

MARCH 2022

DELIVERED MONTHLY TO 3,625 HOUSEHOLDS

HIGHLAND PARK

SUMMIT

THE OFFICIAL HIGHLAND PARK COMMUNITY NEWSLETTER



Highland Park Hall Rental Rates

Phone: 403-276-6969

www.hpca.ca/hall-rental

All users of our facilities must now abide by the City of Calgary Vaccine Passport Bylaw as described on our website.

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 or \$55/hour; \$500 damage deposit

North Hall – 60 person capacity

\$400/day 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.



Centrally located en route to downtown
in Highland Park Community Hall
Non-profit, parent operated, traditional
preschool offering high quality programs
for 3&4 year olds with excellent
teachers that love what they do!

3716 2nd Street NW

Space still available for this school year!

Registration for September 2022 opens in
January. Watch hpca.ca/preschool for updates.

Morning Classes

Mon/Wed/Fri - 9am-11:30am - \$105 per month

Tues/Thurs - 9am-11:30am - \$65 per month

Afternoon Classes

Mon/Wed/Fri - 1pm-3:30pm - \$105 per month

preschool@hpca.ca

403-276-6969

www.hpca.ca/preschool

Community Resource Centre HUB

Are you struggling to make ends meet?

Community Advocates connect people to resources such as:

Basic need referrals for:	Local events & programs:	Information about:
<ul style="list-style-type: none">• Food• Clothing• Basic furniture & household goods• Emergency medication assistance	<ul style="list-style-type: none">• No-cost and low-cost family recreation• Community programs & workshops• Volunteer opportunities	<ul style="list-style-type: none">• Housing concerns• Counselling programs• Family concerns• Financial resources

For North Calgary, call 403.374.0448

For South Calgary, call 403.204.8280

Every 2nd Thursday 1 PM—4 PM
Highland Park Community Association
3716 2nd St NW

Please call 403-703-0140 to book an appointment


2933 – 17 Avenue SE, Calgary, AB T2A 0R2
403.204.8280 info@sunriseinfo.org
www.sunriseinfo.org


814 - 1940 Ranchlands Way NW, Calgary, AB T3G 1M4
403.374.0448 info@bowwest.com
www.bowwest.org

Funded through the City of Calgary Emergency Resiliency Fund

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

Interested in getting involved in Highland Park?



Try some of these ideas!

Join the Block Connector Program to meet neighbours living close by to you



Join Fellow Highland Park residents to learn about indigenous culture and history through the Indigenous Learning Series



Contact Jennifer DiMarzo, Community Social Worker with the City of Calgary to chat about other ideas.
jdimarzo@calgary.ca or 403-852-6137

Gather a few friends and sign out an Activity Kit



Apply for a Neighbourhood Grant of up to \$1000 to bring your ideas to life!



Check out Highland Park's Human Library



Volunteer for the Highland Park Community Association



For more information, or to share your ideas, please visit:
www.highlandparkcommunity.ca/connections

CITY OF CALGARY



www.nextkidsinc.com

PLEASE BE ADVISED THAT **NEXT Kids Inc. At Highland Park** WILL BE OPENED AS OF MARCH 23, 2020.

Initial access will be prioritized to **health care practitioners and critical infrastructure workers**.

Additional spaces will then be available to first responders (firefighters and police officers) and others in essential services.

Parents will be notified through their employer if they qualify to send their children to these newly re-opened centers, and will be provided a contact list of centers that have been re-opened.

Eligible parents will contact programs directly, and will be asked to access child care only as required to attend their work in a core service sector.

Parents who qualify for subsidy will receive it. If you need to reach the Program, please call **Courtney Jennings at 587-727-0407** our Director anytime. We will help you with registration and more information regarding our Program.

We thank you all for your work in the essential services, and we can not wait to see you!



Edelweiss Preparatory School



Serving families for 34 years

Fees starting at \$161

Preschool, Jr. Kindergarten & Kindergarten

14 years in the Best Preschool category

www.epschool.ca

403-282-4220

HIGHLAND PARK UPCOMING EVENTS AND ACTIVITIES

As always, for more information about the events below, please contact either our Hall Manager, Stephen, at hallmanager@hpca.ca or contact our volunteer coordinator, Anne, at 403-276-5048 and leave a message or email volunteer@hpca.ca.

