

JULY 2025

DELIVERED MONTHLY TO 3,700 HOUSEHOLDS

HIGHLAND PARK

SUMMIT

THE OFFICIAL HIGHLAND PARK COMMUNITY NEWSLETTER

HP
CA



WANTED



PLACE YOUR AD HERE AND PROMOTE YOUR BUSINESS

403-720-0762 | GROW@GREATNEWSMEDIA.CA



GET A QUOTE NOW



HIGHLAND PARK PHYSIO CLINIC

YOUR HEALTH, OUR PRIORITY

Physiotherapy

- Motor Vehicle Accidents
- WCB Injuries
- Sports Injuries
- Vertigo/Dizziness
- TMJ Dysfunction
- Dry Needling
- Spinal Decompression
- Laser Therapy



Massage Therapy

- Relaxation
- Sports Massage
- Deep Tissue
- Remedial

Acupuncture

- Neck, Shoulders & Back pain
- Insomnia
- Digestive Disorder
- Menopause
- Stress etc

Contact us
today to book your
appointment.

Unit 4325 - 4303 Centre St NW • Calgary, AB

587.327.6465

info@highlandparkphysio.ca • www.highlandparkphysio.ca

Accepts Direct Billing!



Your Patio Furniture Superstore!

YETI **Wicker Land Patio** **weber**

TRAER **BBQ LAND** RATANA **Modern Patio**

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

Best Thing Since Wrapped Bread!

Ever wonder where the phrase "best thing since sliced bread" comes from? Well, it all started on July 7, 1928, when the Chillicothe Baking Company became the first to sell pre-sliced bread thanks to a machine invented by Otto Frederick Rohwedder. Back then, sliced bread was the best thing since wrapped bread!

Highland Park Community Association

📞 403-276-6969 📍 3716 2 St NW

BOARD OF DIRECTORS	
President	Elise Bieche
Vice President	Carolyne Mondoux
Secretary	Kerri Johansen
Treasurer	Jill Kowalchuk
Director	Chris Hunt
Director	Jeanne Kimber
Director	Tanya Kowalchuk
Director	Donna Marzolf
Director	Greg Miller
Director	Suresh Nair
Director	Joseph Petratur
Director	Nic Pommier
COMMUNITY CONTACTS	
Website	www.hpca.ca
Facility Rental and Management	Anne Naumann 403-276-6969 hallmanager@hpca.ca
Facility Rental Availability Calendar	hpca.ca/hall-calendar
Newsletter Editor	Kerri Johansen newslettereditor@hpca.ca
Good Food Box	Ellen Peterson goodfoodbox@hpca.ca
Development Review	Jeanne Kimber development@hpca.ca
Seniors' Luncheon	Vanessa Gillard seniorscoordinator@hpca.ca
Volunteer Coordinator	volunteer@hpca.ca
Activity Kits Booking and Info	activitykits@hpca.ca
Community Social Worker	Jessica Pauletig Jessica.Pauletig@calgary.ca
Ward 4 Councillor	Sean Chu, 403-268-3727 sean.chu@calgary.ca
Police Service	Cst. Raeann Watson, District 3 pol5218@calgarypolice.ca , 403-860-8027
Bylaw Infractions	Call 311 or complete form online at: www.calgary.ca/311online

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.

Rental Rates:

Main Hall – 186 person capacity

\$550/day (8:00 am to 10:00 pm) or \$55/hour; \$500 damage deposit.

North Hall – 60 person capacity

\$400/day (8:00 am to 10:00 pm) or \$44/hour; \$400 damage deposit.

There is a once per year 25% discount for HPCA area residents with a current membership.

All rentals are subject to GST.

Our facilities can only be rented until 10:00 pm.

Visit our current hall rental calendar at
hpca.ca/hall-calendar.



Highland Next

Before & After School Care Program

Before & After School Care

Grades 1 – 6 | Kindergarten

Fully Licensed | Certified Staff | Quality Care

6:15am – 6:00pm

Monday to Friday | Closed STAT Holidays

Private Bussing | PD Day Care | ½ Friday Care

School Break Care | Summer Care

www.nextkidsinc.com

HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

The City has been working on a new Zoning Bylaw to replace the existing Land Use Bylaw. The latest round of public engagement on the draft version ended on May 31. The City is now taking all the feedback received and will work on further revisions. The next version of the draft document is expected in Q1 2026. To learn more, check out calgary.ca/planning/city-building-program/city-building-program/the-zoning-bylaw.html.

Council approved the following land use change at a public hearing on June 10:

- LOC2024-0181 for a land use change to MU-1 at 115 36 Avenue NE. The height limit on this application was modified by the Calgary Planning Commission to better accommodate up to six storeys, which is the maximum under the North Hill Communities Local Area Plan. The concurrent Development Permit (DP) application to allow for three-storey rowhouses with some ground floor commercial space is still under review. The DP file reference is DP2024-06404.

Several other pending land use change applications are:

- LOC2024-0139 for multiple addresses on Centre A and 1 Street NE. The public hearing at Council is scheduled for July 15. Submissions to Council should be received between June 26 to July 8.
- LOC2025-0001 for a change to MU-1 land use at 3714 and 3718 Centre St NE is submitted and under review.

DP 2024-07824 to construct four rowhouse buildings with suites on the three parcels located at 4016 – 4024 3 St NW was approved on June 10. As usual, the DP will be released to the applicant once all conditions of approval have been met. The File Manager indicated that since the project was a permitted use and there were no relaxations, then the approval is not posted publicly.

DP2025-00515 for a four-plex with suites at 3827 Centre B St NW was approved in May but is now pending an appeal to the Subdivision and Development Appeal Board (SDAB).

In April, DP2025-01177 at 419 33 Ave NW was approved for a basement suite plus a large addition to the back of

the existing bungalow. An appeal against the approval was filed with the SDAB. The hearing is scheduled for July 29. DP2025-01176 for a new garage with two-bedroom suite on the same property is still under review.

The plans for a new four-building rowhouse project at 425 – 439 37 Ave NW were received last month. The file number is DP2025-02163. We believe there are significant deviations from what is allowed under R-CG land use and have submitted our comments in opposition to the project as it is currently envisioned. As of June 13, comments can still be submitted via the Development Map.

Several other significant projects still under review include:

- DP2025-01157 at 417 36 Ave NW where the plans are to build both a single detached and a semi-detached with suites.
- DP2024-09009 for a four-plex with suites at 423 33 Ave NW.
- DP2024-08555 for two townhouse buildings with suites at 3703 Centre A St NE.
- DP2024-05781 for multi-residential buildings at 3923 and 3927 1 St NE. This is contingent upon a land use change application.
- DP2024-05487 for a rowhouse with commercial space at 4220 Centre St NE.

Every Thursday the City publishes Public Notices of DP applications that have been approved during the preceding week. See calgary.ca/development/public-notices.html. Impacted residents can file an appeal to an approval to the Subdivision and Appeal Board (SDAB) up to 21 days from the date of posting. To keep up to date about developments in the community, make sure to visit the improved Development Map at developmentmap.calgary.ca.

Email development@hpc.ca.





Fresh Start Recovery

HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

HPCA Seniors' Luncheon - Now on Saturdays!

Join the HPCA and Fresh Start Recovery once again for Seniors' Luncheon now on Saturdays from 11:30 am to 2:00 pm. Enjoy a nice meal and the company of other seniors for a reasonable price. All are welcome but HPCA members get a great discount!

Upcoming Seniors' Luncheon Dates:

- July 26 (registration opens July 18)
- No luncheon in August.

Cost: HPCA members \$7, non-members \$10

To learn more and register, please visit highlandparkcommunity.ca/seniors-luncheon, email seniorscoordinator@highlandparkcommunity.ca, or call Vanessa at 403-671-0826 and leave a message with your name, number, and email.



the Gutter Doctor®
Home Exterior Services

GUTTER CLEAN, FIX & INSTALL
FASCIA • SOFFIT • ROOFING
GUTTER GUARDS • WINDOW CLEAN
SIDING • CLADDING • HEAT CABLES

403-714-0711 • gutterdoctor.ca



News from the Friends of Nose Hill

by Anne Burke

Connect: Calgary's Parks Plan replaced the Open Space Plan and the Natural Areas Management Plan. Calgarians have historically and consistently had a strong desire for the inclusion of natural areas as Open Space. As early as 1914, The Mawson Plan recommended protection for the riverbanks. In the 1940s, the public wanted natural park environments to be preserved. Little or no management was considered. In the early 1970s, The Calgary Bird Club assessed several natural areas, including East and West Nose Hill, before specific natural areas management policies were identified. By 1980, City Council adopted the first Nose Hill Park Master Plan, to ensure that natural habitat would remain for wildlife species that use it. The Nose Hill Biophysical and Land Use Inventory was a major project, but any unexpected problem or difficulty was beyond its scope. Instead, The Nose Hill Park Management Advisory Committee was followed by the Nose Hill Park Trail and Pathway Plan.

The Natural Areas Management Plan called for long-term conservation methods to support appropriate public uses. Some activities were dog walking, hiking trails, and weed control. For Nose Hill, as a Major Natural Environment Area, there were guidelines about grazing, wildlife, signage, fallen trees, and brush. As in all Natural Environment Parks, the approach was based on habitat types, with the general principles being fire management, life cycling, planting, restoration, and reclamation. To communicate the aims of protection, management, and permitted uses in a natural environment park, staff training and public education were planned, so as to share information regarding natural areas and natural history in Calgary. The plan was to evolve, with more research and new techniques for managing urban natural areas, as the public perception of Open Space changed, not only in Alberta but across North America.

Community Market Thank You



The biannual Highland Park Community Market was held indoors on May 31. This event was attended by over 200 people. The market showcased handmade goods, a kids' fun zone, a concession, the Crescent Heights High School mascot, Sam the Cowboy, and live music performances by the Calgary Guitar Club.

The public was able to shop from over 34 local vendors offering items such as crochet toys, 3D printed objects, sewn items, paintings, self-published books, handmade fashion accessories, pottery, birdhouses, body products, suncatchers, and baked goods. The quality of the vendors' products helped create a thriving and vibrant market experience for everyone.

Two local businesses, Highland Park Physiotherapy Clinic and Tutor Doctor, showed their generosity by sponsoring our face painting and kids' crafts activities respectively. Their involvement truly made a difference, and we are sincerely thankful for their commitment to build relationships to our community.

No market is complete without food, and the staff at TJ's Pizza showed attention to the quality of the pizza and provided courteous customer service.

It's not possible to hold a successful market without volunteers. Their time and energy are deeply appreciated. With their help we were able to create a welcoming and supportive atmosphere.

We look forward to working with all of you again!

For future Community Markets to take place, volunteers are needed on the planning team. The five key roles are responsible for: Vendors, Market Promotion, Kids' Activities, Concession/Music, and Set Up/Cleanup. Interested volunteers can email Tina at yourcommunity@hpca.ca.

Community Social Worker

Hello Highland Park residents! I'm Sage Wheeler-Ramnauth, your City of Calgary Community Social Worker. My role is to help connect residents, strengthen community belonging, and support local initiatives that matter to you. If you'd like to share your insight into the community, have ideas for Highland Park, or want to learn more about the program: call me at 587-893-3460 or email sage.wheeler-ramnauth@calgary.ca. I'm looking forward to getting to know you!

Seeking Volunteers

We are looking for volunteers to help plan and host community events. If you are interested in volunteering, or have ideas for upcoming events, please reach out!

Upcoming Events

Photography and Walk in Highland Park. Wednesday, July 16 and 23; 6:00 to 7:30 pm; meet at the HPCA Park.

A neighbourhood walk through the lens of photography! Whether you are bringing your high-end camera or just your camera phone, spend some time exploring our community with your neighbours. At the beginning of each walk, there will be a short learning activity on photography. Then we will go on a group walk to discover Highland Park in a creative way. This program is family-friendly and has activities to involve young children. Register by contacting Sage at sage.wheeler-ramnauth@calgary.ca.



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. Don't forget, you can sign up for our email list and follow HPCA on our social media sites there too.

Stampede BBQ and Music in the Park

Wednesday, July 9 from 5:00 to 9:00 pm on our hall grounds. Join us for free live music, and a low-cost supper. We've also booked some food trucks that will serve mini donuts and ice cream. Butterfield Acres will be attending also, with their farm animal petting zoo. Volunteers get a free meal, so sign up here: signup.com/go/xcrDzpF.

Community Cleanup

Saturday, September 20 from 9:00 am to 2:00 pm. Volunteers can sign up now for shifts at signup.com/go/VQDmngW. All volunteers get a free lunch and snacks.

HPCA Market Planning

Want to meet more of your neighbours to collaborate on planning HPCA's next Community Market? Why not join our Market Planning Committee? Sign up here: signup.com/go/JTnDHiq.

HPCA E-Newsletter

Sometimes you may not get the paper newsletter in time, so why not have it delivered to your email inbox? Sign up for our email distribution list and get a PDF of our newsletter at the start of every month. Go to 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 with anyone outside of the Highland Park Community Association.

Good Food Box

The next order dates are July 21 and August 18. Pick-up is always on the Thursday ten days after the order date, between 6:00 and 7:00 pm in our hall lobby. Prices for boxes are still \$30 for a Small, \$35 for a Medium, and \$40 for a Large box. If you haven't ordered before, please register first with our lead volunteer, Ellen, by sending an email to GoodFoodBox@HPCA.ca with your name, email, phone, and the number of adults, children, and

seniors your box order will feed. You need to pay for your box by the order date - you have two ways to pay: 1) you can e-transfer payment (by no later than 4:30 pm on the order date) to HPCA's Executive Director, Anne, at AnneNaumann@shaw.ca or 2) you can pay cash on the order date between 6:00 and 7:00 pm at our hall. Please don't forget to include with any e-transfer a memo regarding who it's for (if your email is different from your name), and how many and what box sizes you want. For more information and other order dates for 2025, check our website at highlandparkcommunity.ca/good-food-box.

Seniors' Luncheon

These are now held mostly monthly, on certain Saturdays, at our hall. The next one will be on Saturday, July 26 (no luncheon in June). The dates for our 2025 luncheons are on our website at: highlandparkcommunity.ca/seniors-luncheon. To attend, you need to register at least ten days in advance of the luncheon date, with our Lead Volunteer for the program, Vanessa Gillard; you can reach her at SeniorsCoordinator@HPCA.ca. If you'd like to volunteer for these events, to set up or put away tables and chairs, or help out in the kitchen, please also contact Vanessa at that email.



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

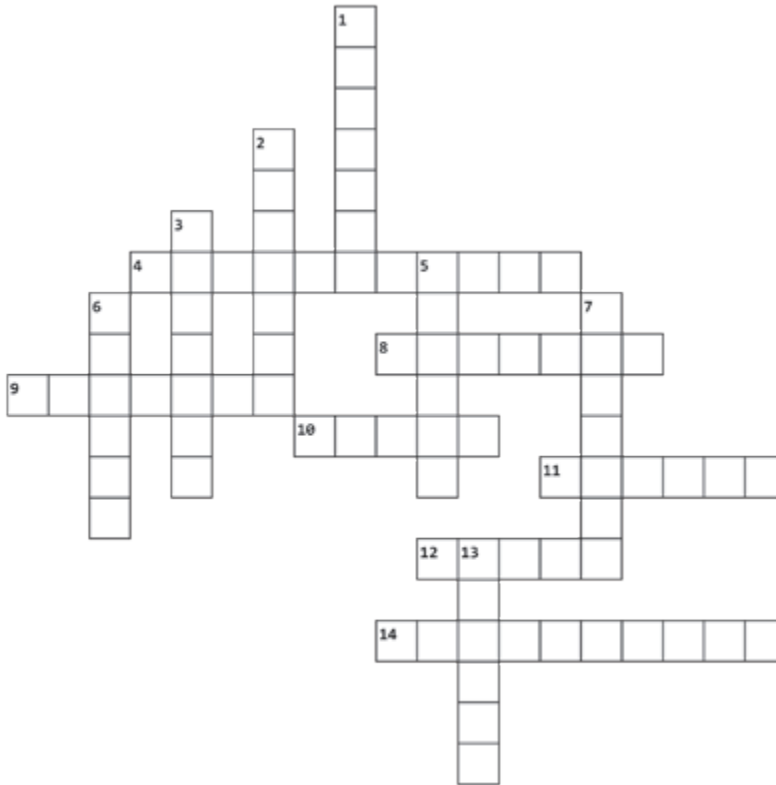
HIGHLAND PARK



HIGHWOOD



July Crossword



Visit bit.ly/mycalgaryanswers
or scan the QR code
for the answers

Across

4. Harper Lee's Southern Gothic novel, *To Kill a _____*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast _____ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate _____ celebrates her 22nd birthday on July 1.
14. Lucy Maud _____, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan _____ premiered on July 22, 1988.
3. The popular mobile game, _____ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first _____ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.
We bring you more customers.
We grow your sales.**

Call 403-720-0762 | grow@greatnewsmedia.ca



SCAN ME

The Good Food Box

The Good Food Box is a Community Kitchen initiative available to anyone, not just residents of Highland Park. If you are ordering for the first time, please register first, a few days before the order date, with our Lead Volunteer, Ellen, at our hall on the order date between 6:00 and 7:00 pm, or via email to GoodFoodBox@HPCA.ca, and provide your name and phone number. For new clients, we also need some basic demographics about how many people your box will help feed. You can pay for your box in two ways: 1) by e-transfer to our Board Member, 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), or 2) with cash or a cheque at the hall on the order date between 6:00 and 7:00 pm. The pick-up date and time for the ordered boxes is always on a Thursday, ten days after the order date, at our hall between 6:00 to 7:00 pm.

- Large Box:** 45 to 50 lbs = \$40
- Medium Box:** 35 to 40 lbs = \$35
- Small Box:** 25 to 30 lbs = \$30

HPCA GOOD FOOD BOX 2025	
Order Date Monday	Pick-Up Date Thursday
July 21	July 31
August 18	August 28
September 15	September 25
October 13	October 23
November 17	November 27
Email: GoodFoodBox@HPCA.ca Or call HPCA Hall: 403-276-6969	

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.



Unlock Your Dream Home Now!

Low Rates,
Fast Approval,
Big Savings!
Don't Wait – Act Today!






ANITA


403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

Québec Village



On July 3, 1608, a trading post was established on the site of present-day Québec City that was part fort and part village. Samuel de Champlain fostered fur trades and used this building as a base. We're sure it looked a whole lot different back then!



Downtown Summer Festivals and Events

by The City of Calgary



Calgary's Summer Festival Season is in full-swing and downtown is where you'll find the electric energy as people come to experience the ultimate celebration of community, creativity, and culture. With over 100 festivals and events happening downtown this summer, the heart of our city will be bursting with fun and entertainment for everyone.

Whether you are a resident or a visitor, this is your invitation to immerse yourself in the vibrant spirit of our Downtown Summer Festival Season. Downtown is home to some of our proudest landmarks and our biggest celebrations, like Canada Day, Stampede, Carifest, and the Calgary Folk Music Festival. The best of our city is reflected in these festivals and events, as people come together to have fun, celebrate, and enjoy life's moments.

With a wide variety of entertainment, the Downtown Summer Festival Season has something for everyone and this year, we want to make sure you're just a click away from staying connected. That's why we've created the Downtown Summer Festival Itinerary; a guide to keep you informed about the festivals and events happening downtown from now until the end of September.

Mark your calendars, gather your friends and family, and get ready for an unforgettable Downtown Summer Festival Season. Ready, set, explore! To learn more about the exciting festivals and events happening downtown, visit calgary.ca/exploredowntown.



HIGHLAND PARK COMMUNITY LITTER PICKERS

**GRAB YOUR GLOVES AND COME TOGETHER TO
TAKE CARE OF OUR NEIGHBOURHOOD!**

TRASH BAGS WILL BE PROVIDED

**MEET AT THE COMMUNITY CENTRE PLAYGROUND 10:00-11:30 AM
ON THE SECOND TUESDAY OF EACH MONTH FROM MAY- OCTOBER**



UPCOMING DATES WEATHER PERMITTING

AUGUST 12

SEPTEMBER 9

JULY 8

OCTOBER 14

RSVP TINA PRIOR TO EACH DATE: YOURCOMMUNITY@HPCA.CA



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

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

Morning Classes

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

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

Afternoon Classes

Mon/Wed/Fri | 12:30 to 3:00 pm | \$105 per month

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

Five Days/Week (\$245 per month)

Mon/Wed/Fri am and Tues/Thurs pm

Mon/Wed/Fri pm and Tues/Thurs am

Mon/Wed/Fri pm and Tues/Thurs am

preschool@hpca.ca | 403-470-5845

www.hpca.ca/preschool

Come join us at our play-based preschool program for ages 3- to 4-year-olds. We have friendly, fun, engaging teachers that love their jobs, who are excited to help your children navigate through the early years of their education. Our main priority is teaching your children how to play with others and assist them with social and emotional learning. We are accepting registration for the 2025-26 school year. Please visit our website at hpca.ca/preschool to sign up. For any questions or inquiries, please email Preschool@hpca.ca.



What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.

Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.



- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

Highland Park Community Association MEMBERSHIP FORM

Fees: Families - \$20 • Individuals age 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



**MLA Calgary - Klein
Lizette Tejada**

#232-A - 3630 Brentwood Rd NW

📞 403-216-5430

✉️ Calgary.Klein@assembly.ab.ca

✂️ @lizettendp | 📷 lizettendp

Happy July!

It's wonderful to be back in Calgary full-time, taking in the joy of community events and the sunshine! I'm looking forward to connecting with all of you in all three quadrants of Calgary-Klein. Keep an eye on my social media for events happening all summer.

Neighbour Day celebrations are always so meaningful as I remember the challenges of the 2013 floods and how Albertans took care of one another. A heartfelt thank you to everyone who hosts, volunteers, and attends the events across our lovely constituency. Your service to community is an example to us all. This year Neighbour Day fell on the same day as Indigenous Peoples Day, one day out of many that I reflect on the importance of our role as Treaty People and how to honour that.

Summer is also AGM season and a time when community associations share their work over the previous year. I'm grateful for your local advocacy, information, and passion. I learn so much from all of you and am honoured to be welcomed to your discussions. Please reach out if your community association or organization needs help with navigating grants or letters of support. Our office is here to help!

I look forward to seeing you at Stampede pancake breakfasts and barbecues. Please do say hello! If you're organizing an event and would like me to attend or support you in any way – please reach out to our office.

In the meantime, I will continue advocating for resources in our communities, classrooms, access to public healthcare when we need it, affordability issues, and all the things we hold dear as Albertans and Canadians! And if you're reading this after July 1 – I hope you had a wonderful Canada Day.

As always, my constituency office is here to help whether you're navigating provincial programs, looking for resources, or simply have a question.

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media
at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

HIGHLAND PARK | HIGHWOOD MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors 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.

FALCONER HANDYMAN SERVICES LTD: New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

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.

GUTTER DOCTOR! Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

MANY OTHER PACKAGES AVAILABLE!

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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$15,679

SALE **\$12,679**
Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,789

SALE **\$14,639**
Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms

PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



WESTERN BATHROOMS & RENOVATIONS

Serving Calgary since 1989

403-257-3222 | WWW.WESTERNBATHROOMS.CA

All Labour & Material Included

All packages pertain to standard size bathrooms