

JUNE 2025

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SUMMIT

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SCAN THE QR CODE
FOR THE SOLUTION



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

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- Remove all old materials from bathroom and job site
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- Tile Schluter base
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- 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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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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Northminster United Church
St. David's United Church



Fresh Start Recovery

**HP
CA**

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 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.

of each
month
for the next
month's issue

**Editorial
Content
10
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HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

You have another opportunity to provide input into a new Zoning Bylaw until May 31. This Zoning Bylaw aims to simplify and provide greater clarity for land use zoning in Calgary. It will replace the current Land Use Bylaw if and when it is approved by Council. Development of the new Zoning Bylaw is in conjunction with a new Calgary Plan that will replace the existing Municipal Development Plan. To learn more, check out <https://engage.calgary.ca/citybuilding/city-building-phase-5>.

The City has also been developing the Calgary Parks Plan, a 20-year strategy to guide the development, redevelopment, and management of Calgary's parks and open spaces. The draft document will be presented to Council on May 27. See <https://engage.calgary.ca/parksplan> for more information and to learn how you can contribute to the discussion at Council.

Council approved the following land use changes at a public hearing on May 6:

- LOC2024-0307 for a land use change at 4220 Centre St NE from R-CG to MU-1 to permit a residential and commercial redevelopment.
- LOC2024-0177 at 119 to 131 41 Ave NW for a land use change from M-C1 to M-H1 to potentially enable future construction of a six-storey 60-unit apartment building.

Application LOC2024-0181 for a land use change to MU-1 at 115 36 Avenue NE will be going to Council for a public hearing on June 10. The height limit on this LOC application was modified by the Calgary Planning Commission to better accommodate up to six storeys, which is the maximum under the North Hill Communities Local Area Plan. A concurrent Development Permit (DP) application is for three-storey rowhouses with some ground floor commercial space. The DP file reference is DP2024-06404.

In April, DP2025-01177 at 419 33 Ave NW was approved for a basement suite plus a large addition to the back of the existing bungalow. The Community Association and several neighbouring residents questioned the intent and purpose of the addition, as it was shown on the development plans. An appeal against the approval has been filed with the Subdivision and Development Appeal Board (SDAB). A preliminary hearing will be held on May 27.

The plans for a new four-building rowhouse project at 425 – 439 37 Ave NW have been received. The file number is DP2025-02163. We believe there are significant deviations from what is allowed under R-CG land use and will be submitting our comments in opposition to the project as it is currently envisioned.

Several other significant projects still under review include:

- DP 2024-07824 to construct four rowhouse buildings with suites on the three parcels located at 4016 – 4024 3 St NW. As of May 13, it was still possible to submit comments via the Development Map.
- DP2025-01157 at 417 36 Ave NW where the plans are to build both a single detached and a semi-detached with suites.
- DP2024-09009 for a four-plex with suites at 423 33 Ave NW.
- DP2025-00515 for a four-plex with suites at 3827 Centre B St NW is pending decision.
- DP2024-08555 for two townhouse buildings with suites at 3703 Centre A St NE.
- DP2024-05781 for multi-residential buildings at 3923 and 3927 1 St NE. This is contingent upon a land use change application.

Every Thursday the City publishes Public Notices of DP and LOC applications that have been approved during the preceding week. See <https://www.calgary.ca/development/public-notice.html>. Impacted residents can file an appeal to an approval to the Subdivision and Appeal Board (SDAB) up to 21 days from the date of posting. To keep up to date about developments in the community, make sure to visit the newly improved Development Map at developmentmap.calgary.ca.

Email development@hpca.ca.

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UPCOMING EVENTS AND VOLUNTEER OPPORTUNITIES

As always, for more information about the events below, please contact our Volunteer Coordinator at Volunteer@HPCA.ca or our new Executive Director/Hall Manager, Anne, at HallManager@HPCA.ca or 403-276-6969. Events below 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.

HPCA Event Planning

Want to meet more of your neighbours to help plan some fun events? Why not join our Event Planning Team? Sign up here: <https://signup.com/go/ohdkzEs>.

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 June 9 and July 21. 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 next one will be on Saturday, July 26 (no luncheon in June). 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.

Stampede BBQ and Music in the Park

Wednesday, July 9 from 5:00 to 9:00 pm on our hall grounds. Join us for free live music, and a low-cost supper. We've also booked some food trucks that will serve mini donuts and ice cream. Butterfield Acres will be attending also, with their farm animal petting zoo. Volunteers get a free meal: signup.com/go/xcrDzpF.

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.



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

HIGHLAND PARK



HIGHWOOD





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

JUNE 10

AUGUST 12

JULY 8

SEPTEMBER 9

OCTOBER 14

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

Longest Day

Mark your calendars - this year's summer solstice will take place on June 20. Calgary will experience approximately 16 hours and 35 minutes of daylight. That means there is plenty of time to play, relax, and maybe even forget what bedtime is!

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*

Earth Day Litter Cleanup Thank You

A sincere thank you to people who gave their time and physical effort to participate in Highland Park's Earth Day Litter Cleanup on Saturday, April 26! About 20 bags of litter were removed from our streets, alleys, and parks. These residents care about our neighbourhood that we all call home and showed great pride in maintaining the natural beauty of this established community!



GAMES & PUZZLES

Guess the Year!

1. The Canadian dollar was established across Canada.
2. Canada sent its first national team to the summer Olympics in St. Louis.
3. Women get the right to vote.
4. Alberta becomes a province of Canada.
5. The first railway opens in Canada.
6. Terry Fox begins his Marathon of Hope.

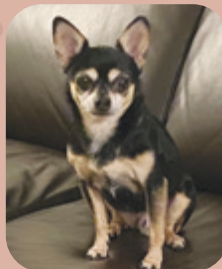


SCAN THE QR
CODE FOR THE
ANSWERS!

Cats, Canines, & Critters of Calgary



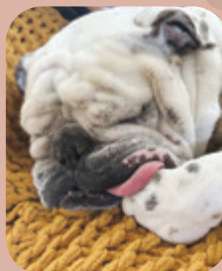
Bart, Heritage Park



Chico, Shawnessy



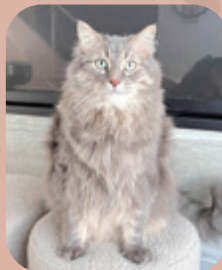
Elsbeth, Airdrie



Harry, Lakeview



Icy, North
Glenmore Park



Jagger, Richmond



Millie, North
Glenmore Park

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

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
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	



Age-Friendly Calgary Essential Numbers for Seniors in Calgary	
9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In
For EMERGENCY medical, fire, and police response. Call the non-emergency police line at 403-266-1234 to report an incident that is not an emergency.	Information, advice, and help accessing programs and benefits for older adults.
8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. www.calgary.ca .	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. www.ab.211.ca .	Confidential information and support, or to report a suspected case of elder abuse.
Telephone language interpretation service available on all lines.	

Community Social Worker

Hello Highland Park residents!

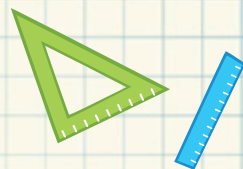
I’m Sage Wheeler-Ramnauth, your City of Calgary Community Social Worker. My role is to help connect residents, strengthen community belonging, and support local initiatives that matter to you.

Through this program, we work with residents to:

- Build awareness on social justice issues affecting the neighbourhood.
- Create opportunities for projects and initiatives based on community needs.
- Support leadership growth with training and meaningful volunteer opportunities.

I believe everyone has gifts and talents that can make a difference, and I'd love to hear your ideas for Highland Park! Let’s chat over coffee: call 587-893-3460 or email sage.wheeler-ramnauth@calgary.ca.





SAB CONNECTIONS

ANNUAL BACKPACK PROGRAM



**A PROGRAM TO HELP STUDENTS
IN NEED TO ASSIST THEM WITH
BACK-TO-SCHOOL FEES.**



Give the gift of learning! We need the following school supplies:
School bags, water bottles, ziplocks, lunch bags, pencil cases, art supplies,
scissors, crayons, hygiene kits, markers, highlighters, glue, school snacks,
and juice boxes.

DROP-OFF LOCATION:

150 Martinbrook Rd NE, Calgary, AB T3J 3E3

or we can send a volunteer to pick up the items

FOR MORE DETAILS:

Email us at contactsabconnections@gmail.com
or call (403) 708-7924

Visit our Facebook page:
[www.facebook.com/
sabconnections2025](https://www.facebook.com/sabconnections2025)



Stop Apologizing Already

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

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.



