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Highland Park Community Association

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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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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 September 13.

Registration is open July 3 to September 5.

Cost: HPCA members \$7, non-members \$10

To learn more and register, please visit highlandparkcommunity.ca/seniors-luncheon, email seniorscoordinator@highlandparkcommunity.ca, or call Vanessa at 403-671-0826 and leave a message with your name, number, and email.

The Good Food Box

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

Large Box: 45 to 50 lbs = \$40

Medium Box: 35 to 40 lbs = \$35

Small Box: 25 to 30 lbs = \$30

HPCA GOOD FOOD BOX 2025

Order Date Monday	Pick-Up Date Thursday
September 15	September 25
October 13	October 23
November 17	November 27

Email: GoodFoodBox@HPCA.ca
Or call HPCA Hall: 403-276-6969

Highland Park Community Association **MEMBERSHIP FORM**

Fees: Families - \$20 • Individuals aged 18 to 64 - \$10 • Individual seniors (age 65 & over) - \$5

Associate members (non-residents) - \$10

Memberships good for one year from date of purchase

Please make cheques payable to: Highland Park Community Association

Please mail cheque and this form to: Highland Community Association, 3716 – 2 Street NW, Calgary, Alberta T2K 0Y4

Name: _____

Address: _____ Postal Code: _____

Phone: _____ Email Address: _____



**memberships also available for purchase online at hPCA.ca/membership*

HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber, Development Director

Only a couple of weeks until the summer vacation season wraps up. The end of August is also the wrap-up of my 12 ½ years on the Board of the Highland Park Community Association. Serving on the Board has provided me opportunities to meet new people, gain new friends, and learn new skills. I spent time as Treasurer, Secretary, and President but the role of Development Director has been the role I found most intriguing and satisfying. I hope to continue contributing to the newsletter about development projects in Highland Park and also the broader planning matters affecting the City but I will no longer be able to represent the HPCA.

Being Development Director has required learning about the City's planning and review process, learning about the Land Use Bylaw in order to comment on various redevelopment or land use change proposals for the community, seeking feedback from other Planning Committee members and submitting letters to the Planning department and/or Council. At this time, I am not aware of any other Board member who will be taking on this role. To help residents deal with planning matters here is a quick summary of the City's planning process:

Land Use and Land Use Changes – The Land Use Bylaw says what can or cannot be built on a parcel. The current R-CG zoning for most residential lands allows for single detached, semi-detached, rowhouses, townhouses, and two main residential buildings on a parcel, all with suites. The land use designation specifies maximum height, parcel coverage, density, parking spaces, amenity space, and landscaping requirements. To change the land use to a zoning that allows for other building forms (e.g. apartment buildings) requires a review of the application by the City and nearby residents, followed by a non-public hearing by the Calgary Planning Commission, followed by a public hearing at Council. The land use designation says what is theoretically possible to build on a property.

Development Permits – In order to actually build something on a parcel, there needs to be a Development Permit application. The City Planning department requires plans showing the site layout and what the buildings look like inside and out. The plans are assessed if they conform to the Land Use zoning

for that parcel. In R-CG, for example, a building cannot exceed 11 m in height. As well, Enmax, Water Resources, and Transportation may need to review a project depending on location and size. If an application is considered Discretionary, it is posted online and with sandwich boards on the parcel to give nearby residents the opportunity to provide their comments. Most development proposals in Highland Park are Discretionary.

Sometimes a developer will apply for a Land Use Change and a Development Permit (DP) at the same time although the DP cannot be approved until the Land Use Change has been reviewed and approved by Council. Your “best friend” to keep up with all these applications is the City's Development Map, available online at developmentmap.calgary.ca. You can download plans and submit comments via the map and find out the File Manager contact information for a particular application.

Calgary is working on a simplified Zoning Bylaw to replace the existing Land Use Bylaw. That work won't be ready for Council to consider until 2026. There will be opportunities to review the draft version. The municipal elections are in October, and the new Council might shift the priorities of the Planning department.

Next month I hope to resume providing updates on planning applications although not as an HPCA Board member.





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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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.



