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## Hillhurst-Sunnyside Community Association

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nicole.v@hsca.ca  
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## NEWSLETTER AD SALES

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*Photo by Buff Smith, Sunnyside resident & community gardener. This is her 6<sup>th</sup> cover photo since 2014!*

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David Brindle	Member at Large
Krista Wells	Member at Large

## STAFF LISTING

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Kate Stenson	Community Food Program Supervisor Ext. 228	kate.s@hsca.ca
Sonia Woodman	Controller Ext. 222	sonia.w@hsca.ca
Hillhurst Sunnyside Daycare	Sunshine and Rainbow Rooms	403-270-9703
Bonnie Constable	Flea Market Coordinator Ext. 231 (drop in on Sundays, or leave a message - calls returned on Sundays only)	
Amanda Palmer	Neighbour Support Network Coordinator Ext. 247	amanda.p@hsca.ca
Katelyn Guy	Bowview Pool Manager	403-221-3571, katelyn.g@hsca.ca

All of our staff can be reached at the extensions listed through our main reception number at 403-283-0554 Monday through Friday from 8:30 am to 4:00 pm.

# 2016 HSCA Memberships On Sale Now!

When you purchase an HSCA membership, you're supporting great community programming in Hillhurst Sunnyside. You're also eligible for discounts at local area businesses, and you can opt in to receive updates on what's happening in and around your neighbourhood.

To purchase online visit [www.hsca.ca/about/membership](http://www.hsca.ca/about/membership) or drop into the centre anytime between 8:30am-4:00pm Monday-Friday and check in with Nico at the front office.

HSCA thanks you for your continued support. We look forward to a fantastic 2016.



## Hillhurst-Sunnyside Community Association 2016 Good Food Box Dates

Order <b>By Noon</b> on:	Pick Up Date: <b>THURSDAY</b>
Aug 19	Sept. 1
Sept 16	Sept. 29
Oct 14	Oct 27
Nov 10 (Thursday)	Nov 24

**N.B. NO GOOD FOOD BOXES IN JULY, AUGUST & DECEMBER.**

### The Good Food Box may include:

Potatoes, onions, carrots, tomatoes, oranges, celery, bananas, cauliflower, apples, melon, cabbage, cucumber, grapes, lettuce, green peppers, etc.

- **Jumbo Box:** Includes approximately 40 pounds of produce. Cost: \$ 35.00
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- **Senior/Single Box:** Includes approximately 20 pounds of produce. Cost: \$ 25.00

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**Monday Knitting Group and Yarn Donations**

The Monday Knitting group will be back in the centre on September 12, in the morning. Come join them if you have time. Also they are looking for donations of yarn, especially baby yarn, so if you would like to get rid of some excess at your house and need a good place to donate then bring your yarn to the centre. The group is always on the lookout for more yarn to keep them busy.

## IN & AROUND SCHOOLS

### Sunnyside School

#### Annual Fall Fair

We extend an invitation to you; help us celebrate our annual fall fair at Sunnyside School. Our themed event this year is "World Fair"! Come join us for a day of fun, where your child can obtain a passport to many fun activities that will magically whisk them around the world. Try out our "Mount Everest Climbing Wall", a game of Poppin' Penguins of Antarctica, take a pony ride on the "Inca Trail", wander through our "Grand Bazaar" for a unique gift, or enjoy a quiet moment in our "French cafe"! We hope to see you there on Saturday, September 24th, 2016 from 10 am to 3 pm.

### Samaritan Garage Sale

**Saturday, September 24**  
**9:00 - 1:00 pm**

We regret that we are unable to accept donations from the community due to our limited space at the Hillhurst Sunnyside Community centre. Thank you for your past support, and we look forward to seeing you all on sale day: Saturday, September 24, at 9:00 am.

