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SUPREME ULTIMATE

- 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
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- 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

Some restrictions may apply. Reg: \$20,679

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Website	www.hpca.ca
Facility Rental and Management	Anne Naumann 403-276-6969 hallmanager@hpca.ca
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Newsletter Editor	Kerri Johansen newslettereditor@hpca.ca
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Police Service	Cst. Ryan Krueger D3CRO@calgarypolice.ca
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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.

of each
month
for the next
month's issue

Editorial Content 10 DEADLINE

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

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

UPCOMING EVENTS AND ACTIVITIES

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

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

HPCA 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.



Joke of the Month

Why are writers always
so cold?

They are always
surrounded by drafts.





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September 2026 Preschool Enrollment

Highland Park Preschool is accepting enrollments for September 2026!

All classes still have availability!

Give your child a wonderful start to their preschool journey in a fun, caring, and welcoming environment where they can learn, grow, play, and make new friends.

Spaces are available in all classes — but don't wait!

We offer two, three or five days a week, 2.5 hour a day classes.

Interested in enrolling your child? Contact us today to learn more and secure your child's spot! Email Preschool@hpca.ca for more information or to directly complete the registration form, go to hpca.ca/registration.

We can't wait to welcome your little ones!



Fresh Start Recovery

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
September 19	July 10 to September 11
October 17	September 11 to October 9
November 21	October 9 to November 13
No lunch in December	



Good Food Box

The Good Food Box is a Community Kitchen initiative available to anyone, not just residents of Highland Park. It's an excellent deal on fresh produce!

Large Box: 45 to 50 lbs - \$45

Medium Box: 35 to 40 lbs - \$40

Small Box: 25 to 30 lbs - \$35

The pick-up date and time for the ordered boxes is always on a Thursday (10 days after the order date) at our hall between 6:00 to 7:00 pm (3716 2 St NW).

If you are ordering for the first time, please register with our Lead Volunteer, Ellen, via email to GoodFoodBox@HPCA.ca, or at our hall on the order date between 6:00 to 7:00 pm.

Please do not send e-transfers prior to registering!

You can pay for your box in two ways:

1. Send an Interac E-Transfer to our Hall Manager, Anne Naumann, at AnneNaumann@shaw.ca by 4:00 pm on the order date. Please ensure you indicate what size box(es) you are ordering.
2. Bring cash or cheque to the address above between 6:00 to 7:00 pm on the order date.

For more information, please email Ellen at goodfoodbox@hpca.ca.

HPCA GOOD FOOD BOX 2026

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

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

HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

At the Public Hearing of Council held last month (July 21 to 24), Council approved a list of 247 properties whose zoning will remain R-CG because the parcels had:

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

However, Council also passed an amendment to ensure that construction must start within two years, or the property will automatically lose its exemption and revert back to its original zoning (e.g. back to R-C2). Some corrections were made to the exemptions list.

Other motions decided included:

- A motion prohibiting main residential buildings from being located in the rear yard on midblock R-CG parcels was approved.
- The bylaw proposal to make secondary suites and backyard suites Permitted uses was amended. Secondary suites will remain a permitted use; backyard suites will continue to be discretionary (i.e. subject to public feedback).
- The proposed bylaw to reduce the maximum density in R-CG zones from 75 to 60 units per hectare was closely defeated.

It should be kept in mind that a property owner can still apply for a Land Use change. For example, a property that reverted back to R-C2 zoning but the property owner then files for a Land Use Change to R-CG. This would trigger a public hearing at Council. For a map showing all current land use zones in Highland Park see <https://publicaccess.calgary.ca/ldm01/exccpa?func=ccpa.general&msgID=JTKKgEkQAAE&msgAction=Download>.

There are three larger-scale projects that are of ongoing concern and to which we have expressed our opposition:

- DP2025-02163 for four rowhouse / townhouse buildings at 425 — 439 37 Ave NW. Despite recent amendments, the plans still demonstrate non-

conformance issues with the Land Use Bylaw, especially now that Council is disallowing residential buildings in the rear of mid-block parcels in the R-CG land use districts.

- DP2025-04201 for a multi-residential development at 3820 and 3824 Centre A St NE. The plans now consist of two rowhouse/townhouse buildings containing 13 units with 9 suites and with underground parking for nine units only. The parcel is mid-block, laneless and slopes steeply.
- DP2026-02247 for two rowhouse buildings (front and rear) at 4008 Centre A St NE. Like the previously mentioned project on Centre A St NE, this is also mid-block, laneless and on steeply sloped land. The plans were amended and now show six units, two suites and three attached single garages.

