

AUGUST 2026

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Take a Bow by Syed Adeel Hussain



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Police Service	Cst. Ryan Krueger D3CRO@calgarypolice.ca
Bylaw Infractions	Call 3-1-1 or complete form online at: www.calgary.ca/311online

Highland Park Hall Rentals

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.

Weekend and Evening 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 4:00 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.

*See our website for weekday daytime rental rates and other details.

of each
month
for the next
month's issue

**Editorial
Content
10
DEADLINE**

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

UPCOMING EVENTS AND ACTIVITIES

New Out of School Care Program at HPCA

The Highland Park CA Board has partnered with Pleasant Heights After School (PHAS), a well-established non-profit organization, to provide before and after school care at our hall for the 2026 to 2027 school year. Out-of-school care for students in kindergarten and above under this new operator will begin on August 31. Visit phascare.com for more information and to register.

Threads of Sustainability Sewing Group

HPCA will be hosting sewing events in the North Hall, on the last Tuesday of each month from 6:00 to 8:00 pm. This program is supported by a Neighbourhood Grant. Supplies and instructions to make a simple project will be provided, or you can bring your own sewing project to work on. If you can, bring your own sewing machine.

Good Food Box Program and Seniors' Luncheon

The monthly dates (no Seniors' luncheon in August) and other details about these programs can be found on our website at HighlandParkCommunity.ca. To participate, you need to pre-register with our Lead Volunteers for each program, Ellen Peterson at GoodFoodBox@HPCA.ca and Vanessa Gillard at SeniorsCoordinator@HPCA.ca.

HPCA Music in the Park

We'll be hosting a Fall Music in the Park event, on the evening of Saturday September 26, in the greenspace next to our hall, from 5:00 to 8:00 pm. As we have done in the past, we plan to have a restaurant provide low-cost pizza slices as the meal. If you are interested in helping to plan some of the events for Highland Park, you can join the fun group that is our Events Committee. Contact Anne, at ExecDirector@HPCA.ca or 403-276-6969.

HPCA E-Newsletter

Why not get your newsletter a bit earlier? Sign up for the newsletter to be delivered via email 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.



HIGHLAND PARK COMMUNITY LITTER PICKERS

LOVE WHERE YOU LIVE AND
HELP CLEANUP LITTER IN OUR
NEIGHBOURHOOD



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SECOND SATURDAY OF EACH MONTH
MAY- SEPTEMBER 10:00-11:00 AM
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SEPTEMBER 12



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RSVP TINA PRIOR TO EACH DATE:
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Fresh Start Recovery



HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

HPCA Seniors' Luncheon – Third Saturday of the Month (Except in June)

The HPCA is proud to partner with Fresh Start Recovery to bring the community Seniors' Luncheon on the third Saturday of the month from 11:30 am to 1:00 pm. Enjoy some coffee/tea, soup/salad, a generous meal, and dessert all for just \$7 for HPCA members and \$10 for non-members.

To learn more and register, please visit hpca.ca/seniors-luncheon, email seniorscoordinator@hpca.ca, or call Vanessa at 403-671-0826 and leave a message with your name, phone number, and the date you would like to attend.

2026 Luncheon Dates	Registration Open
No luncheon in August	
September 19	July 10 to September 11
October 17	September 11 to October 9
November 21	October 9 to November 13
No lunch in December	



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 - \$45

Medium Box: 35 to 40 lbs - \$40

Small Box: 25 to 30 lbs - \$35

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 2026

Monday	Thursday
Order Date	Pick-Up Date
August 17	August 27
September 14	September 24
October 12	October 22
November 16	November 26

Email: GoodFoodBox@HPCA.ca

Or call HPCA Hall: 403-276-6969

HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

City Council held a public hearing on July 21 that covered the motions arising from the April hearing on repealing “Blanket Rezoning.” These Motions included:

