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Highland Park Hall Rentals

403-276-6969; www.hpca.ca/hall-rental

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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 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.



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HIGHLAND PARK COMMUNITY
SENIORS' LUNCHEON

HPCA Seniors' Luncheon – Third Saturday of the Month

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
November 21	October 9 to November 13
No lunch in December	



News from the Friends of Nose Hill

by Anne Burke

The Glenbow Archives entry for Robert Aramant refers to the researcher and author who spent time in Calgary, during the early 1980s. He is primarily recognized in local archives for his field research and documentation on Nose Hill. For in library use only, Calgary Public Library has a copy of his report: "The Tipi Rings Nose Hill: Calgary April 1982 to May 1983."

Robert Bo Ararmant (1932-2022) in the Natural Areas Group of the Calgary Field Naturalists' Society surveyed stone circles along the southern margin of Nose Hill uplands. Studies were done during the months when ground conditions were suitable. His research detailed bearing and distance information between tipi rings and on the diameter and number of stones with each ring. He recorded 60 new rings as well as mapping previously identified sites. Vehicle tracks, rubbing stones, and an unknown group of poplars were indicated.

Other maps show roads, critical bearings to Nose Hill Tower and horse barn. Following his study, the site was revisited. New rings related to recorded sites were compared. Some rings matched the original Lifeways of Canada definition by Alberta's first and longest-operating heritage and historical resources consulting company. Robert wrote it is very important to point out that this report only surveyed a small part of the proposed Nose Hill Park area. Even the southeast part of Nose Hill, where the report presents newly found tipi rings, has been very incompletely surveyed.

Consequently, there are many more tipi rings on natural prairie grassland areas and probably also many other kinds of archaeological sites and artifacts as well that are undiscovered on Nose Hill. It is very desirable that the natural prairie grassland still left on Nose Hill be preserved and protected. Read more at: www.newcomerkentuckiana.com/obituaries/robert-aramant.

UPCOMING EVENTS AND ACTIVITIES

HPCA Christmas Tree Decorating Event: You are invited to drop in at the Hall on Sunday, November 22 between 2:30 and 4:30 pm to help decorate our Christmas tree. Light refreshments will be available.

HPCA Winter Market: Join us on Saturday, December 5 from 11:00 am to 3:00 pm for our annual Highland Park Community Winter Market. Come see what 30 local artisans offer for crafts, baked goods, and other original handmade items. This is a perfect chance to shop for holiday gifts and find something for yourself. Stop by the concession stand to satisfy your cravings. Don't miss the Fun Zone for kids where families can take pictures at the Selfie Stage, play games, and make festive crafts. A few volunteers are still needed to help on the day of the event. This is a great opportunity to connect with others in the neighbourhood and support the vitality in our community. Volunteers can sign up via the online link: https://signup.com/go/MYPDTep.

November Outdoor Rink Prep: Every year a team of HPCA volunteers prepares our outdoor greenspace so it will be ready for laying down the layers of ice to create our rink for the winter. On Sunday, November 8 from 1:00 to 3:00 pm, we'd love to have a few more able-bodied helpers to help rake up leaves, sticks, and other debris from the greenspace. Why do we bother? We do it because if we don't, the darker bits of fallen leaves and small twigs under the ice will absorb more sunlight and cause that area to melt more easily than the surrounding areas, leaving a soft spot in the otherwise excellent ice surface. Snacks and refreshments will be provided for all volunteers who come out to help prep our outdoor rink area. Bring a rake or leaf blower if you have one, but we'll have some spares also. See you then!

Buchanan Skating Week: Save the date! January 4 to 7.

Annual HPCA Winter Family Fun Day: Save the Date! January 10, from 2:00 to 4:00 pm.

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.

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.





A Bloom You Can Brew

Did you know? Chrysanthemums are November's birth flower—but some varieties are more than decorative! Certain chrysanthemum flowers and leaves are edible, and chrysanthemum tea, made by steeping the dried flowers, is a traditional beverage enjoyed across parts of East Asia.

