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

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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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COMMUNITY CONTACTS

| | |
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| Police Service | Cst. Ryan Krueger D3CRO@calgarypolice.ca |
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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.

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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.

of each
month
for the next
month's issue

Editorial 10 Content DEADLINE

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HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

Put March 23 in your calendars for the Public Hearing of Council when the proposed repeal of the “Blanket Rezoning” bylaw will be up for public debate and discussion. The agenda for the meeting should be available to view online about a week before. Find it at <https://www.calgary.ca/council/meetings/agenda-minutes.html#agendas>. This webpage also provides links to the live video webcast and to information on how to participate in the public hearing. It is expected that if the repeal motion is passed, it will not come into effect until sometime in August. There is currently discussion underway regarding the impacts of a repeal on the Housing Accelerator funding received by the City from the federal government. Should the Repeal motion not be passed, then there will likely be a push to reform the existing Land Use Bylaw regulations, especially for R-CG zoning.

As of February 13, there are 19 Development Permit (DP) applications under review by the City. They are listed as follows:

- 3703 Centre A St NE for three rowhouse buildings with six suites [DP2024-08555].
- 425 – 439 37 Ave NW for four rowhouse buildings with 15 units and 15 suites. Revised plans were received February 9 and are available on the City’s DMAP website at <https://developmentmap.calgary.ca/>.
- 3820 and 3824 Centre A St NE for two multi-residential buildings with front and rear configuration [DP2025-04201].
- 4004 and 4008 Centre A St NE for three multi-residential buildings with front and rear building layout [DP2025-04756].
- 201 34 Ave NE for a four-unit rowhouse with suites [DP2025-04803].
- 311 44 Ave NW for a front carport [DP2025-05966].
- 12041 Ave NW for a four-plex with suites [DP2025-06188].
- 244 43 Ave NW for a garage suite [DP2025-6869].
- 3831 Centre A NE for a rowhouse with suites [DP025-06900].
- 3423 Centre B St NW for a four-unit rowhouse with suites [DP025-7061].
- 427 35 Ave NW for a four-plex with suites. Revised plans were received January [DP2025-07075].
- 324 32 Ave NE for a four-plex with suites [DP2025-07093].

- 3827 Centre A St NE for a four-plex with suites [DP2025-7157].
- 3916 3 St NW for a four-plex with suites [DP2025-07303].
- 311 33 Ave NE for four-plex with suites [DP2025-07314].
- 3301 1 St NW for a four-unit rowhouse with suites [DP2025-07323].
- 424 35 Ave NW for a four-plex with suites [DP2026-00032].
- 431 35 Ave NW for a four-plex with suites [DP2026-00151].
- 3811 Centre A St NE for a semi-detached with suites [DP2026-00641].

The status of any of these applications can be found by searching for the DP number or the street address on the DMAP. A status of “In Circulation” means the plans can still be downloaded and comments can still be submitted. Even if you are no longer able to submit comments online through the DMAP, you can still find out the name and contact information of the City Planning File Manager who is handling the application.

Recently approved applications included:

- A small place of worship (temple) at 3704 and 3708 Centre St NE [DP202-00614].
- A four-unit rowhouse with suites at 203 42 Ave NW [DP2025-05104].
- Two single detached homes on the north and south lots at 3408 1 St NW [DP2025-06058 and DP2025-06059].

As mentioned in last month’s newsletter, “Approved” does not mean that construction will start right away. DP approvals have conditions that must be met by the applicant before the DP is “Released”. There are 12 approved development permits dating as far back as 2020 that have not yet been “Released”. These are also depicted on the City’s DMAP.

Stay warm during the oncoming relapse into winter!





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 highlandparkcommunity.ca/seniors-luncheon, email seniorscoordinator@highlandparkcommunity.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 |
|-----------------------|---------------------------|
| March 21 | February 13 to March 14 |
| April 18 | March 14 to April 10 |
| May 16 | April 10 to May 8 |
| June 13 | May 8 to June 5 |
| 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 | |



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SCAN THE QR CODE
FOR THE SOLUTION



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.

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.

Threads of Sustainability Sewing Events: HPCA will be hosting sewing events in the North Hall, generally on the last Tuesday of each month. Please contact Sage. Wheeler-Ramnauth@calgary.ca for full details, and confirmation of the dates. 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 have a portable sewing machine, please bring it.

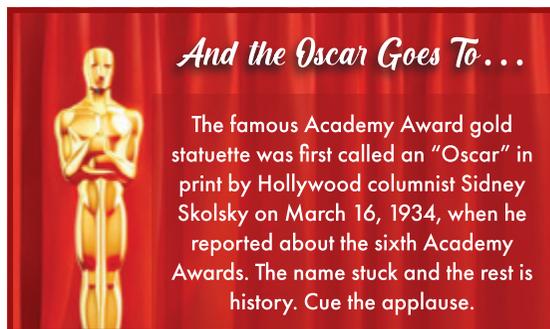
Good Food Box: Details on the program, including order dates and other information, can be found on our website at www.HighlandParkCommunity.ca/good-food-box or by contacting our lead volunteer, Ellen, at GoodFoodBox@HPCA.ca.