Recently approved Development Permits in Highland Park include:

- DP2025-07157 for a four-plex with suites at 3827 Centre A St NE. The appeal period ends September 3.
- DP2025-07303 for a four-plex with suites at 3916 3 St NW. The appeal period ended August 27.
- DP2025-07314 for a four-plex with suites at 311 33 Ave NE.
- DP2026-00641 at 3811 Centre A St NE for a semi-detached with suites. The appeal period ends August 27.
- DP2026-00966 for a semi-detached with suites at 3810 2 St NW.

An appeal was filed with the Subdivision and Development Appeal Board (SDAB) by impacted residents against the approval of a four-plex with suites at 4008 2 St NW (DP2026-01836).

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 and zero in on the property.





News from the Friends of Nose Hill

by Anne Burke

A Nose Hill supporter told me there used to be a plaque in memory of John Lee Laurie at the Brisebois parking lot entrance to Nose Hill Park (Many Owls parking area). It appears that the plaque has now gone missing. He said, “Do you happen to know what happened to it and whether there are any plans for it to be reinstalled in the future?” I responded that my city contact would ask our Infrastructure folks to see if they knew.

A colleague did walk over to read the plaque once, but that was many years ago. It spoke of the help Laurie gave to First Nations. The official name of Mount Yamnuska is Mount John Laurie, but he has no knowledge of the installation of the plaque. When I chaired the Nose Hill Park Management Advisory Committee, the John Laurie Rock Society obtained the City’s permission to install the boulder that was moved during construction of the roadway.

John Lee Laurie (1899-1959) was a prominent educator and political activist in Calgary, best known for First Nations advocacy. From 1944 to 1956, he was the honorary secretary of the Indian Association of Alberta. When adopted by the Stoney Nakoda Nations, he was named “White Cloud” and recognized by having a major Calgary roadway and a Canadian Rockies peak named after him. Mount Yamnuska was officially renamed at the request of the Stoney Nakoda First Nation in 1961. Its original Stoney Nakoda name, Îyâmnathka, combines root words of “mountain” and “flat”, so “flat-faced mountain”. In 1979, concerned citizens collected over 5,000 signatures on a petition and on the Sunday before Monday’s Council meeting, marched along John Laurie Blvd in defence of Nose Hill Park. City Council voted against any development rezoning of Nose Hill Park lands.

Little Pickers

A big thank you! to our August Litter Pickers — they did a fantastic job!

If you would like to volunteer, please RSVP email Tina a few days prior to each cleanup date at yourcommunity@hpc.ca.



BRAIN GAMES

SUDOKU

4	2		8		7			3
	6					1	2	7
3		7	5				8	
		4	9					2
	3						1	
1					5	3		
	8				4	2		
		6					3	
9			1		8		6	

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HELP CLEANUP LITTER IN OUR
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SECOND SATURDAY OF EACH MONTH
MAY- SEPTEMBER 10:00-11:00 AM

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MAY 9

AUGUST 8

JUNE 13

SEPTEMBER 12

JULY 11



BRING YOUR OWN GLOVES. TRASH BAGS PROVIDED.

RSVP TINA PRIOR TO EACH DATE:

YOURCOMMUNITY@HPCA.CA

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*



Visit our website to register for the September 2025-26 school year!

Open spots are still available for our Tuesday/
Thursday afternoon class.

Morning Classes

Mon/Wed/Fri | 9:00 to 11:30 am | \$105 per month

Tues/Thurs | 9:00 to 11:30 am | \$65 per month

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Tues/Thurs | 12:30 to 3:00 pm | \$65 per month

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When Grief Becomes Complicated: Strategies for Dealing with Complex Grief

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



Grief is a natural response to loss, but it does not follow a fixed timeline. For many of us, the pain slowly softens and life begins to open up again. For others, grief stays intense, persistent, and disruptive long after the loss. This is often called complex grief.

Complex grief is more than missing someone. It can feel as if time has stopped. Months or even years after the loss, we may still feel as though the death happened yesterday. You may struggle with intense longing, difficulty accepting the loss, or trouble imagining a meaningful future without the person who died. Everyday reminders can bring overwhelming pain, making it hard to work, maintain relationships, or enjoy activities you once valued.

Complex grief can sometimes be mistaken for depression because both can involve sadness and withdrawal. The difference is that grief is centred on the loss of a specific person and the longing for that relationship. Depression usually involves a broader loss of pleasure, ongoing hopelessness, and negative beliefs about oneself. It is also possible to experience both at the same time.