- Directed Administration to model and evaluate a reduction in R-CG maximum density from 75 to 60 units per hectare and bring back any required Land Use Bylaw rule changes to Council. Administration was also directed to model/evaluate R-CG rule changes for contextual front setbacks, limiting the number of buildings on a property and restricting rowhouses and townhouses mid-block, as part of the new Zoning Bylaw. We have questioned why for the new Zoning Bylaw and not for changes to the current Land Use Bylaw?
- Directed Administration to bring back amendments to the Land Use Bylaw to allow secondary and backyard suites as permitted uses (not discretionary). If a suite met all the rules in the Land Use Bylaw, it would be permitted without public input being required. However, they would stay as discretionary if all the rules are not met, that is, if any relaxations were required. The concern is that the rules might allow a backyard suite that is not appropriate to a parcel e.g. one that is overly large.
- Directed Administration to bring a report to a public hearing of Council in Q4 2026 to revert the zoning of properties whose DP or subdivision approvals were overturned by the Subdivision and Development Appeal Board (SDAB).

A key component of the Council hearing included the discussion of the bylaw to permit specified properties to retain their R-CG zoning—that is, not revert to their original zoning. Properties that would be granted an exemption include those that:

- Received approval for a Development Permit or subdivision application under R-CG, R-G or H-GO zoning before August 4, 2026,
- Submitted an application for a Development Permit or subdivision before first reading of the repeal of blanket rezoning bylaw, or,
- Had been rezoned by means of a Land Use Change application approved at a public hearing of Council.

The question of exemptions is controversial, inasmuch

as there were DP submissions made just before the first reading of the Repeal bylaw.

It should be kept in mind that after August 4, when the R-CG and H-GO properties revert to their original zoning (unless exempt), a property owner could still apply for a Land Use change. For example—a property reverts from R-CG back to R-C2, but then the property owner files an application for a Land Use Change to R-CG. This would trigger a public hearing at Council.

Newly approved Development Permits in Highland Park include:

- DP2025-06900 for a 4-unit rowhouse w/ suites at 3831 Centre A St NE. The appeal period ends July 23.
- DP2026-00883 for a rowhouse with suites at 3416 2 St NE. The appeal deadline is July 30.
- DP2026-01178 for 4-plex w/ suites at 223 34 Ave NE. The appeal deadline is August 6.
- DP2026-01836 for 4-plex w/ suites at 4008 2 St NW. The appeal period ends August 6.
- DP2026-02328 for renos to an existing office building at the corner of Centre St and 40 Ave NW for a dental office.

To help you keep track of and understand the changes coming out of the repeal of blanket rezoning, visit the City’s website at www.calgary.ca/planning/projects/rezoning.html.

If you have concerns about a proposed development near you, keep track of its progress through the planning approval process on the DMAP developmentmap.calgary.ca/. Just enter the address or the DP file number to search for and zero in on the property.



The advertisement for Gutter Doctor Home Exterior Services features a cartoon character of a man in a blue cap and uniform, holding a yellow spray bottle and a brush, standing next to a ladder. The background is a blue sky with white clouds. The text includes the company name, a list of services, and contact information.

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People Coming Together!



On June 20, the Highland Park Community Association was buzzing with activity as neighbours, families, local artisans, volunteers, and community partners came together for the Neighbour Day Community Market.

What began as a vision to create a gathering place for the community became a vibrant celebration of local talent, connection, and neighbourhood spirit. Throughout the day, about 300 visitors explored 30 vendor booths featuring an incredible variety of handmade and locally crafted goods, including pottery, woodworking, jewelry, crochet creations, sewn clothing and bags, 3D-printed products, paper crafts, printmaking, body care products, and much more.

The market offered something for everyone. Children enjoyed crafts, outdoor games, face painting, a magician and the inflatable obstacle course, while adults browsed unique artisan products, connected with neighbours, and enjoyed the lively community atmosphere. Guests were also treated to delicious food and refreshments from Marietta's Gelato, Rocky's Sausage Haus, and Congress Coffee.

We are incredibly grateful to the many organizations and community partners who helped make the day special. A heartfelt thank you goes to Calgary Youth Central Volunteers, Tutor Doctor, Forever 41, Zumba with Suzy and Ethan, Youth Community Blood Services, Little Free Pantry, Resonant Blooms Music Studio, and Origami with Evelyn for sharing their time, talents, and enthusiasm with our community.