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

HIGHLAND PARK

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BATHROOM RENOVATION SALE

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

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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
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HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

Council had directed Administration to propose criteria limiting where rowhouses and townhouses could be developed. Most of the residential areas of Highland Park are categorized as "Neighbourhood Local" with Limited Building Scale. If approved, these proposed Limited Scale Policies would therefore apply to Highland Park. The proposed policies would allow rowhouses only on parcels where, one, there is a rear lane, and two, any one of the following:

- Within a transit station area,
- Along or separated by a lane from a main street,
- Adjacent to a park, or,
- On a corner parcel.

Council will hear this matter at the November 9 Public Hearing of Council. The land use for any proposed rowhouse would still have to be zoned appropriately. See https://www.calgary.ca/planning/local-area/lap-limited-scale-policy.html, for more information.

Proposed mobility changes for 20 Ave NW and NE and for 19 Street NW would see the boulevard on the north side of 20 Ave converted to a multi-use pathway. There would also be enhanced pedestrian safety features installed. You can learn more at https://engage.calgary.ca/19St20AveMobility.

There were two new Development Permit (DP) applications received recently.

- DP2026-05308 for a carport adjacent to an existing garage for 4013 Centre B Street NW.
- DP2026-05491 for a large single detached house with a basement suite at 123 42 Ave NE. The proposed building includes a four-car garage with front driveway.

Recently approved Development Permits and Land Use Change applications in Highland Park include:

- DP2025-04756 for a multi-residential project at 4004 Centre A Street NE was approved on October 8. The project now consists of two rowhouse buildings containing eight units. The land use is M-C1. The appeal deadline is November 5.
- DP2025-07323 for a four-unit rowhouse with suites at 3301 1 Street NW was approved October 5. This is a corner lot fronting 32 Ave NW. The appeal period ends October 29.
- LOC2026-0013 to re-zone the property at 4015 Centre A Street NE from R-C2 to M-C1. The land use change was approved by Council on October 6.

Approvals under appeal to the SDAB:

- DP2026-01836 for a four-plex with suites at 4008 2 Street NW.
- DPDP2026-02247 for two rowhouse buildings at 4008 Centre A Street NE. The plans were amended to remove the secondary suites and now show six units with three attached single garages. M-C1 zoning allows for a reduction in parking spaces due to close proximity to primary transit.

There were also several Development Permits released to the applicant. This means that they have satisfied the Prior to Release Conditions:

- DP2024-07824 for four rowhouses containing 16 units and 16 suites on the three parcels at 4016 – 4024, 3 Street NW. The DP was released September 18.
- DP2025-05104 for a four-unit rowhouse with suites at 203 42 Ave NW. The DP was released on October 6.
- DP2025-06188 was released September 2 for a four-plex at 120 41 Ave NW.
- DP2026-00641 for a semi-detached with suites at 3811 Centre A Street NE. The DP was released on October 6.
- DP2026-02328 for renovations to an existing office building at 4103 Centre Street NE. The DP was released on September 15.

Applications listed in last month's newsletter that are not mentioned in this issue have not had any change in their status. If you have concerns about a proposed development near you then you can follow its progress through the review and approval process on the DMAP https://developmentmap.calgary.ca/. Just enter the address or the DP file number to search for the property. Residents who are directly impacted by a development have a right to appeal a DP approval within 21 days of the approval being publicly posted on https://www.calgary.ca/development/public-notices.html.



Coordinator Wanted!

Highland Park Community Association (HPCA) is seeking a Seniors' Luncheon Coordinator!

The Highland Park Community Association is looking for an organized, friendly, and community-minded individual to coordinate our popular Seniors' Luncheon Program. This monthly program brings seniors together to enjoy a meal, socialize, make new connections, and strengthen community spirit.

About the Program

The HPCA Seniors' Luncheon is held the third Saturday of each month (excluding August and December) at the Highland Park Community Centre. The coordinator is typically on site from 10:00 am to 1:00 pm and there's about two additional hours of work from home per month. The program provides seniors with an affordable opportunity to enjoy a meal, reconnect with friends, and meet new people in a welcoming environment. The initiative is supported by volunteers and community partner Fresh Start Recovery's professional kitchen who prepare the meals. It is well attended and there's a great group of seniors and volunteers that enjoy the program each month.

Responsibilities

- The Seniors' Luncheon Coordinator will:
- Manage participant registrations and inquiries through online forms, emails and phone calls.
- Communicate with attendees, volunteers, and community partners.
- Schedule and support volunteers.
- Maintain the supply inventory for the program.
- Maintain attendance records and registration lists.
- Promote the program within the community.
- Have some ability in Google Workspace – specifically Gmail and Google Forms.
- Half hour of phone work each month to confirm some attendees.
- Help foster a welcoming and inclusive environment for all participants.
- Identify opportunities to grow and enhance the program.

Why Volunteer With Us?

- Make a meaningful difference in the lives of local seniors.
- Help reduce social isolation and strengthen community connections.
- Gain experience in event and volunteer coordination.
- Work with a dedicated and supportive community team.
- Contribute to a well-established and valued community program.

Not sure if you're up to coordinating a community program? Don't worry! Training will be provided so come and contribute to community building in Highland Park!

Interested applicants can apply by emailing seniorscoordinator@highlandparkcommunity.ca with a bit about their experience and why they are interested.



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
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HPCA

Name:_____

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memberships also available for purchase online at hpca.ca/membership



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**
November 16	November 26

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

Preschool

We are excited to share that our MWF AM class is now full. Thank you to all of the wonderful families who have chosen Highland Park Preschool for the 2026-27 school year!

We still have spaces available in our other three classes, and we would love to welcome more families to our Highland Park Preschool community.

If you are still looking for a fun, nurturing and engaging preschool experience for your child, now is a great time to register!

Spaces are available in:
- MWF PM 12:30 to 3:00 pm
- T/Th AM 9:00 to 11:30 am
- T/Th PM 12:30 to 3:00 pm

Come join us for a year of learning, friendship and lots of fun!

Contact Preschool@hpca.ca for more information or hpca.ca/registration to fill out the forms.

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HIGHLAND PARK PRESCHOOL HPCA

Visit our website to register for the September 2026-27 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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HP CA

Healthy Conflict: Why Children Need to See Us Work Through Our Differences

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

Many parents worry about arguing in front of their children. They may believe that being good parents means keeping disagreements private and presenting a picture of a relationship where everyone gets along. However, healthy relationships are not conflict-free relationships.

Children benefit from seeing that two people can disagree, experience difficult emotions, and still remain connected. When handled respectfully, conflict can become an opportunity to teach children some of life's most important relationship skills.

What does healthy conflict look like?
Healthy conflict isn't about never becoming frustrated. It is about learning what we do with that frustration. Healthy conflict might sound like:

"I'm feeling frustrated right now. I need a few minutes before we continue this conversation."

"I see this differently, but I want to understand your perspective."

"I don't agree with you, but I can understand why you feel that way."

"I didn't handle that well. I'm sorry."

"Let's figure out what we can do differently next time."

Children who hear these kinds of conversations learn that disagreement doesn't automatically mean rejection, abandonment, or the end of a relationship.

Children need to see repair
One of the most important things children can witness is what happens after conflict.

Parents sometimes lose their patience. They may misunderstand one another, become defensive, or say something they regret. What matters most is what happens next.

When children see a parent return to the conversation, take responsibility, apologize, listen, and reconnect, they learn that relationships can survive difficult moments.

This is a powerful lesson in resilience. The message becomes:

"We can have a hard moment and find our way back to one another."

Conflict can teach emotional regulation. Children learn emotional regulation partly through observing the adults around them.

When parents demonstrate that strong emotions can be acknowledged without becoming destructive, children are given a model for managing their own feelings.

They learn that being angry doesn't mean they have permission to hurt someone. Being disappointed doesn't mean they have to withdraw completely. And being upset doesn't mean the relationship is no longer safe.

Parents can model that it is possible to pause, calm down, return to a difficult conversation, and work toward understanding.

What children shouldn't have to witness
Healthy conflict is very different from destructive conflict. Children should not be placed in the middle of adult disagreements or exposed to intimidation, threats, humiliation, contempt, physical aggression, or ongoing hostile conflict.

They should not be expected to take sides, carry messages between parents, or become responsible for repairing the relationship.