Monthly Seniors' Luncheons: We are looking at possible restart dates for this much-loved event, hopefully soon. Contact SeniorsCoordinator@hpca.ca for more info about attending or volunteering.

Available Now: Highland Park Activity Kits are available to sign out. These are kits that were created with the support of a City of Calgary Neighbourhood Grant and are intended as a way to work with some friends and neighbours (while abiding by COVID safety rules) to do a fun activity. We'd love it if you would share the details of your activity on Highland Park's social media also. There are five different kinds of activity kits to choose from, and each should have everything you need to complete the activity. Do you want to make a craft of a pinecone bird feeder? Want to add some Highland Park history, stories, poetry, and/or pictures to a shared community binder? Maybe you want to help kids and adults make an animal mask while reading the picture book, "Sometimes I Feel Like a Fox"? Or plant wildflower seeds or garlic to sprout in the spring? Or even set up a lemonade stand on a sunny day? For more details, navigate to the HighlandParkCommunity.ca website, and click on the three lines in the upper right, then select Community Connections, and Our Activity Kits. A sign-out form is on the website at the bottom.

Tuesday March 15 then April 19: Good Food Box order date at HPCA Hall, 6:00 to 7:00 pm with cash or cheque, or contact-free via e-transfer before 4:30 pm to HPCA's Vice President, Anne Naumann, at AnneNaumann@shaw.ca.

Thursday March 24 then April 28: Good Food Box pick-up date at HPCA Hall, 6:00 to 7:00 pm.

May 7 (not March, sorry for confusion) 4:00 to 7:00 pm, HPCA Craft Market: To be held outdoors at HPCA grounds, weather permitting (indoors if needed). Food Trucks will be on-site to provide delicious supper and treat options. Email Markets@hpca.ca for more information or to register for a vendor table.

HPCA Email List and Website: Are you one of the new residents of Highland Park? Are you on our email contact list? If not, you should be! We send out periodic emails about important things going on in the community that may not make it into the newsletter before the deadline. Sign up via our website: hpca.ca. While you are on our website, have a look at some of the new information we've added, click the three lines in the upper right to access the menu. Look for the 'Community Connections' section for info on events, programs, and ways to connect with neighbours to get involved with the community, including our new Activity Kits (you can make a Pinecone Bird Feeder craft for winter, or an Animal Mask, this is another project funded by a Neighbourhood Grant), and our Human Library (see what skills and knowledge some of your neighbours are willing to share). Both these programs are free for community residents.

Get Social with HPCA: We also recommend you connect with us on social media – "Like" our community Facebook page for updates when we post something (www.facebook.com/highlandPkCA), and if you live in Highland Park you can also sign up for the Highland Park Neighbourhood group, which is designed to allow people to interact with their neighbours (www.facebook.com/groups/highlandparkyycc). Also, be sure to follow us on Twitter and Instagram [@highlandPkCA](https://www.instagram.com/highlandPkCA) (login is not required to see our posts).

Oreo's 110th Birthday



Did you know that the Oreo cookie is turning 110 this year? The world's best-selling cookie has 90 ridges, 12 flowers, 12 dashes, and 12 dots on each side. Celebrate the world's (and milk's) favourite cookie on National Oreo Day this year on March 6th!

HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber | development@hpca.ca

As of today's date, we can report on the following applications of interest to Highland Park:

LOC2021-0175 for a land use change to R-CG at 457 33 Avenue NW will be proceeding to the Calgary Planning Commission (CPC) for review. A date has not yet been set for the CPC hearing. If and when approved, it will go to Council for a public hearing.

Application LOC2021-0187 for a land use change to M-CG at 3404 3 Street NW is intended to permit construction of a 5-plex and 5-car garage on this 63 ft lot. The application will be heard by the CPC on February 24. A date for the future Council hearing has not been set.

Concurrent with LOC2021-0187 is Development Permit application DP2021-0979 for the 5-plex and garage buildings. Although the building design has some merit with respect to the family accommodation it would offer, the HPCA will be stating our opposition to the development on several grounds:

Building depth is excessive and could negatively impact the adjacent properties.

Landscaped area (both soft and hard landscaping) is less than the required minimum.

Loss of mature trees and insufficient space to plant replacements.

Potential increase in parked vehicles and vehicular traffic on the streets.