Special recognition goes to the dedicated volunteers who served on the Market Planning Team:

- Tina – Market Coordinator
- Catherine – Vendor Liaison
- Amrit – Market Promotion Lead
- Lonnie – Kids Crafts and Games Organizer
- Julie – Volunteer Organizer

Their countless hours of planning, organizing, promoting, and coordinating helped create an event that brought neighbours together and supported local makers and entrepreneurs.

We would also like to recognize the members of the HPCA Events Committee—Chris, Marika, Tina, Anne, and Rosa—for their support in securing food vendors, organizing the inflatable obstacle course, and volunteering throughout the day to ensure everything ran smoothly.

Events like the Neighbour Day Community Market are only possible because of community members who generously contribute their time, energy, and creativity. Together, we created an event that celebrated local talent, strengthened neighbourhood connections, and reminded us of the value of gathering as a community.

Interested in Helping Build the Future of the Market?

As the market continues to grow, we are looking for new volunteers to join the planning team and help ensure the long-term sustainability of this beloved community event.

If you are interested in contributing your skills and ideas, please contact Tina at yourcommunity@hpca.ca.

Planning Team Opportunities

Coordinator

- Provides framework for Community Market and timeline for planning team
- Collaborates with members of planning team

- Completes Alberta Health Services Special Event application and food permits
- Liaises with HPCA Executive Director and HPCA Events Committee

Vendor Liaison

- Manages vendor communication and registration
- Coordinates table assignments

Market Promotion Lead

- Oversees event publicity
- Coordinates promotion through the HPCA website, newsletter, social media
- Book outdoor street signage

Concession and Music Coordinator

- Procures food and beverages
- Liaises with food vendors
- Ensures AHS compliance
- Coordinates live or streamed music

Kids Activities Organizer

- Plans crafts and games
- Decorates the children's activity area
- Supports volunteers

Volunteer Organizer

- Secures volunteers via schools, youth groups, signup.com online
- Provides volunteers with their responsibilities on event day

Thank you to everyone who attended, volunteered, sponsored, performed, exhibited, and supported the Neighbour Day Community Market. We look forward to building on this success and creating even more opportunities for our community to connect, celebrate, and thrive together.

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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



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

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Mon/Wed/Fri | 12:30 to 3:00 pm | \$105 per month

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Contact us to learn more hpca.ca/preschool or preschool@hpca.ca to email the supervisor directly—we can't wait to meet you and your little learner!



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

HIGHLAND PARK



HIGHWOOD



News from the Friends of Nose Hill

by Anne Burke

As I write, it is Calgary Aboriginal Awareness Week. In 1979, the Native Urban Affairs Committee was established to represent Aboriginal issues and concerns. In 1987, the name was changed to the Calgary Aboriginal Urban Affairs Committee. I was contacted by a grade nine Math and Social Studies teacher who wanted to plan a tour of Nose Hill by a First Nations guide. There are a few documents related to the protocol for inviting Indigenous Elders. If you are in the Calgary area and need to connect with an Elder or Knowledge Keeper, you can consult the City of Calgary Indigenous Collaboration policy or the CBE Indigenous Education Protocol for local guidance. In First Nations, Métis, and Inuit cultures, the Elders are leaders, teachers, role models, and mentors. The CBE Indigenous Education team has kept wisdom and teachings shared orally from Elders and community Knowledge Keepers for several years. The CBE document represents a summary of those teachings. It also includes knowledge gained from other organizations and districts. The Alberta Teachers Association offers a guide to accompany the Association's Stepping Stones, Truth and Reconciliation resources. Crystal Manyfingers and her family are all members of the Kainai Nation of the great Blackfoot Confederacy who signed Treaty 7 in 1877. Crystal holds a B.A., B.Ed., and a Master's degree in Education (Adult and Workplace Learning) from the University of Calgary. She has written numerous magazine articles, published a children's book, and was awarded the Faculty of the Year Award for 2020 from Bow Valley College as a Learning Design Consultant for Indigenization and Decolonization of Curriculum, Research, and Innovation. Crystal serves on the Board of Directors for the Calgary Public Library as well as the Alberta Library Trustees Association.

