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- 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
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Some restrictions may apply. Reg: \$17,679

SALE \$13,879

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- 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

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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.



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UPCOMING EVENTS AND ACTIVITIES

For more information about the events below, please contact our 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.

HPCA E-Newsletter

Want to get your newsletter a little bit earlier? Sign up for a PDF of the newsletter to be delivered to your inbox by going to our website at 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 outside of HPCA.

Good Food Box

The last order date for 2025 is November 17 (no order date in December). More details on the program can be found in this newsletter, on our website at HighlandParkCommunity.ca/good-food-box, or by contacting our lead volunteer, Ellen, at GoodFoodBox@HPCA.ca.

Seniors' Luncheon

The last one for 2025 will be on Saturday, November 15 (no luncheon in December). The Lead Volunteer for the program, Vanessa Gillard, can be reached at SeniorsCoordinator@HPCA.ca. Find more details about the program on our website at HighlandParkCommunity.ca/seniors-luncheon or in this newsletter.

HPCA Christmas Tree Decorating

Come join us in the hall lobby on Sunday, November 30 from 1:30 to 3:30 pm to help decorate our hall's Christmas tree. Make a decoration to take home, or to hang on the tree. Hot chocolate and other light refreshments will be served.

HPCA Winter Market

Saturday, December 6 from 11:00 am to 3:00 pm. Multiple volunteer tasks and shifts are available to make this a success. Sign up here: signup.com/go/XTnjnBJ. For more information, contact our Lead Volunteer, Tina, at yourcommunity@hPCA.ca.

Buchanan School Skating Week

From December 15 to 18, students and staff from Buchanan School will be using the HPCA outdoor rink from 9:00 am to 3:30 pm for their Phys ed classes. The

KidSport Skate Shack has been booked so students and staff can borrow a pair of skates and a helmet to get out onto the ice for some outdoor fun. As usual, volunteers from HPCA will be serving hot chocolate and cookies to the skaters at the end of their time block. If you are able to help out with mixing and serving hot chocolate for an hour or two during one or more of those days, contact Anne at HallManager@HPCA.ca.

Family Skating Day

Following Buchanan School's Skating Week, we'll be hosting our Annual Family Skating Day on Saturday, December 20 from 1:00 to 3:30 pm. We'll still have the Skate Shack on hand so you can borrow skates if you don't have your own. Come out for a skate or just sit by the fire and enjoy some hot chocolate and snacks, while you chat with neighbours.





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HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

I hope everyone had a Happy Thanksgiving (despite the wintery weather). At the time of writing, there is less than a week until the municipal election. Given the campaign promises and platforms that have been presented to Calgarians, the future direction of planning and development in Calgary seems likely to change. How and by how much are the questions. What the changes will mean for redevelopment proposals that are currently in various stages of review and approval is a matter of guesswork right now.

There are a number of larger development projects that have either just been approved or are still involved in the review and approval process:

- DP2024-05487 for mixed use commercial and residential units at 4220 Centre St NE was approved September 12. There was no appeal.
- DP2024-05781 is for one rowhouse building with six units and two suites at 3927 Centre A St NE. It represents Phase One of a larger rowhouse project. The plans were amended in September. The application is still under review.
- DP2024-06404 for two rowhouse buildings with suites and commercial space at 115 36 Ave NE was approved August 28. As with many other approved projects, the DP has not yet been released.
- DP2024-08555 at 3703 Centre A St NE for three rowhouse buildings with suites continues to be under review. This property is at the top of the embankment where 36 Ave curves onto the south portion of Centre A St.
- DP2024-09009 at 423 33 Ave NW for a four-plex with suites was approved September 10.
- DP2025-01176 at 419 33 Ave NW for a new garage with a suite was approved September 5. The DP was released to the applicant on October 3.
- DP2025-2163 for four rowhouse buildings on the four parcels at 425 – 439 37 Ave NW. Amended plans were received September 11. Although the proposed rear buildings are now a third-floor step back, there is still a matter of third-floor balconies that could overlook the neighbouring properties to the south. There is no back laneway in this block of 36 and 37 Ave NW.

- DP2025-04803 for a four-unit rowhouse at 201 34 Ave NE is under review.
- DP2025-05104 for another four-unit rowhouse with suites at 203 42 Ave NW is in circulation for comments to be submitted.

The next two applications are on the east side of the Centre A St NE where there is no back laneway. Both projects have reductions to onsite parking due to their close walking distance to bus transit on Centre St. The land use zoning is M-C1.

- DP2025-04756 at 4004 and 4008 Centre A St NE. This project proposes a multi-residential development of three buildings containing 14 units plus four suites but with only eight parking garage spaces accessed by front driveways.
- DP2025-4201 at 3820 and 3824 Centre A St NE. This is also a project calling for front and rear rowhouses with a driveway to parking underneath the rear building for only nine of the units.

You can stay informed about proposed developments near you by searching the DMAP at developmentmap.calgary.ca. The City has an online Guide on how to use the DMAP at www.calgary.ca/development/permits/using-development-map.html.



