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- Remove all old materials from bathroom and job site
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- 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"
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- 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

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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.

Editorial
Content
DEADLINE
10
of each
month
for the next
month's issue

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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
October 17	September 11 to October 9
November 21	October 9 to November 13
No lunch in December	



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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 ExecDirector@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.

Community Market — Call for Vendors: Boost your local business and connect with shoppers by applying for the Highland Park Community Market. We are looking for 30 local artisans to showcase unique crafts, delicious baked goods, and original handmade items. Market Date: Saturday, December 5, 2026. Application Window: October 1 to October 20.

Submit your registration online through the official Highland Park Community Association website (hpc.ca) and our Vendor Liaison will review all applications and contact you directly after the registration window closes.

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.

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. See you then!

Join our Events Committee: Want to help plan some of HPCA's events, with a fun group of neighbours? Our Events Committee would be happy to welcome some additional folks who want to contribute to the events we put on each year. Maybe you've got a new idea or have some suggestions for our annual events? We'd love to hear it! The Committee meets at our hall, approximately once a month for about 90 minutes on a weekday evening, to confirm plans for upcoming events, and assign tasks to be done. If you are interested, use our Sign-Up here: <https://signup.com/go/EGwvnWp> or contact Anne at HallManager@HPCA.ca.



Winged Creatures

Did you know that bats are the only mammal that can fly? This is possible because of their elongated finger bones and thin skin that stretches across their bodies creating a wing.



Highland Park Community Market



CALLING ALL *Vendors!*

Whether you sell unique products, delicious food or handmade crafts, we want to showcase your talents and bring your business to a whole new audience!

SATURDAY | DECEMBER 5

3716 - 2ND STREET NW, CALGARY

Vendor Registration

October 1st - October 20th

**\$25
per table**

**Limited tables
available**

For more information please visit hpca.ca/events

Registration only through HPCA website

HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

Since the repeal of “blanket rezoning” there have been no new Development Permit (DP) applications received for Highland Park in the past month. The following are ongoing from 2025 and earlier in 2026:

- DP2025-02163 for four rowhouse/townhouse buildings at 425 – 439 37 Ave NW. Despite amendments, the plans still demonstrate non-conformance issues with the Land Use Bylaw, especially now that residential buildings are no longer allowed in the rear of mid-block parcels with R-CG zoning. This application continues to be “Under Review”. Comments may still be submitted to the City through the Development Map (DMAP) at <https://developmentmap.calgary.ca>.
- DP2025-04201 for a multi-residential development at 3820 and 3824 Centre A Street NE. The plans now consist of two rowhouse/townhouse buildings containing 13 units with 9 suites and with underground parking for 9 units only. The parcel is mid-block, laneless and slopes steeply. The application is still “Under Review” and “Open for Comment” through the DMAP.
- DP2025-07323 for a 4-unit rowhouse with suites at 3301 1 Street NW is still “Pending Decision”. The project plans can still be downloaded from the DMAP.
- DP2026-01022 for a multi-residential building with three suites at 3832 Centre Street NE is still “Under Review” and “Open for Comment”.
- DP2025-04756 for a multi-residential development at 4004 Centre A Street NE is still “Under Review” and “Open for Comment”. This project consists of two rowhouse buildings containing 14 units, 2 suites and 8 parking spaces in an underground garage. It is next door to #4008 Centre A Street NE (See DP2026-02247 below).
- DP2026-01836 for a 4-plex with suites at 4008 2 Street NW is Pending an Appeal to the Subdivision and Development Appeal Board (SDAB).
- DP2026-02161 for a multi-residential development at 4111 1 Street NE remains “Under Review” and “Open for Comment”.

- DP2026-03760 for a semi-detached with suites at 3403 Centre A Street NE is “Open for Comment”.
- DP2026-04086 at 3520 Centre Street NE for a multi-residential apartment building with 8 units is “Under Review” and “Open for Comment”.
- Recently approved Development Permits in Highland Park include:
- DP2026-02247 for two rowhouse buildings (front and rear) at 4008 Centre A Street NE. Like the other projects on Centre A Street NE mentioned in this article (e.g. DP2025-04201 and DP2025-04756), this is on a mid-block, laneless and steeply sloped parcel. The plans were amended and now show six units, two suites and three attached single garages. The DP application was approved on September 4. The appeal deadline is October 1.
- DP2025-05966 for a carport in the front yard at 311 44 Ave NW.