# EVENTS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Flea Market</b> 7:00 am - 3:00 pm	<b>Drop in Badminton</b> 9:30 am - 12:30 pm  <b>Seniors' Drop-in</b> 1:00 pm - 3:30pm  <b>Fresh Food Basket</b> 4-6pm  <b>Foxy Kickboxing</b> 6:00 pm - 7:00pm	<b>Kids Karate</b> 6:00-7:00pm  <b>Cardio Karate</b> Bootcamp 7:00-8:00pm <b>Drop In ESL Club</b> 7:15-8:45pm	<b>Baby/Toddler Drop</b> 9-11am  <b>Indoor Farmers Market</b> 1st Wednesday, 3-7pm  <b>Outdoor Farmers' Market</b> 3-7pm Wednesdays starting May 18  <b>Foxy Kickboxing</b> 6:00 pm - 7:00 pm  <b>Neighbour Support Network</b> , 6-8pm	<b>Drop in Badminton</b> 9:30 am - 12:30 pm  <b>HYDRA Taekwondo</b> 7:00 pm - 8:00 pm  <b>Book Club</b> 7:00pm-9:00pm Third Thursday of Every Month  <b>Little Dragons Karate</b> 6:00-7:00pm		<b>Farmers' Market</b> 9:30am-1:30am

Drop in Badminton Mon / Thu • Pay to Play Minimum \$3.00 • 9:30 am-12:30 pm

## Program Phone Numbers

<b>Flea Market</b>	Bonnie Constable	Ext. 231 (drop in on Sundays, or leave a message - calls returned on Sundays only)
<b>Drop in Badminton</b>		403-283-0554 ext 232
<b>Foxy Kickboxing</b>	Jessica	1-888-974-FOXY (3699)
<b>Drop-in ESL club</b>	Nicoleta Vulcu	403-283-0554 ext 232
<b>Book Club</b>	Anisa	hsca_outreach@msn.com
<b>Classes</b>		
<b>Kids Karate</b>	Richard Fossey	403-203-8710
<b>Neighbour Support Network</b>	Amanda Palmer	Ext. 247 amanda.p@hsca.ca
<b>Baby/Toddler Drop In</b>	Christina	christinareeb2@gmail.com



## Upcoming Events

#### Outdoor Farmers' Market

Wednesdays 3-7pm

#### Neighbour Support Network

Wednesdays 6-8pm

#### Saturday Farmers' Market

Saturdays 9:30am-1:30pm

#### Flea Market Sundays 7am-3pm

#### Webheads Summer Camps

August 8- & August 22-

#### Hillhurst Sunnyside Planning Committee Meeting

August 9, 6-9pm

#### New Age Market

August 13, 10am-4pm

#### Book Club

August 18, 7-9pm

#### Comic Fair

August 27, 10am-3pm



# FREE COMMUNITY PROGRAMMING FOR AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  <b>CIVIC DAY</b>	2  <b>4-6pm</b> <b>Fresh Food Basket</b> HSCA 1320 5 Ave. NW <b>7:15-8:45pm</b> <b>Drop in ESL Club</b> HSCA 1320 5 Ave. NW	3  <b>12:30-3:30pm</b> <b>Food Fit</b> WINS 411 14 St. NW <b>6-9pm</b> <b>Food Fit</b> HSCA 1320 5 Ave. NW	4  <b>5:30-6:30pm</b> <b>Sunnyside Garden</b> Memorial Dr. & 9 St. <b>6-7:30pm</b> <b>WINS Potluck</b> WINS 325 10 St. NW	5
8  <b>4-6pm</b> <b>Fresh Food Basket</b> HSCA 1320 5 Ave. NW	9  <b>7:15-8:45pm</b> <b>Drop in ESL Club</b> HSCA 1320 5 Ave. NW	10  <b>12:30-3:30pm</b> <b>Food Fit</b> WINS 411 14 St. NW <b>6-9pm</b> <b>Food Fit</b> HSCA 1320 5 Ave. NW	11  <b>5:30-6:30pm</b> <b>Sunnyside Garden</b> Memorial Dr. & 9 St. <b>6-7:30pm</b> <b>WINS Expressions</b> WINS 325 10 St. NW	12  <b>6-8pm</b> <b>Community Potluck</b> HSCA 1320 5 Ave. NW
15  <b>4-6pm</b> <b>Fresh Food Basket</b> HSCA 1320 5 Ave. NW	16  <b>7:15-8:45pm</b> <b>Drop in ESL Club</b> HSCA 1320 5 Ave. NW	17	18  <b>5:30-6:30pm</b> <b>Sunnyside Garden</b> Memorial Dr. & 9 St. <b>6-7:30pm</b> <b>WINS Bingo Night</b> WINS 325 10 St. NW	19
22  <b>4-6pm</b> <b>Fresh Food Basket</b> HSCA 1320 5 Ave. NW	23  <b>7:15-8:45pm</b> <b>Drop in ESL Club</b> HSCA 1320 5 Ave. NW	24	25  <b>5:30-6:30pm</b> <b>Sunnyside Garden</b> Memorial Dr. & 9 St. <b>6-7:30pm</b> <b>WINS Expressions</b> WINS 325 10 St. NW	26
29  <b>4-6pm</b> <b>Fresh Food Basket</b> HSCA 1320 5 Ave. NW	30  <b>7:15-8:45pm</b> <b>Drop in ESL Club</b> HSCA 1320 5 Ave. NW	31		