Seniors' Luncheon: The dates and other details about this program can be found on our website at www.HighlandParkCommunity.ca/seniors-luncheon. To attend, you need to pre-register at least eight days in advance of the luncheon date, with our Lead Volunteer

for the program, Vanessa Gillard; you can reach her at SeniorsCoordinator@HPCA.ca.

Community Art Project Workshop: Sunday, March 8, from 2:00 to 5:00 pm in our Main Hall – you are invited to come learn about colours and acrylic painting techniques from a professional artist who lives in Highland Park, Christianne Olguin. Participants will each be making a small botanical-themed painting that will be displayed around our community native plant rain garden. Register by email to Chris.OlguinArtist@gmail.com.

HPCA Casino: We have our Casino dates for 2026; they are Wednesday, May 27 and Thursday, May 28. Multiple volunteers are needed over this two-day event, which will provide us with important funds for renovations and maintenance on our hall. All volunteers need to be 18 or older. You can volunteer for both dates, but it must be for the same job, i.e. cashier on both days. Use this link to sign up for a shift: <https://signup.com/go/JcHyqqU>. If you need more information, please contact Anne at HallManager@HPCA.ca.



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

Community Market

Mark your calendars! Highland Park is hosting their biannual Community Market on Saturday, June 20 from 11:00 am to 3:00 pm. There are 31 available tables for local vendors to promote and sell their homemade items.

People can shop for handcrafted goods, listen to music, and enjoy food from the concession. The Fun Zone for kids offers crafts and games.

Vendor registration is open April 1 to 20. The registration link will be available on April 1 on the Highland Park Community Association website. All registrations must be submitted through this website.

Shortly after the registration period closes, the Vendor Liaison will contact vendors who have registered. The Vendor Liaison volunteers their time and will communicate with vendors in a reasonable timeline.

Scam Alert! Please beware of scammers commenting on social media posts claiming to have vendor spots available and requesting e-transfers. All official market communications and payments will only be processed through the Highland Park Community Association and Vendor Liaison directly.

We look forward to another fantastic market celebrating local vendors and our amazing community!



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

HIGHLAND PARK



HIGHWOOD



March is Epilepsy Awareness Month

On Purple Day (March 26):



Wear purple

Show your support by wearing purple clothing or accessories on March 26.



Light up

Light up your homes, offices, and public spaces in purple to show your solidarity.



Give back

Be a part of the change! Donate or start a fundraiser.



**epilepsy
southern
alberta**



Share your purple moments using
#postyourpurple



Highland Park Community Market

CALL FOR VENDORS

\$25
per
table



Limited
tables
available

SATURDAY, JUNE 20TH

11 AM - 3 PM

3716 - 2nd Street NW

**Vendor Registration
April 1st - April 21st**

For more information please visit
hpca.ca/events



**Registration only
through HPCA website**

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

This GoFundMe, created in partnership with her family, is being established to help ease the inconceivable financial hardship they are facing.

The initial \$100,000 fundraising target will help cover immediate expenses, including lodging in Edmonton for Victoria's mother, Colleen (Cousens) Fortuna, and 16-year-old sister, Ariana, both from Calgary. This will also allow Colleen to take necessary time away from work during this period of immense hardship and profound change to focus on Victoria's medical journey and to help her daughters through the unimaginable grief of the sudden, tragic loss of their father.

In the days, months, and years ahead, Victoria will require additional surgeries, extensive rehabilitation, specialized leg prosthetics, intensive mental health support, and enduring general medical care. The financial impact will be significant and ongoing, with future fundraising goals evolving as a result of these needs.

The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.

Scan to donate or visit gofund.me/31fdeef6f

Any help is appreciated ❤️





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 |
| 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**



A Work in Progress

The first stone of the impressive Basílica de la Sagrada Família was laid on March 19, 1882. Designed by architect Antoni Gaudí, this church is still under construction, making it the largest unfinished Catholic church in the world. 144 years in the making and counting!



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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JOKE OF THE MONTH



WHAT DO YOU
CALL A PIG THAT
DOES KARATE?

A PORK CHOP.



News from the Friends of Nose Hill

by Anne Burke

The visual landscape assessment in the Nose Hill Natural Area Management Plan Technical Report identifies aesthetic values that led to establishment of the Park. The natural landscape offers a sense of separation (or escape) from the City. Special places are where users want to go, whether or not formalized trails are established. These core experiences should be preserved for future Calgarians. As destinations they deserve resource protection and require maintenance from damage by major impacts. Otherwise, excessive use will impair the aesthetic resource, so that rehabilitation is necessary. There are severe erosion channels on the slopes and invasive species (weeds). The uplands are recommended for restoration. Some viewpoints are from steep promontories (rocky headlands, bluffs, or parts of a plateau, overlooking a lowland). The Nose is a landmark for both the Park and City of Calgary, despite transmission lines and power poles at its crest, a visibly damaged quarry. The Bow Creek Promontory is exposed on the steepest slopes. The NE Promontory focuses on West Nose Creek and upper Nose Creek Valleys. Several coulees provide shelter, unlike the open hilltop experience. Rubbing Stone Hill offers a panorama of the Nose Creek Valley. The north face of the slope is the focus of view from 14 Street southbound. Rubbing Stone Coulee, the site of a glacial erratic, requires reclamation. Many Owls Valley, Porcupine Valley, and Aspen Grove Coulee are refuges and valuable wildlife habitats. A Sharptailed Grouse Lek was threatened by trail overuse. The water retention facility is at a low end of the Aspen Grove Coulee. Natural beauty of the Park can be enhanced by ecology but there are challenges to the visual and environmental amenities. Many more viewers are drivers along John Laurie Boulevard, 14 Street and Shaganappi Trail.



