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SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

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

SALE \$13,879

Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

ABSOLUTELY NO HIDDEN COSTS

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Highland Park Community Association

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Police Service	Cst. Raeann Watson, District 3 pol5218@calgarypolice.ca , 403-860-8027
Bylaw Infractions	Call 3-1-1 or complete form online at: www.calgary.ca/311online

Highland Park Hall Rentals

Phone: 403-276-6969
www.h pca.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 h pca.ca/hall-calendar.



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.

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HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

The City of Calgary has a number of planning and development initiatives underway, several of which will have direct impact to Highland Park. The City Building Program is one initiative and includes work on a new Calgary Plan (to update the current Municipal Development Plan), a new Zoning Bylaw (to replace the current Land Use Bylaw) and a Streets Manual. The Established Area Growth and Change Strategy is another initiative which aims to deliver local projects that are smaller in scale. The recently completed Balmoral Circus at 2 Street and 19 Ave NW is a good example of a small project that has provided public space for socializing or for play. A related program is the Growing Spaces Projects and Grant Program which provides small funding to Community Associations and Business Improvement Areas.

Two programs that will have a direct impact on planning and development in the community are:

- **Keeping Neighbours in the Know**, which is focused on how the City can improve the notification process to residents about planning applications and
- **Planning Liaison Program**. This program has been advocated by many people involved in community association planning activities as a way for the City planning team to learn more and interact better with communities. File Managers deal with individual applications and are frequently shifted from one area of the city to another to broaden their knowledge and experience. What has been lacking is a City planner dedicated to a community or communities, who would be able to develop a deeper understanding of what makes the community work, what doesn't work, and what are the needs of the community. From this, we hope that the City Planning Liaison would both help and represent the concerns of residents as they engage with development applications. We look forward to implementation of this last program.

Comments can be submitted through the DMAP at <https://developmentmap.calgary.ca/> on the following development proposals:

- DP2024-00614 for a temple at 3704 and 3708 Centre St NE. Plans have been recently amended.
- DP2024-08555 at 3703 Centre A St NE for three rowhouses with six suites.

- DP2025-4803 for a four-unit rowhouse with suites at 201 34 Ave NE.
- DP2025-05104 for a four-unit rowhouse with suites as 203 42 Ave NW.
- DP2025-06058 and DP2025-06059 for two single-detached homes at 3408 1 St NW (north and south lots).
- DP2025-06869 for a garage suite at 244 43 Ave NW.
- DP2025-02163 for four rowhouse buildings with 15 upper and 15 lower suites at 425 – 439 37 Ave NW (In Review).
- DP2025-04201 at 3820 and 3824 Centre A St NE for two multi-residential buildings with underneath parking for eight.
- DP2025-04746 for three rowhouse buildings with 14 units, four suites, and only eight parking garages at 4004 and 4008 Centre A St NE.
- DP2025-06188 for a four-plex at 120 41 Ave NW.

The application to build a semi-detached with suites at 132 44 Ave NE was approved. The appeal period ended December 29.

Council met on December 15 to discuss the Notice of Motion regarding the repeal of the Blanket Rezoning bylaw. A public hearing on the matter would not likely happen until March 2026.

Highland Park Planning and Development Committee wishes everyone a happy, healthy and safe holiday season. All the best to you and your families now and in 2026.



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

HIGHLAND PARK



HIGHWOOD



Fresh Start Recovery

HPCA

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!

2026 Luncheon Dates	Registration Open
January 17	November 7, 2025, to January 2, 2026
February 21	January 2 to February 13
March 21	February 13 to March 14
April 18	March 14 to April 10
May 16	April 10 to May 8
June 20	May 8 to June 12
July 18	June 12 to July 10
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	

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.

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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 additional details on our website at HighlandParkCommunity.ca under Upcoming Events.

On Deerfoot Trail

by Garth Paul Ukrainetz

On Deerfoot Trail the potholes grow
A little larger every day
They never seem to fill them in
We zig and zag along the way

On Deerfoot Trail bad tempers show
The need for speed in rush hour mess
The faster lane ain't always faster
The quicker route ain't always best

On Deerfoot Trail the snow plows blow
They clear the slushy slop away
But cars still slide into the ditch
On icy road there's hell to pay

On Deerfoot Trail the tail lights glow
Like blood cells flow within a vein
The city's major artery
Bright Stampede Red this freeway train

On Deerfoot Trail a rodeo
Corralled commuters, Calgary
Bronc riding on this road together
Until we exit, until we're free

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.