## Saturday September 3, 2016

10am until 4pm  
\$2 admission



Hillhurst-Sunnyside Community Association - 1320-5 Ave. NW Calgary, AB • 403.283.0554  
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## Expressions: Sharing Your Story through Art and Creativity



Join us at WINS Starting Thursday May 5, 2016 6:00pm to 7:30pm to express your creativity and have fun!

\*May 5, 19  
June 2, 16, 30  
September 1

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# COMMUNITY PLANNING & DEVELOPMENT UPDATE

## About the Planning Committee

The Hillhurst Sunnyside Planning Committee (“HSPC”) fulfils an important function in the City of Calgary’s planning and development process. It provides a local perspective and feedback to City Administration, developers and to the decision makers at Calgary City Council on important matters in the neighbourhood. Redevelopment in the community is guided by policy contained in the Hillhurst Sunnyside Area Redevelopment Plan or “ARP” which is available on [www.calgary.ca](http://www.calgary.ca).

HSPC meets on the second Tuesday of every month from 7-9pm at the HSCA. Our next meeting is on August 9, 2016. Meeting agendas and past minutes are posted online at <http://bit.ly/hspcmeetings>. All community residents (whether you rent or own your home) are welcome to join or sit in as guests!

Development application plans are available for public viewing at our front office from 8:30am to 4pm. Inquiries including volunteer opportunities can be directed to Lisa Chong, Community Planning Coordinator by email at [lisa.c@hsca.ca](mailto:lisa.c@hsca.ca) or by phone at 403-283-0554 x229.

## Planning Process

Planning and development in our city and community falls under statutory City of Calgary documents that guide future development. The **Municipal Development Plan** ([calgary.ca/mdp](http://calgary.ca/mdp)), and the **Calgary Transportation Plan** ([calgary.ca/ctp](http://calgary.ca/ctp)), both approved by City Council in 2009, provide a city-wide framework for growth in land use and transportation.

The **Hillhurst Sunnyside Area Redevelopment Plan** is the local planning policy that sets out design guidelines, height/density limits in our community and delivers recommendations on redevelopment that balances growth and additional density with the existing character of the neighbourhood. Significant community input was put into the many iterations of community planning guidelines and policy from the 1977 Design Brief, to the 1988 ARP and the 2009 major ARP amendment to add Part II: Transit Oriented Development Area. There have been several smaller ARP amendments approved by Council since.

The **Land Use Bylaw** ([lub.calgary.ca](http://lub.calgary.ca)) specifies rules

on height, density, types of use (commercial, mixed use, residential, etc.) and the shape of the building for each Land Use District (also known as a zoned parcel). The City requires a Land Use Amendment (re-zoning) when developers seek to use the land differently from the current Land Use. There is a process during the City’s review where residents and the Planning Committee can get involved. Individual applications are evaluated based on *good planning principles* and against relevant planning policy. To learn more, read the *Community Guide to the Planning Process* on the Federation of Calgary Communities’ website at: <https://calgarycommunities.com/our-services/urban-planning/edu>. The City also has a new interactive map that shows current Land Use Amendment applications throughout the city at <https://developmentmap.calgary.ca>.