Our concerns about the impacts of this development are heightened by the recent application for a land use change directly across the street at 404 33 Avenue NW. Application LOC2022-0007 is for a change to R-CG to enable construction of a rowhouse, potentially with secondary suites. The cumulative impacts of both these developments are significant. When considered together, these two proposed developments would represent anywhere from a three to four times increase in density in just that one corner of Highland Park.

DP2021-5688 for construction of a rowhouse at 4024 2 Street NW is still under review and is temporarily stalled pending receipt of revised plans to city planners from

the developer. A clean-up order has been issued for the property owner to remove the debris from the property. DP2021-8142 for a rowhouse across the street at 4025 2 Street NW is also still under review.

LOC2021-0084 for a land use change to M-CG at 308 32 Avenue NE went to Council on January 11, 2022. The application was refused by Council on a technicality, but we expect it to be resubmitted.

Construction of the rowhouse at 428 34 Avenue NW was temporarily delayed due to soil instability, and the builder had to dig deeper for the footings. Construction should be resuming soon.

Application has been made for a mixed-use building at 115 36 Avenue NE, combining residential with commercial uses. The file number is DP2022-00939. No further details are available right now.

The property at 204 40 Avenue NW had a development permit approved for a rowhouse. That property was then offered for sale. However, the developer informed us that they decided not to sell the property and will proceed with construction. File reference DP2020-6082.

An application for a cannabis store at 4319 Centre Street NW is pending decision. The Community Association opposed the application. The file reference is DP2022-00160.

Status information about any Development Permit or Land Use Change application can be found on the City's Development Map at <https://developmentmap.calgary.ca/>. Just zoom in and click on the property you wish to examine.



mybabysitterlist

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.



Recipes for Your Good Food Box – Chicken Fajitas

by Anne Naumann

I've had a few people ask me this question recently, so I'll answer it here. Yes, the Good Food Box program is for anyone. You don't even need to live in Highland Park to order through us. We just serve as one of the Community Kitchen Program's dozens of depots for ordering and pick-up locations within Calgary. We coordinate our depot with community volunteers; all the funds we collect for the boxes are passed on to the Community Kitchen Program.

The next order date is Tuesday March 15, with the pick-up date on Thursday March 24 at our hall between 6:00 and 7:00 pm. You can e-transfer payment for your order to me at AnneNaumann@shaw.ca, preferably by no later than 4:30 pm on the order date, or you can order in-person (with cash or cheque) at our hall on the order night between 6:00 and 7:00 pm. If you are ordering via e-transfer for the first time, please also send us a follow-up email to GoodFoodBox@hpca.ca with your contact information (phone and/or email) so we can contact you to remind you about the pick-up date and the next order date. We have also been asked by the Community Kitchen folks to provide basic demographic information about the people being served by this program through each ordering depot like HPCA's. So, if we haven't already, we'll ask you how many total families, adults, seniors, and youth your box is for.

The recipe below is one I make when we have lots of onions and peppers on hand. Our family likes it.

Chicken Fajitas

Prep and Cook time: About 40 minutes (or less if using pre-cooked chicken chunks)

Kitchen Supplies Needed: Large bowl for marinating chicken, sharp knives, large frying pan

Ingredients:

- 500 g or so of boneless, skinless chicken breasts, chopped into chunks (can substitute pre-cooked, unseasoned chicken chunks, cut into bite-sizes)
- 2 Tbsp fresh cilantro, chopped (can substitute approx. 1 Tbsp of cilantro in a squeeze tube)
- 2 Tbsp cooking oil (such as olive or canola, for marinade)
- 1 Tbsp soy sauce
- ½ tsp each of chili powder, smoked paprika (can substitute regular paprika, or omit if you don't have it), salt, garlic powder, ground cumin
- 1 Tbsp lime juice
- 1 Tbsp cooking oil (for sautéing)
- 1 onion, thinly sliced
- 2 red peppers, cored and thinly sliced (can substitute other colours of peppers)
- ½ tsp chili powder (for sautéing)
- Salt, to taste
- Tortillas for each serving
- Toppings: grated cheese, guacamole or avocado slices, sour cream, salsa
- Optional: shredded lettuce

Directions:

1. In large bowl, add cilantro through lime juice, and add in chicken chunks; stir until coated, and refrigerate for 30 minutes (or longer).
 2. Heat large frying pan and add 1 Tbsp. of cooking oil. Add onions, peppers, chili powder, and salt, and sauté for 6 to 7 minutes until softened, stirring occasionally. If using raw chicken, remove the vegetables from the pan.
 3. Add marinated chicken to the pan, and, if raw, cook until no longer pink/make sure it's cooked through, about 5 to 8 minutes. If the chicken is pre-cooked, the chicken can be added to the vegetables in the pan until warmed.
 4. Serve with warm tortillas, and your favourite toppings.
- Serves four to six.