HPCA Community Rink

We hope you had a chance to enjoy our outdoor rink over the December holiday season. We'd like to be able to keep the rink going until March, depending on the weather. Did you know our rink is created and maintained entirely by volunteers from our neighbourhood? You can help out by taking the initiative to shovel off the rink after we've had a snowfall so the folks that come out to flood it at night don't also have to shovel it off first. If you are interested in learning more and joining our HPCA Rink Team WhatsApp group, please contact Anne at HallManager@HPCA.ca or 403-276-6969.

Good Food Box

Details on the program can be found on our website at HighlandParkCommunity.ca/good-food-box or by contacting our lead volunteer, Ellen, at GoodFoodBox@HPCA.ca.

Seniors' Luncheon

Find more details about the program on our website at HighlandParkCommunity.ca/seniors-luncheon.

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*



Protect Your Household Water Lines and Meter from Freezing

by The City of Calgary



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

GRANDPARENT SCAM ALERT

WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



“Court appointed” couriers don’t exist. If someone asks to come to your home to pick up payment, it’s a scam.



If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

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@h pca.ca.

HPCA GOOD FOOD BOX 2026

Monday	Thursday
Order Date	Pick-Up Date
January 5	January 15
January 26	February 5
February 23	March 5
March 16	March 26
April 20	April 30
May 18	May 28
June 8	June 18
July 20	July 30
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



Giant Snowflake

On a cold winter's day in Fort Keogh, Montana, on January 28, 1887, a snowstorm created something truly magical and massive. Witnesses reported the world's largest snowflake at a whopping 38 cm wide and 20 cm thick! Snow kidding!

Highland Next

Before & After School Care Program

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6:15am – 6:00pm
Monday to Friday | Closed STAT Holidays

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School Break Care | Summer Care

www.nextkidsinc.com



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@h pca.ca | 403-470-5845

www.h pca.ca/preschool

We are excited to invite our families to our preschool open house on Wednesday, January 21, 2026, from 5:00 to 7:00 pm here in the preschool room. This is a wonderful opportunity to explore our classroom, meet our educators, and learn more about our play-based learning programs.

Families will have the opportunity to:

- Tour the learning environment.
- Meet the teaching team.
- Ask questions about curriculum and registration.
- Enjoy hands-on activities with your child.

Whether you are a returning family or joining us for the first time, we would love to see you there! Everyone is welcome - bring a friend!



Celebrating the Community Market

On December 6, the Community Market was a fantastic success with 262 patrons browsing and buying handcrafted items. This event showcased the artistic diversity of 33 unique vendors from our local and surrounding communities. The winter market featured a wide selection of unique items including clothing, baked goods, pottery, woodwork, paintings, jewellery, body products, cards, home decor, ornaments, and crochet toys.

This biannual event was truly a celebration of local talent and community spirit. Several members from the Calgary Guitar Club volunteered to play acoustic music throughout the day, adding to the fun atmosphere. Sweeters and Congress Coffee served up beverages and food to satisfy appetites. The Little Free Pantry informed the public about their compassionate approach to supporting immediate needs in the neighbourhood.

A sincere thanks to the wonderful volunteers who signed up for key roles on event day. Their willingness to set up tables, decorate, greet the public, assist kids in the Fun Zone, and clean up is deeply appreciated!

Well-deserved recognition goes to the Market Planning Team - Tina, Julie, Carlene, Amrit, Lonnie, and Catherine. The success of this market would not have been possible without the keen effort and dedication of these individuals. Their volunteer time, teamwork, and attention to detail made the market a positive experience for the vendors and visitors.



Did you know that Australia is wider than the moon? Australia's diameter from east to west is about 4,000 km. The moon's diameter is 3,400 km. That makes it even cooler to go "down under!"

Caring for an Aging Parent: Strategies for When the Going Gets Tough

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



Emotional Strategies (Inner Work and Regulation)

1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

Situational Strategies (Practical Boundaries and Care Structures)

1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t

handle daily visits." Say it out loud, write it down, and share with other family members if needed.

2. Establish Firm Communication Boundaries

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: "I'm not willing to be spoken to that way. I'll come back when you're ready to talk respectfully."