Hillhurst Sunnyside has seen major changes in its built environment over the last few years. We provided a big housekeeping community planning update on the various projects – buildings or streetscape improvements that are being proposed, under construction or recently completed in last month’s issue.

## Updates and Useful Resources

### 1110 Gladstone Road (LifeSport) Development Site

Our June HSPC meeting saw a presentation from the applicant on their redevelopment proposal for the LifeSport site. The site includes the triangular block bounded by the 5<sup>th</sup> Avenue south side alley, Gladstone Road and ends at the two single-family dwellings at the west side, which are not owned by the developer, Stonebriar. They are interested in adding two new mixed-use commercial/residential buildings, preserving, upgrading and legally designating the LifeSport building (former Hillhurst Baptist Church), adding street-facing businesses (such as cafes) and green landscaped setbacks around the development; however they are requesting height and density above what is allowed in the ARP.

The developer is requesting a height of 28-29m for building #1 on the east side closest to the church (the ARP allows for 26m and 5.0 FAR\*) and 22-23m for building #2 on the west side (the ARP allows for 16m and 2.5 FAR\*). They are also asking for a higher Floor Area Ratio\* of 3.75 for the two new buildings because they are not

redeveloping the church site. The HSPC is concerned that about the increased height/density – especially on the west side and would prefer that the building steps down closer to the lower density single- and multi-family homes as it was done on the *St. John’s on Tenth* condos where it is 8 storeys facing 10<sup>th</sup> Street and reduces in height to 4 and 3 storeys towards 10A Street.

Stay tuned to <https://hsca-community-planning.mightybell.com> for more information as it becomes available, or view the HSPC meeting minutes on the presentation at <http://bit.ly/hspcmeetings>. This proposal is still in its conceptual stage and has not been submitted to the City of Calgary yet. The applicant will need to commit to a public community engagement process once an application is made. What are your thoughts so far? Please let us know!

*\*Floor Area Ratio refers to density: it is the gross area of the building divided by the gross area of the lot. If the FAR is 2.0, this means that the total area of the building is twice the size of the lot.*

**321-331 9A Street Condo Development** > Minto Communities has set up an engagement website on their proposed 9-storey (26 metres), 104-unit condo project on the 300 block of 9A Street. Community residents are invited to view the design of the new building and provide feedback on their proposal at [www.mintoengagement.com](http://www.mintoengagement.com).

**Kensington Public Realm Improvements** > The City of Calgary is currently working on improvements to the walking experience in the Kensington shopping district. Work includes the replacement of sidewalks, street trees, new lighting and street furniture (including waste bins, benches, media pillars and bike racks). Construction will continue on a block-by-block basis until fall 2016; a detailed schedule, including more information on the project can be found at [calgary.ca/kensington](http://calgary.ca/kensington) or by calling 3-1-1. Local businesses will remain open during the duration of the construction work.

**Crowchild Trail Study** > The Study will help identify recommendations for short-, medium- and long-term upgrades to this important transportation artery in the city. The City of Calgary initiated public engagement on the Study in early 2015; consultation is currently ongoing.

More information including public input opportunities are available at [calgary.ca/crowchild](http://calgary.ca/crowchild).

**Construction and Road Closures** > Navigate traffic disruptions resulting from road and lane closures by going to [calgary.ca/trafficinfo](http://calgary.ca/trafficinfo). Paving work can be found at [calgary.ca/paving](http://calgary.ca/paving). The City also has a real-time Twitter account, @yyctransport.

## Hillhurst Sunnyside Community Planning Interview

We were recently interviewed by SAITSA’s student newspaper, The Weal. Here is a link to the original article, The Changing Face of Kensington at <http://theweal.com/2016/02/22/the-changing-face-of-kensington>. You can check out the content written by the HSCA (Decker, Bob and Lisa) that did not make it into the article below.