City Administration has been working on an update to the Municipal Development Plan (MDP) since 2024. The new Calgary Plan would update the MDP and integrate it with the Calgary Streets Manual and three development guidebooks. Like the MDP the Calgary Plan would set high level vision, goals and policies to guide Calgary's long-term growth. It does not deal with land use zoning or development approvals – those are dealt with by such processes as Land Use Change or Development Permit applications or Local Area Plans. The latest revised version was presented to Council in June 2026. Council sent it back for additional updates. It is scheduled to return to Council in January 2027 for further review and amendments, aiming for a final draft later in 2027. Follow the Plan's progress on <https://www.calgary.ca/planning/city-building-program/city-building-program/the-calgary-plan.html>.

If you have concerns about a proposed development near you, follow its progress through the approval process on the DMAP <https://developmentmap.calgary.ca/>. Just enter the address or the DP file number to search for the property.



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

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*



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
October 12	October 22
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.

BRAIN
GAMES

SUDOKU

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SCAN THE QR CODE
FOR THE SOLUTION





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

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 (\$200 per month)

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Mon/Wed/Fri pm and Tues/Thurs pm

Mon/Wed/Fri pm and Tues/Thurs am

preschool@hpca.ca | 403-276-6969

www.hpca.ca/preschool



Healthy Relationship for our Children

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



How Does My Relationship with My Partner Affect My Children?

Children learn about relationships long before they begin having relationships of their own. They watch how their parents speak to one another, handle disagreements, show affection, repair hurts, and navigate life's challenges. The relationship between parents becomes one of the first models children have for understanding what love, safety, trust, and partnership look like.

A healthy marriage does not mean a marriage without conflict. In fact, children can benefit from seeing that disagreements are a normal part of relationships when those disagreements are handled with respect and ultimately repaired.

Children Feel Safer When Their Parents' Relationship Feels Secure

A strong parental relationship can provide children with an important emotional foundation. When children experience their parents as a team who care about one another and are committed to working through difficulties, they are more likely to experience their family as a safe and predictable place.

This sense of security gives children room to focus on the important work of childhood: learning, exploring, developing friendships, making mistakes, and discovering who they are.

Children Learn How Healthy Relationships Work

Children are constantly observing. They notice whether parents listen to each other, express appreciation, apologize when they are wrong, and respect one another's boundaries.

When parents demonstrate healthy communication, children learn that it is possible to express difficult feelings without attacking or humiliating another person. They learn that differences do not have to threaten a relationship and that problems can be discussed and resolved.

These lessons become part of their developing understanding of relationships.

Children Learn Resilience by Watching Parents' Repair

One of the most powerful lessons parents can provide is not perfection, it is repair.

Parents will sometimes become frustrated, misunderstand each other, or say something they wish they had said differently. When children see their parents take responsibility, apologize, listen, and reconnect, they learn an important message: relationships can experience difficulty without falling apart.

This is a foundation for resilience.

Children begin to understand that mistakes are not necessarily disasters, conflict can be managed, and difficult emotions can be worked through.

A Healthy Relationship Creates Emotional Space for Parenting

When parents feel connected and supported by one another, they often have greater emotional resources available for their children. A strong partnership can make it easier to share parenting responsibilities, problem-solve together, and support one another through the inevitable stresses of raising a family.

This doesn't mean parents must agree on everything. Healthy couples can have different perspectives while still communicating respect and presenting a united commitment to their children's wellbeing.

Children Don't Need Perfect Parents

Perhaps most importantly, children don't need a perfect marriage. They need parents who are willing to keep learning, growing, communicating, and repairing.

A healthy relationship between parents can teach

children that love is not simply about getting along when everything is easy. It is about showing up, listening, taking responsibility, extending compassion, and finding your way back to one another after difficult moments.

When parents invest in the health of their relationship, they are not only strengthening their marriage, they are helping their children develop the emotional security, relationship skills, and resilience they will carry into the rest of their lives.

Joke of the Month

*How do you repair a
broken jack-o'-lantern?*

Use a pumpkin patch!