“Growing Together” - The Newest HPCA Mural



On Sunday, October 5 we revealed a beautiful new mural, called “Growing Together”, which is now mounted on the exterior south wall of our hall, facing our native plant rain garden.

The mural was designed by artist, Chris Olguin, who is a resident of Highland Park. Multiple volunteers collaborated to paint this colourful art piece within the design that Chris created and bring it to fruition. The large mural shows a woman whose peaceful, smiling face is raised up to the sky, with her long hair flowing out behind her, highlighting different connected elements of nature: water, a starry sky, the sun, mountains, birds, pollinators, and native plants. In the bottom right corner of the mural, you can also see the woman's heart is growing in her chest.

As Chris stated during the reveal, the mural is designed to show “our deep connection to nature” and how “what we do affects nature and how we are affected by nature.” The mural represents the interconnectedness of the ecosystem. Native plants, such as those represented in the mural and those planted in our rain garden, work efficiently together to help prevent flooding by better absorbing excess rainwater, and providing food and habitat for native birds, bees, and butterflies. If you want to learn more about rain gardens, please visit the website of the organization that worked with Highland Park to design and plant our rain garden, ALIDP (Alberta Low Impact Development Partnership).

If you want to learn more about the benefits of native plants, there are several sites that can be found with an internet search, one of which is the City of Calgary's site: calgary.ca/water/programs/yardsmart-native-wildflowers.html.

Community Market

Join us on Saturday, December 6 for the fourth biannual Highland Park Community Market. Come see what 30+ local artisans offer for crafts, baked goods, and other original handmade items. This is a perfect chance to shop for holiday gifts and find something for yourself!

Stop by the concession stand to satisfy your cravings. Don't miss the Fun Zone for kids where families can take pictures at the photo stage, play games, and make festive crafts.

Please consider volunteering to make this Highland Park event a community success. Check out the ways you can help at signup.com/go/XTnjbJ.



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www.canlearnsociety.ca/magic-carpet-ride



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:

Next luncheon is November 15

Registration is open October 10 to November 7.

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.

Good Food Box

The Good Food Box is a Community Kitchen initiative available to anyone, not just residents of Highland Park. It's an excellent deal on fresh produce!

Large Box: 45 to 50 lbs \$40

Medium Box: 35 to 40 lbs \$35

Small Box: 25 to 30 lbs \$30

The pick-up date and time for the ordered boxes is always on a Thursday (10 days after the order date) at our hall between 6:00 to 7:00 pm (3716 2 St NW).

If you are ordering for the first time, please register with our Lead Volunteer, Ellen, via email to GoodFoodBox@HPCA.ca, or at our hall on the order date between 6:00 to 7:00 pm.

Please do not send e-transfers prior to registering!

You can pay for your box in two ways:

1. Send an Interac E-Transfer to our Hall Manager, 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.
2. Bring cash or cheque to the address above between 6:00 to 7:00 pm on the order date.

For more information, please email Ellen at goodfoodbox@hPCA.ca.

HPCA GOOD FOOD BOX 2025

Order Date: Monday	Pick-Up Date: Thursday
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 COMMUNITY MARKET

3716 - 2nd Street NW

Saturday, Dec 6
11:00 AM - 3:00 PM

**30 +
Vendors**

**Concession
Stand**

**Kids
Activities**



For more information please visit
hpca.ca/events





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

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Mon/Wed/Fri pm and Tues/Thurs am

preschool@hpca.ca | 403-470-5845

www.hpca.ca/preschool

We are excited to remind you of our ongoing enrolment at Highland Park Preschool for the upcoming school year - and we would love for your child to be a part of our preschool family! At Highland Park preschool, we believe in nurturing the whole child through play-based, hands-on learning that sparks curiosity, builds confidence, and encourages kindness. Our classroom is filled with laughter, creativity, discovery, and the kind of learning that lasts a lifetime.

Why Choose Highland Park Preschool?

- Safe, welcoming environment
- Caring and qualified early childcare educators
- Play-based, child-centred curriculum
- Small class sizes for personalized attention
- Outdoor play and exploration
- Strong focus on social and emotional learning and development

Whether your child is taking their very first step into school or preparing for kindergarten, we're here to support their growth every step of the way!

We can't wait to welcome you! For further information, contact through email at preschool@hpca.ca or call 403-470-5845.



Highland Park Community Litter Pickers



Highland Park Community Litter Pickers have been meeting once a month since May. Last month was the final event for this year. A huge thank you to the nine residents that braved the frigid temperatures to gather nine bags of litter from the neighbourhood.

Keep an eye out for next year's litter picking dates. You can email Tina at yourcommunity@hpca.ca for more information.