### 1. With the recent developments in Kensington, do you feel it is going to bring in a new crowd?

Hillhurst Sunnyside is already a dense inner city community – compared to the city average, our community contains a higher percentage of multi-family homes (see <https://calgarycommunities.com/content/wp-content/uploads/2013/09/Hillhurst-Sunnyside-Presentation.pdf>). It is a diverse community that holds a mix of families, students, singles, couples, empty nesters, and a variety of tenures from cooperative housing to renters to homeowners.

The build-out and development pattern is also very different in Hillhurst Sunnyside as one of Calgary’s first suburbs. In the early part of the last century, street cars would run down 10th Street NW, connecting other parts of the community and provided a link across the 10th Street bridge to downtown; the streetcar helped foster a self-contained walkable main street feel in the community’s commercial district. The narrow residential lots and gridiron street pattern is something that is special to the inner city area and may have helped contribute to the close-knit feeling of the community as a community of neighbours.

That said, some of the newer condos being built in our neighbourhood seem to be marketed towards single or double occupancies. This will possibly bring in an urban crowd that is attracted to the amenities (access to green spaces, transportation and housing choices, schools and daily services and shopping needs) within walking distance. Our shopping district of Kensington is



# COMMUNITY PLANNING & DEVELOPMENT UPDATE

also known for its eclectic and village-like atmosphere which is attractive to residents and visitors alike.

We are already seeing newer residents and condo-dwelling neighbours get involved with the Hillhurst Sunnyside Community Association, whether it is through volunteering or through use of our programs.

## **2. Do you think these developments will result in a positive boom in the neighbourhood?**

Hopefully. More people could bring increased vibrancy and greater use of the public spaces, schools, the community association and the shopping district. A larger local population could help entice neighbourhood residents to invest or buy locally from Kensington stores and from local vendors at the HSCA markets.

We have seen shifts in programming at Hillhurst Sunnyside Community Association through the injection of new and diverse groups into the community. For example, since the Brenda Stafford Society building was built in Hillhurst, we have seen a marked increase in the use of HSCA programs from children enrolled in Out of School Care and greater information-sharing on our community programs such as the Neighbour Support Network, Food Fit, Fresh Food Basket and more. We have seen more opportunities to build community partnerships with our new neighbours as well.

## **3. Are there plans to bring more developers into the area?**

It is not the community association's role to seek out developers. We have worked with a significant number of local, regional and national developers on completed, pending and proposed projects, mostly condo buildings.

Over a three year period, 2007-2009, the community worked extensively with the City of Calgary Planning Department to develop the Hillhurst Sunnyside Area Redevelopment Plan (ARP). This Plan outlined a series of principles that permits markedly increased density while preserving the unique character of Hillhurst Sunnyside. The community endorsed this plan, which provides a means for developers to achieve bonus height and density for developments in the Transit Oriented Development area and supports urban design excellence.

The Community has worked closely with developers to create projects that adhere to the tenets of the ARP.

Some of these projects such as "St. John's on Tenth" and "Ven" have been developed and are great assets to the Community. Other developers have been less responsive and use the ARP as a starting point for their developments and push far beyond the principles outlined the ARP. Hundreds of hours of Community volunteer time has been expended to ensure the principles of our ARP are respected.

## **4. Is Kensington changing or just expanding?**

Kensington is changing – the midrise form of new developments represents a shift from the smaller scale development of the past. New buildings over the past few years have replaced heritage buildings and memorable neighbourhood go-to gathering places such as the Lido diner on 10th St and 2nd Ave NW. Condo development has in some cases have been accompanied by new ground floor retail space. These newer retail spaces were likely expensive to construct and require higher rents for the developer and thus have been difficult to lease. There is some fear that these prolonged vacancies and the loss of less expensive spaces is decreasing the vibrancy and uniqueness of our shopping district.