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Proposed Updates to Your Local Area Plan

City Council directed City Administration to update six of the approved local area plans (LAPs) to limit where rowhouses and townhouses can be developed

The proposed updates would apply the same location-based Limited Scale Policies in the Westbrook Communities and Heritage Communities LAPs to the rest of the approved LAPs.

What are the proposed changes?

The proposed updates would limit where rowhouses and townhouses are supported to parcels that have a rear lane and meet one of the following location criteria:

- within a transit station area,
- along or adjacent to an identified main street,
- on a corner parcel,
- or adjacent to a school, park or open space.



Scan here for more
information and to join an
information session!



26-0055013: CRV-46673



News from the Friends of Nose Hill

In 1973, Calgary City Council voted to reserve 4,100 acres as parkland on the top and escarpments of the east end of Nose Hill. The result was a combination of vigorous and sustained political pressure due to the activities of citizen groups who promoted the creation of the park. The decision to acquire it was influenced by public and private lobbying, including civic servants. A citizens' task force was appointed by the City Parks and Recreation Board; their report identified Nose Hill as of the highest priority and should be immediately purchased outright. There was strong support for large natural areas when the Calgary Field Naturalists' Society completed their year-long study. Although the land had been a subject of speculation since World War I, the City was freed by provincial policy to plan for a major park on Nose Hill. The Calgary Municipal Airport, in the late 1950s, decided that Nose Hill was on a flight path, so that the Federal Department of Transport imposed a development ban. Some farmers had to relocate and during the 1960s' suburban sprawl, people believed the open space would remain, unless or until the jet soon replaced the propeller. The Calgary Planning Commission requested a sector plan for the Nose Hill Highlands from the City Planning Department. The North Hill Community Associations asked for a delay to help prepare the plan. Calgary Field Naturalists' Society, Society for Pollution and Environment Control, The Junior League, and Local Council of Women asked to speak at a Public Hearing, before City Council voted 11 to 2 to put a freeze on Nose Hill development. Read more of "Fish Creek and Nose Hill Parks: A case study in contrasting forms of public participation" by Harvey A. Buckmaster (1929 to 2018) and his wife Margaret who advocated for Alberta's special places. www.fonhs.org/xdocuments.html.



MLA Calgary-Klein
Lizette Tejada

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☎ 403-216-5430

✉ Calgary.Klein@assembly.ab.ca

✂ @lizettendp | @lizettendp

Alberta finds itself at a curious moment in its history. We are exporting more natural resources than ever before and generating enormous economic activity across the province. Yet many Albertans are left wondering where the benefits have gone. For all the wealth being created, daily life does not seem to be getting easier for the people who call Alberta home.

Wages have largely stagnated, and Alberta now has the lowest minimum wage in Canada. At the same time, the cost of housing, groceries, and other essentials keeps rising. Insurance rates have also skyrocketed. For many families, paycheques simply are not keeping up with the cost of living.

Meanwhile, health care remains underfunded and in a constant state of crisis, while moves to expand private delivery have not improved outcomes. Schools are also under pressure. Class size and complexity were major issues during last year's teachers' strike. This could have been avoided.

Rather than planning for growth and investing in our communities, the government is now blaming newcomers for the state of our public services. It's a politically convenient narrative we see used south of the border, but it is not a solution.

Millions of dollars were poured into the "Alberta is Calling" campaign, encouraging people to move here. It is unfair to now blame those who answered that call. Today's crises were not an accident or a surprise. They were a choice. They can only be addressed through stable funding of public services, not by scapegoating newcomers.

Aside from First Nations peoples, every Albertan has a migration story that has become part of their family history. That story is the story of us: Treaty people, proud Canadians, and proud Albertans. On the eve of a highly polarized referendum that seeks to divide us, let's remember how much stronger we are together.

Lizette Tejada

MLA, Calgary-Klein

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HIGHLAND PARK | HIGHWOOD MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbours navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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.

HERE, HERE!!! Vote early and easier with mailed ballots for the October 19th referendum! Register online at www.specialballot.elections.ab.ca. Stamped return envelope included and a verification number of acceptance issued by elections Alberta. Save yourself agonizing wait times and frustration at the polls. "Please Vote" from a very concerned Canadian Albertan!

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HIGHLAND PARK



HIGHWOOD



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Family Literacy Program



A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.



Reading



At-Home Activities



Singing

FREE! Contact us to learn more:

famlit@canlearnsociety.ca

(403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride