more information or sign up online at <https://signup.com/go/JOJbOah>.

HPCA Family Skating Day

Saturday, February 1 will be HPCA's Community Skating Day at our Outdoor Rink, from 1:00 to 3:00 pm, with free access to skates from the Skate Shack, hot chocolate, and a fire. Volunteers are needed, sign up here: <https://signup.com/go/XMTnByG>.

Polar Bears' Secret Colour



Here's a cool (and surprising) fact: polar bears actually have black skin! And get this - their fur isn't white, it's transparent! The black skin helps them soak up precious heat, while their transparent fur reflects light, making it look white and blending them perfectly into the snowy Arctic.

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A Shot at Life

On January 11, 1922, 14-year-old Leonard Thompson became the first person to receive insulin as a treatment for diabetes.

Canadian scientist Frederick Banting, co-discoverer of insulin, injected Thompson with insulin saving his life and marking the start of this groundbreaking medical breakthrough.



The Good Food Box

The Good Food Box is a Community Kitchen initiative available to anyone, not just residents of Highland Park. If you are ordering for the first time, please register first with our Lead Volunteer, Ellen, at our hall on the order date between 6:00 and 7:00 pm, or via email to GoodFoodBox@HPCA.ca, and provide your name and phone number. We also need some basic demographics about how many people your box will help feed. You can pay for your box in two ways: 1) by e-transfer to our Board Member, Anne Naumann, at AnneNaumann@shaw.ca by 4:00 pm on the order date (please ensure you indicate what size box(es) you are ordering), or 2) with cash or a cheque at the hall on the order date between 6:00 and 7:00 pm. The pick-up date and time for the ordered boxes is always on a Thursday, ten days after the order date, at our hall between 6:00 to 7:00 pm.

Large Box: 45 to 50 lbs = \$40

Medium Box: 35 to 40 lbs = \$35

Small Box: 25 to 30 lbs = \$30

For more information, contact our volunteer, Ellen Peterson, at GoodFoodBox@HPCA.ca.

Order date: Monday, January 6

Pickup date: Thursday, January 16



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

HIGHLAND PARK



HIGHWOOD



Kerby Centre, Cobs Bread and
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Fourth Wednesday of each Month
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Buster, Hamptons



Lizzy,
Huntington Hills



Mirabella, Lower
Mount Royal



Poupie, Deer Run



Toby, Douglasdale



Luka, Kiba, Shinji, and Von, Shawnessy

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

HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

There has been a lot happening in Calgary recently. The legal challenge against the Rezoning for Housing Bylaw, which was approved by Council earlier this year, was heard on December 11. The judge is expected to issue his decision in early January.

Also, on December 11 the Infrastructure and Planning Committee of Council was scheduled to hear the Calgary Plan. This is a high-level policy document outlining goals and objectives for Calgary's growth in the future. It combines an updated Municipal Development Plan (MDP) with the Calgary Transportation Plan. A final revised version was made available in early December. Committee members deferred a decision on the Calgary Plan until February. Presentation to Council might happen in April 2025. For more information see <https://engage.calgary.ca/citybuilding>.

Also in development is a new Zoning Bylaw. One of the principal goals of this project is to simplify and reduce the number of land use types. Feedback on the first draft closed at the end of October and we are now waiting for changes to be made before another opportunity to provide feedback arises. A final draft is not expected until 2026.

There are several new proposed Development Permit (DP) applications in Highland Park.

- DP2024-07833 4320 Centre A Street NE for a semi-detached with suites and garage.
- DP2024-07824 4016 to 4024 3 Street NW for four rowhouse buildings (16 units) with suites.
- DP2024-08166 422 36 Avenue NW for a semi-detached with suites.
- DP2024-08308 218 32 Avenue NE for a semi-detached (no suites).

The following applications have been approved recently.

- DP2024-04247 3827 Centre B St NW for two semi-detached with suites. The approval was appealed and is now scheduled for a hearing on December 17.
- DP2023-01343 204 to 212 40 Avenue NW for 16 rowhouse units with suites in three buildings. Approval was posted November 21.
- DP2024-01027 3307 2 Street NE for a rowhouse. Approval was posted December 12.