The new development and accompanying public realm improvements (such as the Bow to Bluff project which focuses on vitalizing and activating the linear green spaces along the LRT tracks) could also present new and exciting opportunities for place-making and increased vibrancy and public use of these areas.

We could see changes to community demographics in the future; all the midrise developments built to date have been marketed to attract empty nesters, singles and young couples. The community is very accepting of the increased density; however none of the developments to date are designed for young families with children. Ultimately, we would like to see our new neighbours represent a cross-section of Canadians and immigrants of all ages and social strata. Community residents have been very supportive of the City of Calgary's proposal to build an affordable and mixed-market housing development for young families on a tract of vacant City-owned property.

Agree/disagree? Would you have answered these questions differently? Please let us know your responses at [lisa.c@hsc.ca](mailto:lisa.c@hsc.ca)



## **Lastly...**

Learn more about important planning and development and policy initiatives that affect your community!

Join or catch up on community planning news, including volunteer opportunities and chances to get involved in the City's planning and development process at <https://hsc-community-planning.mightybell.com>.

In-person at the monthly HSPC meetings on the second Tuesday of the month from 7-9pm at the HSCA.

Follow the HSCA on social media at [facebook.com/hillhurstsunnyside](https://facebook.com/hillhurstsunnyside) and [twitter.com/hillhurstsunny](https://twitter.com/hillhurstsunny).

Sign up for the HSCA's monthly newsletter at [www.hsc.ca](http://www.hsc.ca) and be sure to pick up a copy of next month's Voice!



Playtime is where children learn to order their world, negotiate with others, communicate and problem solve. The school year is now over and there will be more time for play dates – need some pointers on holding a successful play date?

Timing – Set a definite start and end time. Usually shorter is better for younger children. An hour to an hour and a half is more than enough. Remember to avoid the times right before nap time or meal times when kids start to get hungry or tired.

Limit the number of guests - Sometimes one friend is just right. If you decide on more, maybe consider having even numbers. This way, no one is naturally left out if two are playing together.

Prepare your child if they are hosting - Talk with your child beforehand about having friends over. Remind them that it's OK if someone plays with their things.

Oversee but don't over manage - Give kids an opportunity to work things out on their own. Disagreements may pass quickly. But, if a situation starts to escalate, stepping in to help moderate helps avoid meltdowns.

One structured activity - You may want to plan one activity for both/all children to do at some point. This can be used if a disagreement breaks out to help create more positive energy or it can be saved towards the end of the play date to help everyone calm down. The activity can be a craft, coloring books, collecting leaves or rocks in the back yard or even a fun cleanup game.

Simple Snacks - One simple snack that most children enjoy is a good way to divert attention, dry up tears or reward a job well done. Make sure there is plenty on hand! Goldfish anyone?

Preschool is a great place for young children to meet new friends – West Hillhurst Preschool still has openings in our afternoon programs for the 2016/17 School Year. Register now for the opportunity for your child to participate!

West Hillhurst Community Preschool is a play-based, local preschool program that runs from September to June. We offer morning and afternoon classes for three and four year old children and are located in the West Hillhurst Community Centre. Information and registration details can be found at: [www.westhillhurstpreschool.com](http://www.westhillhurstpreschool.com).



# SENIOR SYNERGY

Anything special you would like to know about or see in this part of the Voice? Give Debbie a call. I would love to use your ideas and suggestions.

Check out the community website for past and upcoming information for and about seniors.

## **CARYA** (Formerly Calgary Family Services)

Outreach workers are available to provide support to individuals 65 years and older. If you have questions or concerns about finances, home support services, grief, transportation, housing, supportive counseling, caregiver support etc. or would like more information, connect with Central Intake (The Way In) by calling 403 - 736 - 4677 (403 SENIORS). Alternately call me and I will talk more with you about the support the Outreach Team may be able to provide you with.