UPCOMING EVENTS AND ACTIVITIES

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

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 September 15 and October 13 (Thanksgiving). 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

The next ones will be on Saturday, September 13, then October 18. 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.

Fall Music in the Park

Saturday, September 13 from 5:00 to 8:00 pm on our hall grounds. Join us for free live music, and a low-cost supper. We've partnered with local restaurant TJ's Pizza to provide hot pizza as the meal. Volunteers get a free meal, so sign up here: <https://signup.com/go/iVtBTpC>.

Community Cleanup

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



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HIGHLAND PARK



HIGHWOOD





Join Us for

HPCA COMMUNITY CLEAN UP

SEPTEMBER 20, 2025

Highland Park Community

Vendors attending:

- City of Calgary garbage trucks
- WINS <https://www.winsyyc.ca/donation-information>
- ALCORP Resource Recycling <http://www.technotrash.ca/accepted.php>
- Techno Trash <http://www.technotrash.ca/accepted.php>

Accepted items:

- City of Calgary: household waste, yard waste
- WINS: clothing, small household items, bikes (no large items i.e. mattresses, furniture)
- ALCORP: metals
- Techno Trash: e-waste, computers, appliances



Technotrash

Special Thanks to the City of Calgary for supporting the HPCA Community Cleanup and ARMA for the ERR grant funding.

Highland Park Community Litter Pickers

Highland Park Community Litter Pickers have been meeting once a month since May. The August event had 14 residents volunteer their efforts to remove litter from our neighbourhood streets. It was a great opportunity for kids to get involved and have role models show them what caring citizens do.

There are two more litter picking events (September 9 and October 14) that others can participate in and meet fellow residents. If you would like more information, please email Tina at yourcommunity@hpca.ca.



YOUR CITY OF CALGARY

What Is Cart Contamination?

by The City of Calgary, Waste and Recycling Services

We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures material ends up at the right facility to be turned into new products or to be disposed of properly.



Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at calgary.ca/contamination.



Message from Highland Park's 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.

As I've gotten to know Highland Park, I've heard from community members that affordability and safety are two key issues residents are concerned about. In response, this fall I am hoping to support two community initiatives on these topics:

- **Safety in Community Series.** A series of evening community conversations exploring issues of safety in Highland Park and possible community actions we can take.
- **A World Without Want: Neighbours Helping Neighbours.** A day of creative expression and learning on poverty and the affordability crisis squeezing many in our community.

These two topics are incredibly integrated, and I would encourage folks to register for both events to get well-rounded information on how we can promote not just community safety, but well-being and belonging in Highland Park. Details are below. If you'd like more information on either of these initiatives, call me at 587-893-3460 or email sage.wheeler-ramnauth@calgary.ca.

All Upcoming Event Details

Note: All events require registration. Please register with Sage at sage.wheeler-ramnauth@calgary.ca.

Photography and Walk in Highland Park

Thursday, September 11, 6:00 to 7:30 pm; meet at the HPCA Park.

A neighbourhood walk through the lens of photography! Whether you are bringing your high-end camera or just your camera phone, spend some time exploring our community with neighbours. At the beginning of each walk, there will be a short learning activity to get basic photography tips. This program is family friendly. Registration required.

Truth and Reconciliation Film Screening

Friday, September 26, 1:00 to 3:00 pm, Georgina Thompson Building (772 Northmount Dr NW).

Join us for an afternoon of reflection and learning through film, featuring *Honour to Senator Murray Sinclair* (2021, Alanis Obomsawin). A powerful tribute to Senator Murray Sinclair, highlighting his role in exposing the difficult truths of Canada's residential school system. Discussion of the film to follow the screening. Let us come together in community to deepen our understanding of Truth and Reconciliation. Registration required.

Safety in Community: Session 1

Tuesday, October 7, 6:00 to 8:00 pm, Georgina Thompson Building (772 Northmount Dr NW).

Join your neighbours in round table discussions exploring what safety means to us in Highland Park, and what we can do to strengthen community safety. Our Community Resource Officer from CPS will be in attendance to answer questions and hear from community members. Registration required.



