

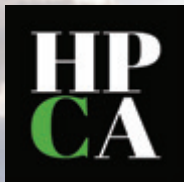
MAY 2025

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# HIGHLAND PARK

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THE OFFICIAL HIGHLAND PARK COMMUNITY NEWSLETTER



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- 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
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- Supply & install new drain system & pop-up stopper

**ABSOLUTELY NO HIDDEN COSTS**

*Some restrictions may apply. Reg: \$15,679*

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- 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

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Seniors' Luncheon	Vanessa Gillard <a href="mailto:seniorscoordinator@hpca.ca">seniorscoordinator@hpca.ca</a>
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Community Social Worker	Jessica Pauletig <a href="mailto:Jessica.Pauletig@calgary.ca">Jessica.Pauletig@calgary.ca</a>
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## Highland Park Hall Rentals

**Phone: 403-276-6969**  
**[www.hpca.ca/hall-rental](http://www.hpca.ca/hall-rental)**

We welcome rental enquiries for our facilities. We offer a choice in hall size, a kitchen with an updated stainless steel appliances, a portable bar, a projector, sound system, and loads of tables and chairs.

### Rental Rates:

**Main Hall – 186 person capacity**  
\$550/day (8:00 am to 10:00 pm) or \$55/hour; \$500 damage deposit.

**North Hall – 60 person capacity**  
\$400/day (8:00 am to 10:00 pm) or \$44/hour; \$400 damage deposit.

There is a once per year 25% discount for HPCA area residents with a current membership.

All rentals are subject to GST.

Our facilities can only be rented until 10:00 pm.

Visit our current hall rental calendar at [hpca.ca/hall-calendar](http://hpca.ca/hall-calendar).



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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:

- 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](http://highlandparkcommunity.ca/seniors-luncheon), email [seniorscoordinator@highlandparkcommunity.ca](mailto:seniorscoordinator@highlandparkcommunity.ca), or call Vanessa at 403-671-0826 and leave a message with your name, number, and email.

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of each  
month  
for the next  
month's issue

**Editorial  
Content  
DEADLINE**

# 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 which will be presented at a public hearing to Council on May 6, 2025. Some of the amendments are to ensure uniformity between R-CG and H-GO land uses (e.g. parcel coverage maximums).

Work continues within the Planning department on developing a new Zoning Bylaw to eventually replace the current Land Use Bylaw. The City will be seeking feedback into the (amended) draft Zoning Bylaw in May. Development of the new Zoning Bylaw is in conjunction with a new Calgary Plan that will replace the existing Municipal Development Plan. The Infrastructure and Planning Committee has deferred a decision on the draft Calgary Plan until Q2 2026.

Creation of 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](https://engage.calgary.ca/citybuilding). 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 is intended to be presented to Council in 2025. See [engage.calgary.ca/parksplan](https://engage.calgary.ca/parksplan) for more information.

Two land use change applications are scheduled for a public hearing at Council on May 6:

- LOC2024-0307 for a land use change at 4220 Centre St NE from R-CG to MU-1. We still have questions regarding whether or not the previously submitted DP application for this property would conform to this land use.
- 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.

In addition, LOC2024-0181 for a land use change to MU-1 will be going to Council for a public hearing on June 10. The height limiter 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.

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

- DP2024-07701 for a four-unit rowhouse with suites at 3423 2 St NW.
- DP2025-01177 and DP2025-01176 at 419 33 Ave NW for a basement suite, a large rear extension to the existing bungalow, and a new three-car garage with a two-bedroom suite above.
- Amended plans for DP2024-05535 for two semi-detached buildings at 215 41 Ave NW were approved by the Subdivision and Development Appeal Board (SDAB).

The remaining DP applications within Highland Park that were listed last month are still under review by the City. However, revised plans have been received for:

- DP2025-00515 for a four-plex with suites at 3827 Centre B St NW.
- DP2024-09009 for a four-plex with suites at 423 33 Ave NW.

Copies of these revised plans, like all DP and LOC plans, can be downloaded from the Development Map ([developmentmap.calgary.ca](https://developmentmap.calgary.ca)).

Every Thursday the City publishes Public Notices of DP and LOC applications that have been approved during the preceding week. See [calgary.ca/development/public-notices.html](https://calgary.ca/development/public-notices.html). Appeals to the Subdivision and Appeal Board (SDAB) can be filed up to 21 days from the date of posting. As always, the Development Map is an invaluable source of planning information for community residents, and it has now been improved with more complete information being provided under the Application Status tab for each DP or LOC application (e.g. date of public hearings).

Email [development@hpca.ca](mailto: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](mailto:Volunteer@HPCA.ca) or our Hall Manager at [HallManager@HPCA.ca](mailto:HallManager@HPCA.ca) or 403-276-6969. Events are listed in chronological order, with ongoing events first. There is usually additional info on our website on [HighlandParkCommunity.ca](http://HighlandParkCommunity.ca) at Upcoming Events. Don't forget, you can sign up for our email list and follow HPCA on our social media sites there too. Want to join our Event Planning Team? Sign up here: [signup.com/go/ohdkzEs](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](http://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 May 19 (Victoria Day) then June 9. 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](mailto: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](mailto: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](http://highlandparkcommunity.ca/good-food-box).

### Seniors' Luncheon

These are now held, on specific Saturdays, at our hall. The next one will be on Saturday, May 24. To attend, you need to register ten days in advance of the luncheon

date, with our Lead Volunteer for the program, Vanessa Gillard; you can reach her via the [SeniorsCoordinator@HPCA.ca](mailto:SeniorsCoordinator@HPCA.ca) email. 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.

### 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](https://signup.com/go/TGqCYbJ). Even if you can't volunteer, you should come by and see the amazing creations made by our local artists. The Calgary Guitar Club will be performing live music too!

### 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](https://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](https://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 are back! Please join me, and other proud residents, who casually volunteer 1.5 hours once a month to clean up areas in the neighbourhood that need attention.

Community Litter Pickers gather on the second Tuesday of each month from 10:00 to 11:30 am during the months of May through October.

Trash bags are supplied. Remember to bring your own gloves and grabbing tools due to limited supplies. Meet at the Highland Park Community Centre playground at 10:00 am (weather permitting).

Hope to see you on the following dates!

- May 13
- June 10
- July 8

If you plan to volunteer, please RSVP email Tina a few days prior to each cleanup date at [yourcommunity@hpca.ca](mailto: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](https://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](mailto: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!



## 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](https://hpca.ca/membership)*





# 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](mailto:yourcommunity@hPCA.ca)**





# News from the Friends of Nose Hill

by Anne Burke

We were contacted about restoration work at Nose Hill. Alberta Native Plant Rescue has some native grasses they've rescued from development sites around Calgary and can plant them out. Past stewardship projects were in Fish Creek Park and Cochrane area. Native species are popular but are at increasing risk from invasive species (weeds) and land development. This Volunteer Group gathers a variety of native grasses and rare plants, then safely relocates them. Some are rough fescue grass, the Prairie sage, blanket flower, blazing star, yarrow, and more. When the native grassland restoration project involves sharing seedlings with the public, participants should bring clean tools and be dressed appropriately.

This year's World Migratory Bird Day theme, Shared Spaces: Creating Bird-friendly Cities and Communities, highlights the urgent need for urban planning and protecting birds. It's time to rally our community and Calgary is certified as bird friendly. Saturday, May 10 marks peak spring migration in Canada. Every action counts to help save bird lives. <https://www.birdday.ca/>.

Nature Alberta is the coordinator of Important Bird and Biodiversity Areas (IBAs) for Habitat Stewardship, enlisting community and government support. National partners include Birds Canada and Nature Canada. The program was initiated in the 1980s by BirdLife International. Nature Alberta is responsible for recruiting volunteer caretakers who collect bird data; they conduct at least one bird count per year (preferably during migration) and submit the results to eBird Canada. Some other duties are conducting site assessments, restoring habitat, raising awareness, and advocacy efforts. There are currently over 600 IBAs across Canada, including 48 in Alberta all viewable on a Google map. An online directory tracks locations, birds, habitats, threats, and conservation issues. You can access the database, interactive maps, desktop tools, and downloadable PDF maps at <https://naturealberta.ca/habitat-stewardship/>.

# 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](mailto: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](mailto:AnneNaumann@shaw.ca) by 4:00 pm on the order date (please ensure you indicate what size box(es) you are ordering), or 2) with cash or a cheque at the hall on the order date between 6:00 and 7:00 pm. The pick-up date and time for the ordered boxes is always on a Thursday, ten days after the order date, at our hall between 6:00 to 7:00 pm.

**Large Box:** 45 to 50 lbs = \$40

**Medium Box:** 35 to 40 lbs = \$35

**Small Box:** 25 to 30 lbs = \$30

HPCA GOOD FOOD BOX 2025	
Order Date Monday	Pick-Up Date Thursday
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: <a href="mailto:GoodFoodBox@HPCA.ca">GoodFoodBox@HPCA.ca</a> Or call HPCA Hall: 403-276-6969	

## Six Ways to Stand Up for Yourself

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

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

### 1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

### 2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

### 3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

### 4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.

### 5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

### 6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.

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SCAN ME





## Thai Curry Chicken

by Jennifer Puri

Thai food is a blend of four cuisines – Indian, Chinese, Malay, and Thai.

Thai curry can be mild or spicy and contain meat, chicken, seafood, or vegetables, and is typically served with rice or noodles.

The “reddish” colour and flavour of the curry comes from the red chillies used to make the paste which would also include lemongrass, shrimp paste, ginger and garlic, turmeric, coriander, and cumin seeds.

Full fat coconut milk has been used in the Thai curry chicken recipe as it helps to offset the heat and give it a creamy consistency. The curry is actually quite mild, but you can increase the heat by stirring in the garnish of fresh, sliced red Thai chillies prior to serving.

**Prep Time:** 20 minutes

**Cook Time:** 35 minutes

**Servings:** 4 to 6

### Ingredients:

- 3 lbs. boneless, skinless chicken breasts
- 1 medium size onion, finely sliced

- 3 garlic cloves, finely chopped
- 4 tbsp. vegetable oil
- 4 to 5 tbsp. Thai curry paste
- 3 tsp. fish sauce
- 1 tsp. sugar
- 2 ½ cups full fat coconut milk

### Garnish:

- 3 Thai red chillies, deseeded and thinly sliced
- 10 to 12 fresh mint leaves or Thai basil leaves

### Directions:

1. Cut the chicken breasts into small pieces.
2. Heat oil in a large pan or skillet (which has a lid), add the sliced onion and garlic and sauté for 2 to 3 minutes.
3. Add the chicken pieces to the pan and fry until they change colour and are no longer pink.
4. Add Thai curry paste, followed by the sugar, salt, and fish sauce, and blend in with the chicken.
5. Pour in the coconut milk and simmer on low heat until the chicken is tender, about 20 minutes.
6. Garnish with 2 to 3 thinly sliced Thai red chillies with seeds removed and fresh mint or basil leaves.
7. Serve with Jasmine or Basmati rice or rice noodles if desired.

Bon Appétit!





**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](mailto:preschool@hpca.ca) | 403-470-5845

[www.hpca.ca/preschool](http://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.

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.

Spots are going fast for our September 2025-26 school year. Don't forget to sign up soon for your preferred spot.

Join us for an Open House on May 21 from 5:00 to 7:00 pm here in the preschool room.

Come on in, see the space and meet the teachers.





**MLA Calgary - Klein**  
**Lizette Tejada**

#232-A - 3630 Brentwood Rd NW

☎ 403-216-5430

✉ [Calgary.Klein@assembly.ab.ca](mailto:Calgary.Klein@assembly.ab.ca)

✂ @lizettendp | @lizettendp

Happy May, everyone!

The sunshine is finally here, I hope you're all getting a chance to enjoy the warmer weather and spend some time outdoors!