## **WE'VE GOT YOUR MONDAYS COVERED:**

### **Seniors Monday Morning Group**

Come meet the seniors on Monday mornings from 9:00 to 12:00 for knitting, crocheting, conversation coffee or learning. Everyone is welcome. Come for a visit, see what they are working on, and check out the projects they have for sale, join them for coffee or learn how to knit or crochet with help from the ladies. They love to have people come for a visit and check out what they do. So come by one Monday morning if you are looking for a new activity or just want to visit, join the group in the Hearth. See you on Mondays.

The seniors are looking for yarn donations. If you have some extra yarn that you would like to find a good home, bringing it by the centre and I will be sure they receive the yarn.

### **Seniors Monday Afternoon Group**

This group meets each Monday from about 1 p.m. to 3:30 p.m. for cards, refreshments and socializing. This free and informal drop-in group welcomes interested seniors to come out and meet with others for some socialization.

### **Community Assistance For Seniors**

This program is committed to providing supports to seniors in HSCA and 11 other communities to help seniors remain in their homes for as long as possible or as long as they choose.

Currently the program's main supports are housekeeping, snow removal and yard work. More information is available on the website or you can call Debbie at 403 - 283 - 0554 ext 224 to learn more about these programs.

## **Did You Know?**

### **DECISIONS AND PLANNING**

Advance Care Planning, also referred to as a Green Sleeve is a patient document that you might return home with from the hospital, or you may complete one on your own or with the help of your family doctor.

This document is way of making health care decisions before a crisis occurs. It allows you to discuss your situation with your doctor and family members and make decisions about your Goals of Care. Goals of Care describe and communicated the general aim or focus of care including the preferred location of that care. This document makes sure that your voice is heard when you cannot speak for yourself.

Learn about you current health and discuss options with your doctor, especially if you have a medical condition. Discuss what could happen in the future because of your condition, what medical treatments are available and what you can expect from those treatments and understand the types of healthcare decisions you may need to make.

Then you can use that information to think about your values and wishes. What is important to you and what you do or don't want in terms of a certain treatments? Think about experiences you may have had in the past with other family members or close friends when difficult or easy healthcare decisions have had to be made. These will help to formulate your choices around planning and help you to choose someone to make decisions on your behalf when you are not able to (this is your agent and part of your personal directive).

When choosing an agent it is important that you talk to them about your wishes and be sure that they can make a difficult decision in a stressful situation. Will they communicate your wishes and do you trust them to do as you ask? Have the discussion with your family (not always easy to do) so that they understand who you have chosen to make the decision and what your decisions are and if possible why you are making those choices.

Let them know that you have thought it through carefully and even why you have made those choices. Often this kind of discussion, although difficult, can help others to realize that we have thought about this carefully, weighed the pros and cons and made a decision based on information and our values and wishes.

There are three approaches to care that you need to be aware of and discuss with your doctor. Medical Care is the tests and interventions that are used to cure or manage an illness. Resuscitative Care is the extension or preservation of life by any means. Comfort Care is providing comfort to ease symptoms. There are sub categories for each of these approaches. Making a choice as to the path you want to take as your situation changes allows you to have control over choices when you are not verbally able to tell someone your choices. Your choices are laid out in your document.

Let your doctor know ahead of time if you want to discuss Advanced Care Planning and complete The Goals of Care Designation. It may take more time than a regular appointment. Your doctor's office does have green sleeves on hand for doing advanced care planning.

For more information check out the website: <http://www.albertahealthservices.ca/info/page12585.aspx>

### **Alberta Seniors Benefit:**

As of the writing of this article, the new numbers for special needs assistance had not be posted for the 2016 - 2017 funding cycle. If you are wondering what the new numbers are check out the website:

<http://www.seniors-housing.alberta.ca/seniors/SNA-income-levels.html>

I will post the new information in the next VOICE and on the website as soon as it is made available.

If you have any questions regarding information above, other seniors' services or need to find out who to contact to help a senior, whether in our community or somewhere else, call Debbie (403.283.0554 ext 224) and I will do my best to help point you in the right direction. Just give me a call.

Also check out our website <http://hsc.ca> and click on the seniors tab. I try to put new material and information onto the site for seniors and caregivers every couple of months.