HIGHLAND PARK COMMUNITY SENIOR'S LUNCHEON

\$6/person for HPCA members

\$10/person for non-members of HPCA

Cancelled until further notice.

Bowwest Community Resource Centre

Struggling to make ends meet?

**BowWest connects you to resources:
Food, clothing, shelter, transportation,
counselling, no or low cost recreation.**

403-703-0140

BowWest Community Resource Centre regrets to announce that the food market, usually held every second Thursday at the Highland Park Community Association, must be temporarily discontinued. Please watch for updates regarding a re-start of the food market in Highland Park on your community association Facebook page and newsletter. You may also contact BowWest at 403-703-0140.

HIGHLAND PARK MARKET & FOOD TRUCK EVENT



To register for a table or more information, email
markets@hpca.ca

DEADLINE TO REGISTER IS APRIL 15TH, 2022

SATURDAY, 7TH MAY 2022

@Highland Park Community
Association Park
(Outdoor event weather permitting)

Free admission
Covid-19 measures will be
followed

3716 and St NW
Calgary, AB
T2K 6Y4

The community market is a collaborative effort of the City Of
Calgary and Highland Park Community Association, funded by a
Neighbourhood Grant

CITY OF CALGARY



It's FREE to explore, discover
and shop local. Scan to download and
access discounts, offers and promotions
from amazing local businesses!



GET in the LOOP



www.getintheloopyyc.ca



**McKnight Square
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Calgary, AB T2E 8P1



Services:

- Family Dentistry
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- Cleaning & Polishing
- Root Canal Therapy
- Crowns & Bridges
- Botox & Fillers
- Teeth Whitening
and More

403-407-1958

Highland Park Community Association

☎ 403-276-6969 📍 3716 2nd St. NW

BOARD OF DIRECTORS

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Director	Braiden Valdarchi

COMMUNITY CONTACTS

Website	www.hpca.ca
Facility Rental and Management	Stephen Wright, 403-276-6969 hallmanager@hpca.ca
Facility Rental Availability Calendar	hpca.ca/hall-calendar
Newsletter/Website Editor	Braiden Valdarchi media@hpca.ca
Good Food Box	Bonita Loke goodfoodbox@hpca.ca
Development Review	Jeanne Kimber development@hpca.ca
Seniors' Luncheon	Rosalind Kohut, 587-349-0870 seniorscoordinator@hpca.ca
Volunteer Coordinator	volunteer@hpca.ca
Block Connector Planning Committee	seniorscoordinator@hpca.ca
Activity Kits Booking and Info	activitykits@hpca.ca
Community Social Worker	Jennifer DiMarzo, 403-476-7295 jennifer.dimarzo@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 on line at: www.calgary.ca/311online

The Good Food Box

The Good Food Box is a Community Kitchen initiative available to anyone, not just residents of Highland Park. Bring cash only to the address below on the payment date, then pick up your produce in the pick-up date.

It's an excellent deal on fresh produce!

Large Family Size Box: 45-50 lbs \$35

Family Size Box: 35-40 lbs \$30

Single/Senior Box: 25-30 lbs \$25

Where: HPCA Hall, 3716 2 St. NW

Time: between 6:00 and 7:30 pm

Please contact Anne Naumann before 4:30pm on order date at annenaumann@shaw.ca.

HPCA Good Food Box 2022

Order Date

Tuesday, March 15

Tuesday, April 19

Pick-Up Date

Thursday, March 24

Thursday, April 28



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.



HIGHLAND PARK'S BLOCK CONNECTOR PROGRAM

Join the Highland Park Block Connector Program to:

- Connect with your neighbours
- Learn about local resources and opportunities
- Create some fun on your block!

Contact Jennifer DiMarzo with the City of Calgary at jdimarzo@calgary.ca for more information.