- DP2024-05535 215 41 Avenue NW for two semi-detached buildings (front and rear) with suites. Approval was posted December 12.

Decisions are posted every Thursday by the City on its Public Notices website. Affected neighbours then have 21 days to appeal the decision to the Subdivision and Development Appeal Board (SDAB). Information about what is "appeal-able" can be found at <https://www.calgarysdab.ca/preparing-for-a-hearing.html>.

The following applications are still under review:

- DP2024-06568 4020 1 St NW for a four-plex with suites.
- DP2024-07701 3423 2 St NW for a four-unit rowhouse with suites.
- DP2024-05487 4220 Centre St NE for a four-unit rowhouse with suites and a commercial unit. This application will require a land use change.
- DP2024-00614 3704 Centre St NE for a Buddhist temple.
- DP2024-06404 115 36 Avenue NE has been revised for two rowhouse buildings with a commercial space at the corner.
- LOC2024-0139 for land use changes to M-CG and M-H1 for the green space that slopes steeply down from the end of 36 Avenue NE to 1 Street NE.
- LOC2024-0177 119 to 131 41 Avenue NW for a land use change to M-H1 to allow for a six-storey apartment building.

Amended development plans are often submitted in response to feedback received from the City, the Community Association, and from nearby residents. These amended plans are posted on the City's Development Map but are not advertised. The Development Map is your best source of information about planning applications in the community. See <https://developmentmap.calgary.ca/>.

The HPCA Planning and Development Committee and I wish you a Merry Christmas and a Happy Hanukkah. Best wishes to you, your family, and friends in 2025.

Email development@hpc.ca.



Celebrating the Success of the Third Annual Winter Market

by Amrit Kaur

The Third Annual Winter Market was a resounding success! With around 200 attendees joining us at the Highland Park community centre, the event showcased the incredible creativity and diversity within our local community. This year's market featured 30+ talented vendors offering an impressive array of handmade items, including ornaments, cards, jewellery, soaps, pottery, woodwork, plants, paintings, baked goods, and sewn items. It was truly a celebration of local talent and community spirit.

The success of this market would not have been possible without the tireless efforts and dedication of our organizing team—Tina, Julie, and Lonnie. Their planning, coordination, and attention to detail ensured everything ran smoothly, creating an enjoyable experience for everyone involved. We also extend our heartfelt thanks to their partners, who played a crucial role in the setup on the big day.

Our incredible volunteers deserve special recognition as well. From assisting vendors to managing activities and ensuring the smooth flow of the event, their commitment and willingness to support community initiatives were instrumental. Thank you for being the backbone of this event—your efforts are deeply appreciated!

We were thrilled to welcome Bikers Are Buddies, Santa, Mrs. Claus, and their elves, who spread joy as they walked through the halls, taking selfies with attendees, and sharing the holiday spirit. The kids' activities were a highlight of the event, with many young participants enjoying gingerbread house decorating, mural colouring, crafting Christmas ornaments, playing the corn hole game, and posing at the selfie photo booth. These engaging activities brought smiles to children's faces and added a festive touch to the market.



Building Bridges: Conversations in Community Café Series

Thanks to a City of Calgary Neighbourhood Grant, a series of community-driven gatherings, aptly named the Conversations in Community Café, recently brought 20 neighbours together for three engaging sessions. These events celebrated connection, understanding, and peer support, all while embodying the values that underpin a thriving and supportive community.

The Café Series centred on creating a safe and welcoming space where every voice mattered. Through open discussions, participants explored what it means to be a good neighbour and how peer support skills can foster stronger connections in our neighbourhoods.