Six Coping Strategies for Complex Grief:

While complex grief can feel overwhelming, there are approaches that can help. Evidence-based treatment

often includes grief-focused therapy, which offers a safe space to process the loss, explore painful emotions, and gradually rebuild meaning and connection. Some people also benefit from cognitive behavioural strategies, which can help identify unhelpful thoughts such as guilt, self-blame, or the belief that life can never feel meaningful again.

Other helpful coping strategies include:

- **Maintaining routines:** Create a simple daily structure that adds predictability, even in small ways. For example, wake up at the same time each morning, eat breakfast before checking your phone, or take a short walk after lunch.
- **Allowing space for grief:** Set aside time to feel, remember, or express your grief instead of holding it in all day. You might journal before bed, light a candle on a certain day, or look through photos and write down a memory.
- **Staying connected to supportive people:** Reach out to people who can listen without trying to fix your feelings. You might text a trusted friend, attend a grief support group, or invite a family member for coffee.
- **Caring for your body:** Focus on one or two basic physical needs each day, since grief can make self-care harder. You might drink a glass of water when you wake up, eat something with protein at breakfast, stretch for five minutes, or go to bed at a consistent time.
- **Practicing self-compassion:** Notice harsh self-talk and replace it with a more understanding response. If you think, "I should be over this by now," try reminding yourself, "I am grieving something important, and healing takes time."

These strategies do not erase grief, but they can make it more manageable and support healing over time.

When to Seek Professional Help

It may be time to seek professional support if your grief feels stuck or overwhelming for a long period, especially if it is affecting work, relationships, sleep, or daily functioning. You may also benefit from help if you are avoiding reminders of the loss, struggling to imagine a future, or experiencing intense guilt, numbness, or hopelessness that does not ease with time.

Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play—road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop—motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights—unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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Lately, it has become fashionable to glorify independence and the idea of being entirely self-made. Success is often treated as something earned through individual effort alone, with little recognition of the people and systems that make it possible. In reality, nobody achieves anything without the help of others. As Mr. Rogers famously said, when times are tough, “look for the helpers.” The truth is that we all rely on those helpers every day.

None of us succeeds alone. From the day we are born, our lives are shaped by the care, work, and support of others. Teachers help children learn and grow. Doctors, nurses, and caregivers help us heal when we are sick. Friends and family stand beside us in moments of joy and grief.

Beyond what we see every day, there are countless others whose work makes our lives possible. Farmers grow our food. Construction workers build our homes, schools, and roads. Transit operators, cleaners, retail employees, and service workers keep our communities running. Society simply could not function without them.

This interdependence is not a weakness. It is one of our greatest strengths. When people work together, communities become safer, healthier, and more resilient. That is why public education, universal health care, and strong social programs matter. They reflect a simple belief: everyone deserves dignity, opportunity, and support when life becomes difficult.

The real measure of a strong society is not how many people can stand alone. It is how well we stand together. Every achievement, large or small, is built on the efforts of others. Recognizing that truth does not diminish individual success. It reminds us that our greatest accomplishments are possible because we support one another, and because we are, in many ways, in each other's care.



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

Hey, neighbour!

While this September promises a few more great weeks of weather, it also means kids going back to school. Over the summer my office has heard from many parents who are concerned about the safety of their children. They want safe routes to school, with more crosswalks and safe ways to cross roads along those routes.

This September I plan on bringing forward a notice of motion before council to introduce safer timing for pedestrian cross lights at intersections. This motion, if passed, will improve safety for pedestrians and provide more certainty for drivers by ensuring that there is less conflict for people crossing roads and turning through intersections. We know that distraction is frequently the cause for traffic collisions, and this motion will reduce conflict between pedestrians and vehicles using the same part of the road at the same time.

This is one way that I am working towards addressing the pedestrian danger crisis in our city, but it isn't the only way. I have been working with the City of Calgary's mobility department to improve safety on some of the most dangerous roads in Ward 4. I also co-sponsored a motion that would allow additional locations for rapid flashing beacons each year.

Though, we can do more, and I want your feedback on what my office can do to even further improve traffic safety. From new turning lights, pedestrian rapid flashing beacons, speed signs, speed bumps, or more, I want to hear from you about what makes sense to make your street safer. You can email me at any time at ward4@calgary.ca.

In the meantime, please slow down and watch for cars and pedestrians, and let's make this the safest back to school September ever for Ward 4.

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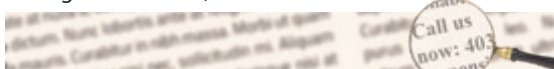
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HIGHLAND PARK | HIGHWOOD MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbours navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many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

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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.

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