We have been in session at the Alberta Legislature since late February. We have just concluded budget discussions, where I asked important questions and advocated for the needs of everyone in our communities. We were dismayed to learn about allegations of bloated contracts and questionable procurement in our healthcare system. As stewards of public monies – all MLAs must defend the ethical use of your tax dollars and call for the government to serve the community's needs. One of the biggest concerns I hear about is healthcare, including access to a family doctor (which 800,000 Albertans don't have) and timely surgeries (wait times have gone up). I will continue to advocate for this.

The first week of April was constituency week and I relish the time I spend with you in the community. I'm thankful for the constituent meetings in my office or a location near you if transportation is an issue. I've had some thoughtful conversations with many of you about education, healthcare, disability benefits, and even tariffs. In addition to meeting with you, I'm honoured to be included in community celebrations, volunteer appreciation, and events like Tuxedo Park's story time. Please let us know if you'd like me to join your event!

Do you have any concerns about provincial government matters? Is there anything you would like me to keep in mind when I'm in the Legislature? You can write to us and let us know if you'd like me to share your thoughts in the Legislature. And as always – our office is here to help you if you have questions about government services or need to know about local resources.



**Councillor, Ward 4**

**Sean Chu**

☎ 403-268-3727

✉ [ward04@calgary.ca](mailto:ward04@calgary.ca)

🌐 [www.calgary.ca/ward4](http://www.calgary.ca/ward4)

🌐 [www.seanchu.ca](http://www.seanchu.ca)

## **Be Ready: Emergency Preparedness in Calgary**

Dear Ward 4 Residents,

Emergencies can happen at any time, and being prepared is the best way to keep yourself, your family, and your community safe. The City of Calgary is committed to ensuring residents have the resources and information they need to be ready for anything.

### **Why Preparedness Matters**

Natural disasters, extreme weather, and unexpected situations can disrupt daily life. Having a plan in place can reduce stress and increase safety in critical moments.

### **What You Can Do**

The City of Calgary has put together a comprehensive guide on how to prepare for emergencies. Here are a few key steps you can take today:

Create an Emergency Plan – Know how to communicate with your family and where to go in case of evacuation.

Build a 72-Hour Kit – Ensure you have essential supplies like food, water, medications, and important documents.

Stay Informed – Follow official sources for real-time updates and alerts.

Know Your Risks – Be aware of local hazards such as floods, wildfires, and extreme weather events.

### **Resources Available to You**

The City of Calgary provides a variety of resources to help residents stay informed and prepared. Visit [calgary.ca/emergencies/preparedness](http://calgary.ca/emergencies/preparedness) for detailed checklists, planning tools, and information on local risks.

Being proactive today can make a big difference when an emergency strikes. Stay safe and stay prepared, Ward 4!

Sincerely,

*Councillor Sean Chu*

Ward 4, City of Calgary

# Community Garage Sale

## Foster's Garden Chapel

Sunday, June 8, 2025  
from 9:00 a.m.- 1:00 p.m.

Foster's Garden Chapel  
3220 - 4 Street NW,  
Calgary, Alberta

For more information  
please visit: [www.fostersgardenchapel.ca](http://www.fostersgardenchapel.ca)

- Fundraising for Buchanan Elementary
- Breakfast for a donation
- Donate items to our staff table

To rent a table to sell your own goods, please call  
403-297-0888

**Dignity**

A Division of Service Corporation International (Canada) ULC

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**the  
Gutter  
Doctor**

**403-714-0711  
gutterdoctor.ca**

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media  
at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**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](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**FALCONER HANDYMAN SERVICES LTD:** New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email [handyfalconer@gmail.com](mailto:handyfalconer@gmail.com).

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

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.



Calgary  
Humane  
Society

# REPORT

**ANIMAL ABUSE**

**ANIMAL NEGLECT**

**ANIMAL ABANDONMENT**

## END ANIMAL CRUELTY

To report animal cruelty call 403-205-4455

Learn more at [CalgaryHumane.ca](http://CalgaryHumane.ca)