Some standout themes emerged during the sessions, offering valuable takeaways for anyone looking to create meaningful bonds within their community:

- Meeting People Where They Are: Respecting individual experiences and starting from a place of understanding.
- Curiosity and Respect for Differences: A willingness to learn from others' perspectives enriches relationships.
- Empathy and Compassion: By holding space for others with care, we foster belonging and self-worth.
- Healthy Boundaries: Understanding limits ensures relationships remain supportive and balanced.
- Strength-Based Approach: Celebrating diversity and focusing on strengths instead of shortcomings.
- Consistency and Connection: Regular check-ins and being present with your neighbours by simply showing up can make a world of difference.

Participants shared practical ways to bring these values to life, such as attending local events, engaging in casual chats, or simply taking the time to get to know your neighbours. The group also reflected on the importance of giving without expecting anything in return, a small yet powerful way to build trust and mutual support.

By the end of the Café Series, a shared vision of hope, belonging, and connection had blossomed among participants. These conversations served as a reminder that small, intentional acts—like listening to understand or respecting confidentiality—can reduce isolation and strengthen the bonds that make our neighbourhoods feel like home.



News from the Friends of Nose Hill

by Anne Burke

Alberta's Provincial Parks Act, introduced in 1930 and amended in 2000, provides for preservation of provincial parks, wildland parks, and provincial recreation areas to benefit current and future generations. There are rules and regulations about certain activities and restrictions. Important sites for conservation management are the Wilderness Areas, Ecological Reserves, Natural Areas, and Heritage Rangelands. More information at <https://albertaparks.ca/>.

The original Plan for Parks (2009-2019) is archived online. A new Plan for Parks: Engagement guide and fact sheet were posted. The first phase of engagement collected feedback from Albertans to inform a Plan. In the second phase, Albertans review the draft and provide input. The proposed vision statement has added cultural benefits and Indigenous reconciliation. There may be additional fees, some partner groups, increased tourism, recreation, and campgrounds.

An Online Survey asked how often you visit parks, what do you most value, what will Alberta Parks look like 100 years from now? If you agree that Albertans should be informed and engaged in park issues, what ways are important to you: a) increase opportunities to provide input into decision making for provincial parks; b) establish clear deliverables and milestones in the new ten-year Plan for Parks; c) consistently report on progress and achievement?

Since Parks conserve nature and connect people with nature, providing access to a variety of nature-based experiences will be important, so that building an appreciation for natural values is a key priority. Which of the following options would you support? a) create more parks to increase conservation and nature access; b) collaborate to improve how information about conservation activities in parks is shared; c) expand interpretive and educational programs to inform and inspire visitors; d) add volunteer opportunities to promote hands-on nature and conservation education.

How to Be a Great Communicator

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



Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

Let's Start with Some Bad Habits in Communication:

- 1. Interrupting** – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.
- 2. Story-Topping** – This can shift the conversation from connection to competition.
- 3. Bright-Siding** – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.
- 4. Being Right** – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.
- 5. Being All-Knowing** – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

6. Advising – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen a boundary violation.

Here Are Some Habits of Good Communicators:

- 1. They create conversational safety** free from judgement, fault finding, or rejection. Just be there to listen.
- 2. They validate other people's feelings** with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.
- 3. They follow their natural curiosity** by asking questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.
- 4. They listen with their whole body** by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.
- 5. They hear what's beneath the words** by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

Low-Fat Lasagna Mexicana

Ingredients:

- Cooking spray
- 1-pound extra-lean ground beef
- 1 (15-ounce) can pinto beans, rinsed and drained
- 1 small white onion, diced
- 1 (4-ounce) can diced green chilis
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- $\frac{1}{4}$ teaspoon dried oregano leaves
- $\frac{1}{8}$ teaspoon ground cayenne (or to taste)
- 1 (15-ounce) can tomato sauce, divided
- 8 flour tortillas, divided
- 1 cup finely shredded sharp Cheddar cheese, divided

Directions:

- Preheat oven to 375 degrees. Spray a 13 x 9-inch baking dish with cooking spray or oil.
- Heat a large saucepan lightly coated with cooking spray over medium-high heat. Add ground beef and cook, stirring occasionally to break up large chunks, until beef is browned, about five minutes.
- Stir in beans, onion, chilis, chili powder, cumin, garlic powder, oregano, and cayenne. Cook, stirring occasionally, until vegetables are slightly tender, about three minutes (don't overcook).
- Spread $\frac{1}{2}$ cup of the tomato sauce on the bottom of the baking dish. Cover with four of the tortillas.
- Spread with half of the meat mixture and another cup of the taco sauce. Sprinkle with $\frac{1}{2}$ cup of the cheese. Repeat with the remaining ingredients.
- Bake 15 minutes, or until heated through and cheese is melted.