MLA Calgary - Klein
Lizette Tejada

#232-A - 3630 Brentwood Rd NW

📞 403-216-5430

✉️ Calgary.Klein@assembly.ab.ca

✂️ @lizettendp | 📷 lizettendp

Happy March!

Although spring hasn't quite arrived in Calgary, the spring sitting of the legislature is already underway. On February 19, I hosted a budget town hall at the Crossroads Community Association. The feedback you shared there, along with your emails and conversations at the doors, has been invaluable in guiding the work I'm doing in Edmonton.

As this is published, I anticipate that the UCP government just passed the budget. Immediately in the weeks following, MLAs question Ministers and civil servants on key budget issues during what is called Estimates. I make sure your concerns, whether about affordability, education, health care funding, emergency room wait times, and more, are brought directly to those responsible for these decisions.

We expect to be in the Legislature until late spring. Please continue sending your emails and sharing your thoughts so I can keep speaking up on your behalf and advocating for Calgary Klein. Our community is full of incredible people with big hopes and strong connections, and I'm always inspired by the care we show one another. As the weather warms and the days grow longer, I'm looking forward to the events and festivals ahead. In the meantime, I hope to see you at the doors and around the constituency!

Lizette Tejada

MLA Calgary-Klein

How to Call a Family Meeting About Caring for Aging Parents

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

As parents age, families often find themselves facing new responsibilities and having to make practical decisions. Without open communication, caregiving can become stressful, unevenly shared, and full of unspoken expectations. A family meeting can help create clarity, reduce conflict, and ensure everyone is working together with compassion and shared understanding.

Why a Family Meeting Matters

Aging is gradual—until it isn't. A sudden health event can force families into crisis mode. A proactive family meeting allows siblings and parents to talk about preferences, responsibilities, and concerns before decisions become urgent. It also helps prevent one person from carrying the caregiving burden alone.

How to Invite Everyone

Keep the invitation collaborative and future focused. For example: "I've been thinking about how we can best support mom and dad as they get older. I'd really like us to talk about planning ahead so we're not scrambling later. Could we set aside some time to meet?"

Setting the Tone

Begin with reassurance and shared purpose. Acknowledge that this can be emotional and that everyone has different capacities. Helpful guidelines include listening without interrupting, avoiding blame, and keeping parents' dignity and wishes at the centre of the conversation.

- 1. Parents' Wishes and Values** - If possible, include your parents in the conversation. Discuss where they want to live, what independence means to them, and preferences for in-home care, assisted living, or long-term care. Clarify how they want medical decisions handled if they cannot speak for themselves.
- 2. Current Needs and Observations** - Talk about what is happening now, such as memory changes, mobility issues, driving safety, medication management, emotional wellbeing, and home safety concerns. This is about noticing patterns, not diagnosing.
- 3. Roles and Responsibilities** - Caregiving often becomes uneven by default. Discuss who lives nearby,



who has flexible schedules, and who can help with appointments, finances, technology, or emotional support. Focus on realistic capacity and willingness, not obligation.

- 4. Financial Planning and Boundaries** - Money can be sensitive, but avoiding it often leads to resentment. Discuss who manages finances, power of attorney, how care costs will be handled, and whether siblings will contribute financially. Setting clear boundaries helps prevent one person from quietly subsidizing care.
- 5. Medical and Legal Planning** - Consider advance directives, living wills, medical and financial power of attorney, emergency contacts, and end-of-life preferences. Frame these conversations as preparing for peace of mind, not anticipating loss.
- 6. Communication and Decision-Making** - Decide how updates will be shared, who will be the primary contact with healthcare providers, and how decisions will be made. Clear communication reduces misunderstandings and family conflict.
- 7. Supporting the Caregivers** - Caregiving can lead to burnout and resentment. Discuss respite care, taking breaks without guilt, and how siblings can support the primary caregiver.

You do not need to solve everything at once. Summarize key points, identify a few next steps, assign follow-up tasks, and schedule another check-in. End with appreciation for everyone's willingness to engage in this important conversation.

Family meetings about aging parents can bring up old family dynamics and strong emotions. This is normal. The goal is not perfection—it is clarity, shared responsibility, and compassion. Starting the conversation early is one of the most loving steps a family can take.

Cats, Canines, & Critters of Calgary



Archie, Cranston



Cleo, Seton



Dash, Seton



Hannah, Coach Hill



Nola, Mount Pleasant



Oliver, Sage Hill



Paris, Cranston



Sir Pepè, Somerset

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