Dating Safely: Recognizing the Red Flags of an Unsafe Relationship

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



Dating can be exciting. However, it's a time when we overlook warning signs because our attraction leads us to want to believe the best about someone. According to security expert and author Gavin de Becker in his bestselling book *The Gift of Fear*, our intuition is one of our greatest tools for recognizing danger. Learning to trust our instincts and identify red flags can help us avoid unhealthy or unsafe relationships before they become deeply established.

One of de Becker's central messages is that fear is not something to dismiss. It is valuable information. Many people who later experienced emotional abuse, coercion, or violence report that they had an uneasy feeling early on but talked themselves out of it. Rather than ignoring these feelings, de Becker encourages us to pay attention to them.

A common red flag is boundary violations. Healthy people respect your "no," your need for space, and your personal preferences. An unsafe person may repeatedly push your boundaries while disguising their persistence as affection or determination. One of de Becker's most important observations is that when someone ignores

a small "no," they are often testing whether they can ignore a larger one later.

Another warning sign is forced teaming. This occurs when someone creates an artificial sense of connection by speaking as though you are already a team. Statements such as "We're exactly alike," "No one understands me like you do," or "We're in this together" early in a relationship may be attempts to accelerate trust and intimacy before it has naturally developed.

Becker also describes the danger of love bombing, where a person overwhelms you with attention, gifts, praise, or declarations of love very early in dating. While genuine affection develops gradually, love bombing often creates pressure to reciprocate feelings that have not had time to develop authentically.

Another tactic he identifies is charm versus genuineness. Genuine people do not need to work hard to convince you they are good people. Excessive charm, flattery, and polished behaviour can sometimes be used to lower your guard. As de Becker notes, charm is often a strategy intended to persuade, while genuine kindness expects nothing in return.

Watch for loan sharking, another concept from *The Gift of Fear*. This occurs when someone does favours, buys gifts, or provides help that you did not ask for, then expects gratitude, access, attention, or compliance in return. Healthy generosity is freely given without creating a sense of obligation.

Becker also discusses typecasting, a manipulation tactic where someone makes a subtle negative comment in order to provoke you into proving them wrong. For example, "You're probably too busy to talk," or "You seem like someone who wouldn't give people a chance." The goal is often to influence your behaviour by triggering a need to defend yourself.

The most important lesson from *The Gift of Fear* is simple: trust your instincts. If you feel pressured, confused, manipulated, or unsafe, you do not need to justify those feelings. Your intuition exists to protect you. Healthy relationships feel respectful, safe, and consistent. When something feels off, listen to that inner voice, it recognizes danger before your conscious mind can explain it.



4-H INTRO CLUB

4-H in Calgary: Hands-On Learning for Today's Youth

When many families hear 4-H they still picture animals and agriculture, but 4-H has grown into a hands-on youth development program focused on life skills, leadership, and real-world learning for ages 9 to 15 in both urban and rural communities.

Traditional 4-H clubs run for a full year and include member led meetings, youth leadership opportunities, project work, record keeping, and Achievement Days. Intro Clubs are different. They are short term experiences designed for families who want to explore 4-H before committing to a full club year.

4-H Intro Clubs are now expanding beyond Calgary into North Central Alberta and are being delivered in partnership with community associations, schools, and homeschool groups. To date, Intro Clubs have delivered eleven short term clubs across Alberta, including nine in Calgary and two in Edmonton, engaging 128 youth aged 9 to 15. Three additional clubs are already scheduled in Calgary, Vermilion, and Bonnyville this summer.

Over six weeks, youth explore a variety of hands-on workshops while building confidence, communication, problem solving, and teamwork skills. Recent activities have included pottery, reptiles, baking and sourdough, food science, chocolate making, horsemanship, microgreens, robotics, painting, and behind the scenes tours.

For many families, Intro Clubs provide an easy way to discover whether 4-H is a good fit while meeting other youth and learning new skills.

To help families learn more, 4-H Intro Clubs is hosting a free Park Party at Dalhousie Community Association in NW Calgary on Sunday, September 13, from 2:30 to 4:00 pm. The event is open to new families, returning members, curious youth, local 4-H clubs, and community supporters.

The afternoon will include outdoor games, light snacks, gelato, hands-on activities, and opportunities to connect with local leaders and learn about upcoming programs.