3. Use Neutral, Brief Responses

When provoked, respond with calm neutrality ("I hear you," "That's your opinion," "Okay"). Avoid arguing, explaining, or defending—it fuels conflict.

4. Set Structured Routines

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

5. Engage Outside Help When Possible

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

6. Protect Your Physical Space

If your parent lives with you, designate "off-limits" areas or private times. If you live separately, establish boundaries around unannounced visits or excessive calls.

7. Use Written Communication for Sensitive Topics

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

8. Plan for Respite and Breaks

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

9. Involve Professionals for Tough Conversations

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

10. Prepare for Emotional Pushback

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."



News from the Friends of Nose Hill

by Anne Burke

On the Park's northern boundary, Alberta Government Telephone, in 1982, and Canadian Western Natural Gas, in 1990, had access rights. Carma Developments put waste in the MacEwan Glen ravine. Construction sites attracted four-by-fours and dirt bikes. Nose Hill Trail condition and use were studied between July 20 and September 20, 1993. Volunteers working in pairs came from the Nose Hill Park Users Group, Nose Hill Communities Board, and Calgary Field Naturalists Society. Their goal was to measure trail type and surface, width, and depth. An aerial photo mosaic marked the survey areas. Data was collected for the glacial moraine (the Hill plateau and side slopes), ravines (Many Owls and Porcupine Valley), and disturbed land. The time of day was morning (7:00 am to noon), afternoon (noon to 6:00 pm), and evening (6:00 pm to dark). During both the week and weekend, Hill use was greatest in the afternoon and evenings. On the weekend, people spent time in the ravines. However, during the week more were recorded on the plateau and side slopes. Pathway routes were widened by braiding but less rutted than trails. The greatest use was in disturbed sites, rather than on the moraine. All pathways and trails were used by cyclists, who preferred gravel pathways to grass trails. Walkers without dogs used pathways, unlike dog walkers in the ravines. A review revealed that areas damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating, including severely damaged areas. Although some trails were rutted (and may remain so for a time) others had high grass growing in them without horse and vehicle traffic. Ravine trails were overgrown by tall grasses, thistles and nettles, so many people no longer used them.



**MLA Calgary - Klein
Lizette Tejada**

#232-A - 3630 Brentwood Rd NW
📞 403-216-5430
✉️ Calgary.Klein@assembly.ab.ca
𝕏 @lizettendp | ☎️ lizettendp

Happy New Year, Calgary-Klein!

I hope you had a wonderful holiday season with friends and family. As we start this new year, I'm wishing you, our schools, health care facilities, and local businesses a healthy and prosperous year ahead.

Supporting seniors has been on my mind. Did you know the Calgary Seniors Resource Society is right here in the riding? They do amazing work and can be reached at 403-266-6200. If you know a senior, or are one, give them a call! From friendly chats and rides to appointments to help navigating complex systems, their programs make life easier and more fulfilling. They also build meaningful connections between seniors and volunteers.

Health care remains a top concern for residents of all ages. I've heard from many of you about long ER wait times, difficulty finding family doctors, rising prescription costs, and reduced eyecare coverage for seniors. I'm advocating for hiring more doctors and medical professionals and strongly oppose the UCP's plan for for-profit health care, which would allow doctors to bill privately on top of public billing. I believe in a public health care system where you can see a doctor without paying out of pocket.

Want to see how I'm advocating for Calgary-Klein? Follow me on Instagram @lizettendp and other social platforms. Please keep emailing my office, your concerns help me speak up for you at the legislature.

Looking forward to seeing you at local winter festivals!

Lizette

Cats, Canines, & Critters of Calgary



Betty White, Cranston



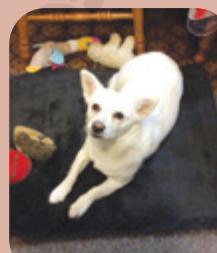
Dazi,
North Glenmore Park



Jack, Seton



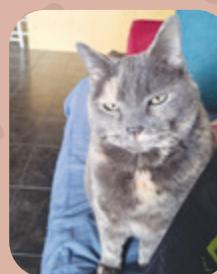
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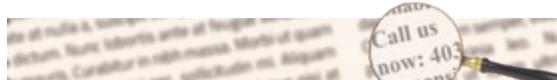
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



Age-Friendly Calgary Essential Numbers for Seniors in Calgary

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

Telephone language interpretation service available on all lines.

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