The David

As a symbol of the strength and independence of the Florentines, the statue of David was commissioned to be placed at the entrance of Palazzo Vecchio. On September 8, 1504, this marvellous piece was revealed to the city. Unsurprisingly, everyone loved it!



Understanding Why Some Men Struggle with Emotional Avoidance in Relationships

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

As a relationship counsellor many women ask me: “Why is my partner so emotionally unavailable?” or “Why won’t he open up to me?”. If you’re in a relationship with a man who seems emotionally distant, you’re not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it’s often rooted in early life experiences and cultural messages, not a lack of love or care.

1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

“Don’t cry.” “Man up.” “Be strong.” are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear “in control,” which means avoiding emotions, both their own and others’.

2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn’t be met. Perhaps their caregivers were:

Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as “not enough”.

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn’t mean they don’t care. It means their nervous system is trying to protect them.

4. Lack of Emotional Awareness or Language

Many men simply haven’t been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they’re feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

“I don’t know what I’m feeling.” “I’m fine.” (when they’re clearly not). Defensiveness or silence during emotionally charged moments.

5. Modelling and Role Expectations

Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn’t show emotional vulnerability—or worse, shamed it—they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally “lost” and unsure how to engage on a deeper level.

6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

Book Suggestion: *The New Rules of Marriage: What You Need to Know to Make Love Work* by Terrance Real.

The Art of Finding Work: Jobseekers Need to Learn to 'Move On'

by Nick Kossovan

Everyone knows ghosting and rejection are inherent parts of job searching. Yet, job seekers waste vast amounts of energy and time lamenting what they can't control. There's a prevalent sense of entitlement that employers owe job seekers, which goes against the universal truth that nobody is owed anything, be it a job, to make a living, or even happiness.

Job searching, regardless of the economic climate, has always required resilience. The key to resilience is having realistic expectations, such as understanding that employers you don't work for don't owe you anything. Having a 'F*ck it!' mindset that empowers you to move on quickly is how you foster resilience.

Ghosted: You didn't get the job. Move on.

- You didn't hear from an employer after submitting your resume: There were candidates with more relevant experience and were a better cultural fit. Move on.
- When a networking attempt fails: A stranger isn't willing to drop everything to help you. Move on.
- Not taking down a job posting: Some people never take down their Christmas decorations. If a job can be left open for a significant amount of time, assume it isn't critical. Do you want a non-critical or non-essential job? Move on.

Thinking about how the hiring process should be won't get you a job.

Getting frustrated and angry at how an employer designed their hiring process won't get you a job.

Getting upset over being ghosted won't get you a job. It wasn't the employer who ghosted you; it was an employee whose behaviour doesn't speak for an entire company.

Life is too short to spend time and energy dwelling on "what could have been" and "whys." This is especially true regarding things out of your control, such as how an employer designs their hiring process or runs their business. The most common false belief I repeatedly see people hold, and which causes much of their

frustrations and anger, is that they can change other people's behaviour—as if it's their place to do so.

While it's natural to feel disheartened, it's crucial to understand that wallowing in the many disappointments you'll experience throughout your job search and believing you can control other people's behaviour hinders your progress.

When you invest your heart and soul into an application only to be met with silence or rejection, it's easy to spiral into self-doubt. Consider why you're giving a hiring manager—a stranger—influence over your self-esteem. Hence why I recommend embracing a 'F*ck it!' mindset as a defence against rejection eroding your confidence.

I've been rejected many times, more than I've been accepted. I've learned the hard way, a running theme throughout my life, that if I permit it to do so, repeated rejection triggers a cycle of negative thinking that paralyzes me, regardless of whether I'm searching for work, submitting my writing, or reaching out to someone hoping to form a relationship. Dwelling on past disappointments sabotages future opportunities.

There are many reasons why quickly moving on, as opposed to wallowing, playing the "I'm a victim!" card, getting angry, or venting on LinkedIn and other social media platforms—which is never a good look—benefits your job search.

There's no shortage of opportunities.