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.



MLA Calgary - Klein
Lizette Tejada

#232-A - 3630 Brentwood Rd NW

📞 403-216-5430

✉️ Calgary.Klein@assembly.ab.ca

✂️ @lizettendp | 📷 lizettendp

Happy June! It has been a pleasure to see Calgary come to life with the return of warm weather. With spring well underway and summer just around the corner, I am looking forward to participating in the many community events that make this season so vibrant.

In recent weeks, I have had the opportunity to attend several local events that showcase the creativity, dedication, and community spirit that define our constituency. It is always inspiring to connect with residents and recognize the efforts of those who work so hard to bring people together.

The spring legislative session was both productive and meaningful. From budget estimates to key legislation, we addressed a number of significant issues, including disability benefits, arts funding, and protecting Canadian unity. It remains a privilege to bring your voices to the Legislature and advocate on your behalf.

With session now concluded, I am looking forward to spending more time in the constituency and reconnecting with residents at upcoming events, including local pancake breakfasts. If there is an event in your community that you would like me to attend, please feel free to let my office know.

As always, my constituency office is here to support you—whether it be navigating provincial programs, answering questions, or connecting you with the appropriate resources.

Please do not hesitate to reach out via email at calgary.klein@assembly.ab.ca or by phone at 403-216-5430. You can also stay up to date by following me on Facebook, Instagram, X(Twitter), Threads, and Bluesky under the handle @lizettendp.



by Anne Burke

We are celebrating the 10th Anniversaries of the City Nature Challenge and of iNaturalist Canada. The 7th Annual Calgary City Nature Challenge was on April 25 to 28, 2025. So far, the previous year was most successful with 13,000+ observations. Other micro bioblitzes will happen all this summer. The iNaturalist platform is being used to help provide up to date records of the occurrence of the flora and fauna of Nose Hill with particular emphasis on the native vascular and nonvascular plants, fungi, birds, mammals, butterflies, moths, and bees.

Nature Calgary is a community that promotes the preservation of natural habitats, provides educational opportunities, and supports the collection of natural history observations. This year, the group is focusing their efforts on Nose Hill and Bowmont Park. We were contacted to encourage our members to take pictures of the Nose Hill biota (animal and plant life of a particular region, habitat, or geological period) and submit the photographs to <https://inaturalist.ca/projects/nose-hill-park-bioinventory>.

The goal is to publish an updated version of “The Green Book” in time for its 50th Anniversary and to monitor the changes in eleven Calgary Natural Areas. Whenever you visit a park, you can upload your observations to eBird and there are links to all these Parks at <https://inaturalist.ca/>. The project is being spearheaded by Nature Calgary and the Native Plants Council of Alberta - Calgary Chapter. In 1980 “The Green Book” was called “Calgary’s Natural Areas: A Popular Guide” as one of the City’s most extensive repositories of biodiversity. The first of its kind when data collection began in 1975, it was cited during the planning and creation of several of our Natural Parks. Many contributions provided by citizen scientists will add to the accuracy of the new publication and are greatly appreciated.

YOUR CITY OF CALGARY

Celebrate Neighbour Day!

by The City of Calgary



Celebrate Neighbour Day in your community on Saturday, June 21! Get involved in this year's event by gathering with your neighbours for a block party or community event. In addition to the many neighbourhood events taking place across the city on June 21, Sport Calgary's All Sport One Day will also give children a free opportunity to try a new sport, while collecting donations of used sports equipment.

Neighbour Day is our city's annual celebration of community spirit and connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Get to know your neighbours—whether through a friendly chat or a helping hand, small connections build stronger communities and a greater sense of belonging and wellbeing.

Show us how you're celebrating! Share your photos on social media using #YYCNeighbourDay.

To see Neighbour Day events in your community visit calgary.ca/NeighbourDay.

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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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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.

GUTTER DOCTOR! Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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A central white oval balloon with a string is surrounded by various Father's Day-themed cutouts on a light blue background. The cutouts include a black fedora, a black bow tie, a pair of black-rimmed glasses, a black necktie with diagonal stripes, a black mustache, and two gold-colored 'HAPPY DAD' and 'HAPPY DAY' signs. Purple and blue streamers are scattered around the central balloon.

**HAPPY
Father's
DAY**



SCAN ME