HIGHLAND PARK HALL CALENDAR

MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 MH 7:00pm to 9:00 pm Forge Martial Arts	2 MH 7:00pm to 9:00 pm Choir	3 6:00 to 7:30 pm Good Food Box Order MH Noon to 5:00 pm Memorial MH 7:00 to 9:00 pm Forge Martial Arts	4	5 MH 8:30 am to 1:30 Mehl MH and MHB 4 to 10 pm Adewuyi NH 9:30am to 11:00 am Sportball for Kids
6 All Halls 8:00 am to Noon Peace Church MH 1:00 to 5:00 pm. Mamuric	7 MH 7:30 to 9:00 pm Bunbukan Karate	8 MH 7:00 pm to 9:00 pm Forge Martial Arts	9 MH 7:00 pm to 9:00 pm Choir	10 MH 7:00 pm to 9:00 pm Forge Martial Arts	11	12 NH 9:30 am to 11:00 am Sportball for Kids NH Knight 12:00pm to 4:00 pm NH 5:30 to 10:00 pm Hull
13 All Halls 8:00 am to Noon Peace Church MH 1:00 to 5:00 pm Charko	14 MH 7:30 to 9:00 pm Bunbukan Karate	15 MH 7:00 to 9:00 pm Forge Martial Arts 6:00 to 7:30 pm. Good Food Box Order	16 MH 7:00 to 9:00 pm Choir	17 MH 7:00 to 9:00 pm Forge Martial Arts	18	19 NH 10:00 am to 3:00 pm. Sawkey
20 All Halls 8:00 am to Noon Peace Church MH 1:00 to 5:00 pm. Thai NH 4:30 to 7:30 pm. Garo	21 MH 7:30 to 9:00 pm Bunbukan Karate	22 MH 7:00 to 9:00 pm Forge Martial Artst	23 MH 7:00 to 9:00 pm Choir	24 MH 7:00 to 9:00 pm Forge Martial Arts 6:00 to 7:30 pm. Good Food Box Delivery	25	26 MH 3:00 to 9:00 pm. Olaloku
27 All Halls 8:00 am to Noon Peace Church	28 MH 7:30 to 9:00 pm Bunbukan Karate	29 MH 7:00 to 10:00 pm. Forge Martial Arts	30 MH 7:00 to 9:00 pm. Choir	31 MH 7:00 to 9:00 pm. Forge Martial Arts	4	5
6	7	8	9	10	11	12

For the latest hall calendar, please visit hpca.ca/hall-calendar.

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 – 2nd Street NW, Calgary, Alberta T2K 0Y4

Name: _____

Address: _____ Postal Code: _____

Phone: _____ Email Address: _____



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

BUSINESS CLASSIFIEDS

For business classified ad rates call 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 local mortgage professional, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert advice, excellent rates, many options, and better mortgages, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

LANDSCAPING, WINDOW CLEANING, AND YARD CARE: Weekly yard care starting at \$36. Mulch, rock, and sod installation. Window and gutter cleaning starting at \$99; interior/exterior/screens. Garden beds, stone patios, walkways, raised beds, rock walls, deck and fence builds, small concrete jobs, and pressure washing. A+ Member of BBB, 4.1 Google stars. Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

ADAIR TREE CARE LTD. PROFESSIONAL ARBORISTS: Did you know that winter is often the best time to prune most trees? Book your winter tree and shrub care now, and save 10% when you mention this ad. Expert tree pruning, removal, stump grinding, pest and disease management, fertilization, and planting. We love your trees! 403-686-6030, www.adairtreecare.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.

FALCONER HANDYMAN SERVICES LTD: Stucco patching, re-stucco, small renovations, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644.



Have a Great Idea?

Our Neighbourhood Grants turn local ideas into tangible actions. The Community Social Work program offers grants of up to \$1000 to Highland Park or Thorncliffe Greenview residents with project ideas that:

**Build Inclusive Neighbourhoods | Foster Truth & Reconciliation
| Increase Economic Participation**

Decisions are made by a committee consisting of residents and a Community Social Worker.

For more information email: NeighbourhoodGrants@Calgary.ca or

Contact: jennifer.dimarzo@calgary.ca or (403)852-6137

CITY OF CALGARY



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info@greatnewsmedia.ca