There are also circumstances where safety must come first. When there is violence, coercive control, or fear within a relationship, the goal is not simply to teach children how to witness conflict differently. The focus needs to be on safety and appropriate professional support.

Your children don't need to see a perfect relationship
When parents demonstrate respectful disagreement and genuine repair, children learn that relationships require communication, accountability, patience, and forgiveness.

They learn that conflict is something we can work through, not something we have to fear.



Councillor, Ward 4
D.J. Kelly
ward4@djkelly.ca
@djkelly.ca
@djkelly

Hey, neighbour!

As I have said to my council colleagues, the City budget that will be approved later this month may be the most important decision that council makes during this term in office. This decision is more than just a tax rate: it sets the service you will receive from the City of Calgary for the next four years.

I want to be clear that we don't have a budget yet, and council has definitely not arrived at a final tax rate. Council has a lot of work to do this month before we get there, and that means being diligent and serious about the trade-offs we're going to have to make.

Repaired roads, sidewalks, bridges, and water treatment plants, alongside having safety responses to issues in our communities are what I am working towards. I also want to be clear, putting off spending again could mean reduced transit service, more risk from aging infrastructure, more broken pipes, gaps in our pathways and sidewalks, and not making progress on traffic and pedestrian safety in your neighbourhood. Council has to balance all of that—making sure that your priorities are advanced, and your neighbourhood isn't forgotten as it has been in the past—against keeping taxes affordable for everyone.

My debate will be to make sure your needs—your priorities that you have told me about for the past year—are front and center for all of my colleagues. The budget debate begins on November 23, and I want you to get involved. I want your feedback, I want your advice, but most importantly I want to hear from you at ward4@calgary.ca so that we can confidently say all of council has heard from you and your neighbours.



MLA Calgary-Klein
Lizette Tejada
#232-A - 3630 Brentwood Rd NW
403-216-5430
Calgary.Klein@assembly.ab.ca
@lizettendp | lizettendp

Remembrance Day is a time to pause, reflect, and honour those who served Canada in times of war. Many of those who served were barely older than today's high school students. They carried hopes for the future yet found themselves facing the horrors of conflict. Their sacrifices were immense, and the loss of so many young lives remains one of the great tragedies of our history. We owe them our gratitude, our respect, and our commitment to remembering their stories.

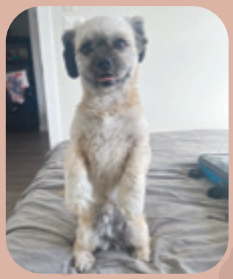
Yet Remembrance Day is not only about looking back. It is also about looking forward. Remembering the cost of war should strengthen our desire for peace. Every life lost in conflict is a reminder that violence leaves deep scars on families, communities, and nations. The most meaningful way to honour those who suffered is to work towards a world where such sacrifices are needed less often.

Peace is not something that appears on its own. It is built through patience, cooperation, understanding, and respect. It requires people to listen to one another, resolve disagreements without hatred, and choose dialogue over division. These efforts can be difficult, but they are essential.

As we bow our heads on Remembrance Day, let us remember the fallen with reverence and gratitude. Let us also recognize our responsibility to carry their legacy forward. By building stronger communities, fostering mutual respect, and working together for a more prosperous future, we honour their memory in the most lasting way possible: by choosing peace and striving, every day, to make it endure.

This Remembrance Day, I invite you to join me at Chapelhow Legion #284 to recognize and remember our veterans.

Cats, Canines, & Critters of Calgary



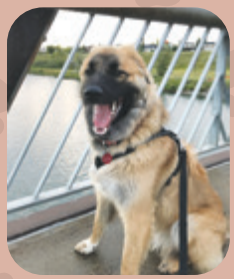
Bean, *Seton*



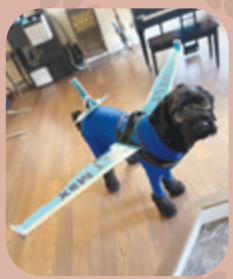
Coco, *New Brighton*



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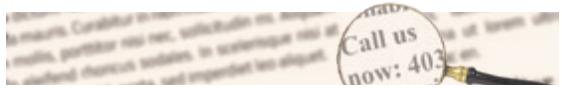
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SCAN ME

A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.





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