News from the Friends of Nose Hill

by Anne Burke

Norma Frances Bicknell (née Rose) (1926-2025) passed away at the age of 98 years. Norma was an ardent crusader for many causes dear to her heart—women's rights and equality, saving Nose Hill Park, the South McDougal Area Structure Plan, to name a few. As some remember: "Though it has been a few decades since Norma walked upon the hill, she was always interested to hear about the first reports of crocus blooms in the spring". Another, "From the first kite fly on Nose Hill (to bring attention to it), the recording of animal life and monitoring of plant species no one influenced me more. The past 50 years on Nose Hill were all because of her influence". Moreover, "She led such a great life. I lost touch after I left Calgary and am pleased, she has enjoyed another 30 years since. When we had to fight to keep Nose Hill mostly unpaved, she was the heart and soul behind our efforts" Calgary's Centennial in 1975 was to celebrate the city's first 100 years. I first met Norma when we were fundraising for educational signage on Nose Hill. Without her, there would have been no such Park. Whatever we all did to contribute as volunteers was in her name and avidly following her lead. An astonishing woman who accomplished so much for so many, she enjoyed a well-lived life in all respects. Nose Hill was declared one of Canada's largest urban parks in 1980. There is a lovely colour photo of Norma, with other members of the Nose Hill Steering Committee. She is holding a copy of the Nose Hill Master Plan. In the snow on Nose Hill, Norma appears very happy, even girlish, with a glint in her eye, as well she might. www.calgaryguardian.com/historical-photos-nose-hill-park/.

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Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection; be prepared to pull over.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

Raising Non-Anxious Kids

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

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- **Pause Before Helping:** If your child asks for help, wait a few minutes. Encourage them to try first.
- **Make Things Just a Bit Harder:** Give challenges that require effort—like board games, chores, or puzzles.
- **Encourage Real-World Play:** Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- **Embrace Boredom:** Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- **Create Screen-Free Zones:** Mealtimes, bedtime routines, and family outings can be tech-free moments.
- **Model Healthy Habits:** Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- **Build Community:** Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

Green Cart Collection Update

by the City of Calgary

Starting in November, green cart collection will shift to an every-other-week schedule. This seasonal change helps match service to the lower volumes of yard waste we typically see once colder weather arrives.

Weekly green cart collection will return in April 2026, just in time for spring clean-up season when yard waste begins to pick up again.

We understand Calgary's weather can be unpredictable, and to keep the Green Cart program reliable and cost-effective, we set the schedule using long-term trends. This means collection times are based on when green cart volumes usually decline and when snowier conditions are more likely. By planning well in advance, the City ensures the right number of trucks, drivers, and resources are in place to keep the program running smoothly.

There are a few easy ways to stay on top of your collection days and keep things simple:

- Visit calgary.ca/cartschedule to check your cart pickup schedule or sign up for free reminders.
- Download the Calgary Garbage Day app to get automatic notifications about collection days and seasonal changes.

Thank you for helping keep Calgary clean and green, no matter the season!



Green Line LRT Construction is Underway!

by the City of Calgary



Did you know the Green Line LRT SE Project officially broke ground on June 26, 2025? This monumental milestone marked the start of main construction for Calgary's largest and most ambitious infrastructure project to date and since then, progress has been moving full steam ahead.

With \$6.248B in committed funding from The City of Calgary, the Province of Alberta, and the Government of Canada, this project reflects a powerful collaboration dedicated to building a better future for our city. Over the past few months, the Green Line team has been hard at work initiating several key construction activities. If you've travelled through 78 Avenue SE, 114 Avenue SE, or Barlow Trail, you may have noticed active construction zones as part of the early stages of this transformational project.

One major area of focus is the Maintenance and Storage Facility (MSF), located near the future Shepard Station, where site preparation and servicing is well underway. This facility will play a crucial role in keeping Green Line light rail trains running smoothly and efficiently once service begins.

Construction on the Green Line LRT has started, and the benefits will last a lifetime.

To stay informed about upcoming work, timelines, and impacts in your community, visit calgary.ca/greenline and sign up for our newsletter.



**MLA Calgary - Klein
Lizette Tejada**

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📞 403-216-5430

✉️ Calgary.Klein@assembly.ab.ca

✂️ @lizettendp | @lizettendp

Happy November, Calgary-Klein!

While the last month has seen cooler temperatures, connecting with all of you in community is what warms my heart. I have thoroughly enjoyed visiting seniors, schools, attending community AGMs, and chatting with many of you on the doorsteps! Over Thanksgiving I reflected on what I am grateful for as a second generation Canadian, and public education stands out!

Calgary-Klein is home to 37 schools and I'm lucky to have attended Collingwood and Colonel Irvine schools back in the 1900s! The eighties to be exact. Our teachers then and now are committed when it comes to educating, welcoming, and building up our kids.

At the time of writing, our teachers are on strike. Over 700,000 students are affected and not attending classes. Over the last few weeks, I have had heart-to-heart chats with teachers, principals, parents, and students (one in the fourth grade)! I have also received thousands of emails – we know education is top of mind for everyone and that there is widespread support for teachers to get a fair deal.

Sadly, Alberta has the lowest per-student funding for public education in the country. I have heard stories of overcrowded classrooms, buildings in disrepair, inadequate resources, and insufficient supports for both students and staff. Investing in public education is how we build a successful province; I hope that by the time you read this our teachers have a deal that respects their contributions and provides better learning conditions for our students.

As always, I want to hear from you! Our office is here to serve, and we will do our best to answer your questions and provide resources where possible. You can follow me on social media platforms @lizettendp. We'll see you out there!

Please email us at Calgary.klein@assembly.ab.ca or call 403-216-5430.

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