For more information or to RSVP for the Park Party, contact introclubs@4hab.com.

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f

Any help is appreciated ♥





Nose Creek Watchers

Community stepping into the watershed collecting valuable data that keeps an eye on the health of the Nose Creek watershed.

by Kristina Stephens, NCPS Council Member



Since 2023, the Nose Creek Preservation Society has been testing the waters of Nose Creek in partnership with the Alberta RiverWatch Institute's CreekWatch program. CreekWatch empowers citizen scientists to perform water quality tests and sample invertebrate diversity to provide the institute with valuable information on the health of our waterways.

Our scientifically accurate data is shared with the government and conservation organizations, which can aid in supporting sustainable watershed management. Our hope is that information we have been gathering about Nose Creek will aid in its preservation, especially in the wake of future developments.

Volunteers test the water on a weekly basis throughout the summer months (May to October). Tests are designed so that anyone can follow the step-by-step sampling guide, and gather accurate water quality data that includes:

- pH,
- dissolved oxygen,
- chloride,
- phosphates,
- ammonia,
- and turbidity.

There is a thing as too salty.

As a freshwater water source, Nose Creek should naturally have very little salt. However, the draining from agricultural fields and roadways within Nose

Creek's thousand square kilometre watershed area has increased the salinity of the watershed. This has been shown through one of our most important water metrics, chlorine.

This increase in chlorine data has been evident at our 15 Street Bridge testing location in Northeast Calgary. It has consistently been above the 120mg/mL maximum that the Alberta Surface Waters' Environmental Quality Guidelines recommends for maintaining a healthy freshwater ecosystem. Increased salinity reduces the health of Nose Creek and will impact the plant, fish, and invertebrate diversity in the creek over time.

CreekWatch teams also sample for diversity of invertebrates, such as insects, snails, clams, and worms, where their presence, or lack thereof, as well as their abundance are important indicators of the quality of the water. Using a fine mesh sieve to catch invertebrates floating in the water and those that are stirred up from the creek bed, we identify and roughly count invertebrates that are present such as:

- caddisfly larvae,
- midges,
- water boatman,
- and the invasive Northern Crayfish.

Thankfully our team has been finding several types of pollution-sensitive invertebrates in Nose Creek, which indicates that the water is healthy enough for them to live and reproduce.

The more we know, the better choices we can make along the Nose Creek Watershed.

Our dream is to have several testing locations along the trajectory of both West Nose Creek and Nose Creek to monitor how the water quality is changing overtime, but we need an army of volunteers to make that dream a reality!

So far, our only active testing site is the 15 Street Bridge in Calgary, but we would love to have a consistent testing location in Airdrie in the Nose Creek Regional Park; where West Nose Creek meets Nose Creek in West Nose Creek Park; and at the confluence of Nose Creek and the Bow River by the Wilder Institute Calgary Zoo.

If you are interested in volunteering with our Creek Watch team, you can sign up on our website savenosecreek.com/creek-watch. We would love to see you out on the creek!



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As August arrives with its long, warm days and golden evenings, I'm reminded of one of the season's greatest gifts: the opportunity to connect with one another.

There is something special about this time of year. We spend more time outdoors, gather at community events, visit local markets, and linger a little longer in conversation with friends and neighbours. Summer creates space for the spontaneous interactions that help bring communities together.

Strong communities are built not only through policies and programs, but through the relationships we create with one another. A neighbour checking in, a conversation at the park, or a friendly greeting on a walk can foster a sense of belonging and strengthen the bonds that make our communities resilient.

I'm especially grateful for the chance encounters summer seems to encourage. Running into a familiar face at a festival or meeting someone new at a community gathering can turn an ordinary day into a meaningful moment of connection. These experiences remind us that we are part of something larger than ourselves.

In a time when we are so often being pushed toward division and conflict, these moments matter more than ever. They help us see one another not as strangers, but as neighbours. They build trust, understanding, and the sense of safety that allows people and communities to thrive.

This August, I encourage everyone to embrace opportunities to reach out, say hello, and spend time together. The warm weather will not last forever, but the connections we build can endure long after summer ends, strengthening our communities and reminding us that we are all better when we look out for one another.

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