In several previous columns, I've mentioned that opportunities are all around you, with one caveat: they're attached to people. In 2024, employers are turning to their employees for referrals since job postings result in avalanches of applications, predominantly from job seekers who spray and pray. This underscores the importance of networking rather than applying to online job listings.

Clinging to rejections, being ghosted, or whatever is frustrating you is wasting mental energy you could be using to speak to people who may be able to refer you to job openings where they work. Starting right now, shift your focus away from past disappointments—forget about them, what's done is done, you can't change the past—and focus on future possibilities aligned with your skills and aspirations and start making



News from the Friends of Nose Hill

by Anne Burke

Learn how citizens fought to preserve Nose Hill, its history, how it unfolded. The Calgary Local Council of Women recommended that all development of Nose Hill be delayed, until after a major study by the Calgary Planning Commission of city growth. The only existing control was the absence of zoning approval for development and should be delayed, until such time as the City had sufficient funds. Calgary had never expended significant monies for parkland. In its natural state, the only cost for their proposal would be land acquisition, without any capital expenses, facilities, and maintenance.

They believed that Nose Hill is a beautiful natural area. We must preserve prime natural areas to offset urban sprawl and the concrete City Centre. Nose Hill is to Calgary what Citadel Hill is to Halifax; Battlefield's Park to Quebec City; Mount Royal to Montreal; Stanley Park to Vancouver; and Beacon Hill Park to Victoria. Calgary would become the first city in Western Canada to have a natural area of prairie vegetation. Tourists will visit the natural grassland of Nose Hill or view it from the Calgary Tower.

The group proposed that approximately 3,500 acres, bounded on the West by the Sarcee Trail right-of-way, South by the John Laurie Boulevard, East by the existing development adjacent to the escarpments of Nose Hill, and North by the highlands and escarpments of Nose Hill to and beyond 80 Avenue NW, be zoned as Natural Parkland in perpetuity.

The Hill is a dominant geographical feature in Calgary since its southern slopes can be seen from most locations, providing a constant reminder to citizens of the prairie landscape surrounding them which has played such an influential role in our economic and cultural development.

it a point to meet people, because you never know what opportunities they may be attached to.

Much of the hiring process is out of your control.

In the same way that you can't control the behaviour of others, you can't control how an employer hires. Many factors influence hiring decisions, notably internal politics and team dynamics. Instead of internalizing these setbacks, remind yourself of your skills, experiences, and past achievements.

Not quickly moving on is counterproductive.

Dwelling on why you were ghosted or didn't get the job—instances in which you'll never know the actual reason—drains your energy, energy better spent on proactive measures to enhance your candidacy for future roles.

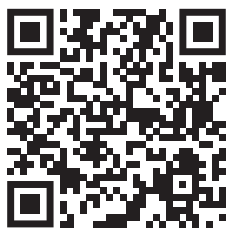
The key to a successful job search is to keep moving forward and stay focused on what you can control, such as optimizing your LinkedIn profile—arguably the most critical tool in a job seeker's arsenal—resume, and expanding your network to take advantage of all the opportunities around you.

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✂️ @lizettendp | 📷 lizettendp

Happy September!

It's been wonderful to see Calgary come alive over the past few months—from the energy and excitement of Stampede to the many vibrant community events that make summer in our city so special. I hope you had a chance to enjoy the festivities, spend time outdoors, and connect with neighbours in celebration of our shared spirit.

It's also been incredibly meaningful to connect with folks—whether at the doors, at events, or simply out and about. One message that has come through loud and clear is how proud people are to be Canadian. From seeing Canadian flags proudly displayed on homes to witnessing the enthusiastic support for local businesses and organizations, it's a beautiful reminder of the power of community and the values we share.

As we transition into fall, I'm looking forward to continuing these conversations and staying engaged with the issues that matter most to you. If there's an event in your neighbourhood that you'd like me to attend, please don't hesitate to reach out—we'd love to be there.

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

You can reach us by email at calgary.klein@assembly.ab.ca or by phone at 403-216-5430. To stay up to date, follow me on Facebook, Instagram, Twitter, Threads, and Bluesky under the handle @lizettendp.

BUSINESS CLASSIFIEDS

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