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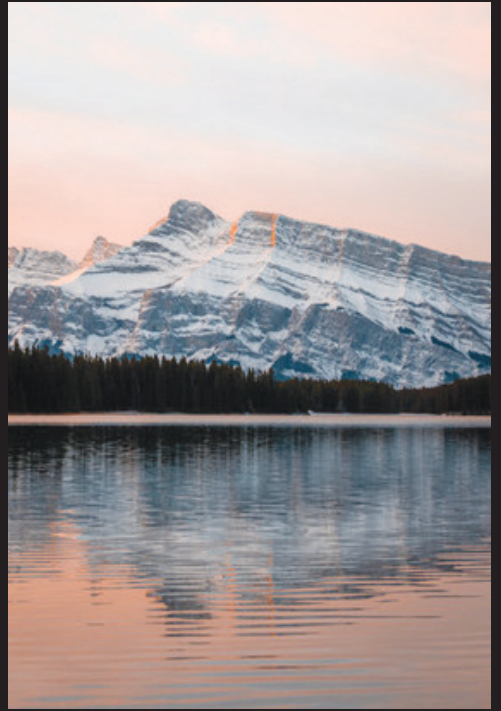
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

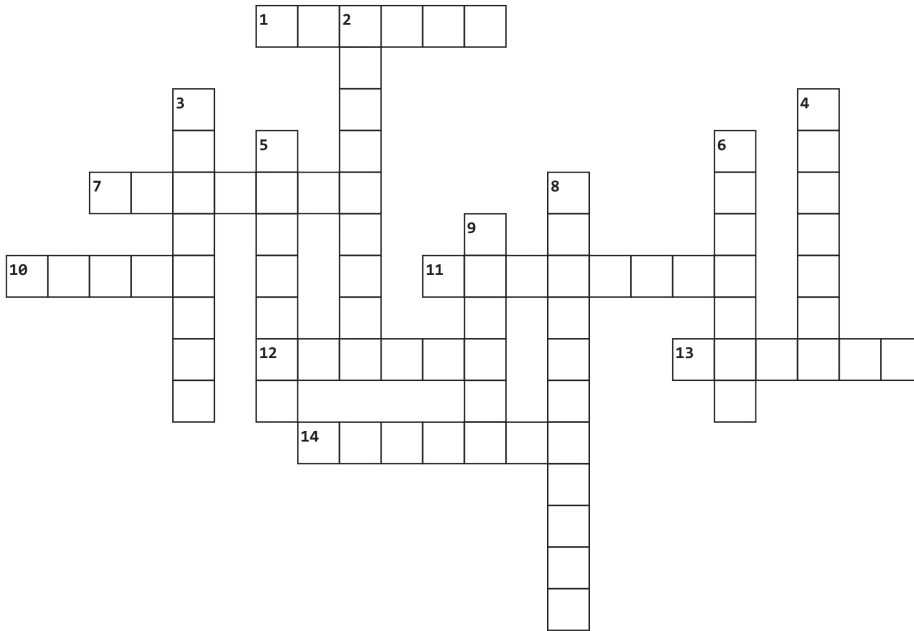
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Photo Gallery

by Jirapan Nilmanee (Mik)



January Crossword



Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" _____, was born on January 12, 1930, in Cochrane, Ontario.
7. World _____ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter _____'s debut single, "TiK ToK," reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim _____, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa _____.

Down

2. Franklin D. _____ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée _____.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays _____ in *Wicked*, was born on January 8, 1987.
6. Steve _____ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. "Wedding March", composed by Felix _____, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, _____.

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