## Fall 2016 Out of School Care Registration

HSCA Out of School Care program now accepting registrations for the fall.

Our school year program is based around the calendar of Hillhurst Elementary School — and children attending there receive spot priority. We offer care for children enrolled in the am kindergarten program up to age 12.

Fees and outlines for both programs can be found on our website at [www.hillhurstsunnysidechildcare.com](http://www.hillhurstsunnysidechildcare.com). Come join in on the fun!

*Join us for our monthly*

## COMMUNITY POTLUCK!

**Friday, August 12**  
6:00 p.m. to 8:00 p.m.  
Hillhurst Sunnyside Community Association  
1320 5 Ave. NW

Activities  
for kids

Bring a  
dish if you  
can!

**NUTS**

Contact Amanda at [amanda.p@hsc.ca](mailto:amanda.p@hsc.ca) or  
403-283-0554 ext. 247 for details.

**HSCA**  
Hillhurst Sunnyside Community Association





# Farmers' Market UPDATE

We are half-way into the season and it's been a great one so far! If you haven't made it out to a farmers' market on either Wednesday or Saturday you should come and check one out soon! There's a pretty incredible line-up of vendors on both days.

On Wednesday, Cultured Butter has the tastiest butter flavoured with local ingredients –if you haven't tried it, it's really worth the trip. Angela's Artisan Olives is another new favourite. Angela makes all kinds of stuffed olives and tapenades, the hardest part is not eating the whole container in one go! If you're looking for a sweet treat, Made by Marcus Ice Cream, Pop Culture Ice Pops and Remix Baking all have you covered. In addition to treats, of course there's loads of fresh produce in season now from peaches to peas to corn.

On Saturday we have lots of great new vendors. Stop in for a freshly made sticky bun from Terry Bakes (pairs extremely well with a coffee from KaffeeKlastsch). All that is Good is serving up sneakily healthy smoothies with the freshest salads, homemade dressing, fermented ketchup, pesto, the list goes on. If it's a chilly one you can warm up with a cup of nutrient packed, good-for-your-gut broth at High Vibe Health and just like Wednesday we have some really great farmers selling the best Alberta and BC grown fruit and veggies.

So stop in and say hi! Wednesdays 3-7pm and Saturdays 9:30am-1:30pm.

Questions, concerns, or suggestions? Interested in volunteering?

Contact Beth at [farmersmarket@hsc.ca](mailto:farmersmarket@hsc.ca) or at 403-283-0554 ext. 228

For the full vendor lists and information about special markets visit [www.farmersmarket.hsc.ca](http://www.farmersmarket.hsc.ca)

**KIDS MARKET**  
**WEDNESDAY**  
**AUG 20, 2016**  
**9:30AM - 1:30PM**  
 BRING YOUR KIDS TO THE MARKET TO MEET OUR SPECIAL ENTERTAINER FROM THE MOVIES!  
 LIVE MUSIC PLAYING ON THE SWEET BEET STAGE  
 FARMERSMARKET@HSCA.CA | 403-283-0554 EXT. 228 | FARMERSMARKET.HILLHURSTSUNNYSIDE.ORG  
 1020 S AVE NW | WEDNESDAYS, 9-11PM & SATURDAY 9:30AM-1:30PM | FOLLOW US

**HERITAGE MARKET**  
**WEDNESDAY**  
**AUGUST 17, 2016**  
**3-7 PM**  
 COME TAKE A PHOTO IN OUR UNIQUE FARMERS MARKET PHOTOBOOTH!  
 LIVE MUSIC ON THE SWEET BEET STAGE  
 FARMERSMARKET@HSCA.CA | 403-283-0554 EXT. 228 | FARMERSMARKET.HILLHURSTSUNNYSIDE.ORG  
 1020 S AVE NW | WEDNESDAYS, 9-11PM SATURDAY 9:30AM-1:30PM | FOLLOW US



## WebHeads Summer Camps offer 21<sup>st</sup> Century Skills Plus a Whole Lot of Fun!

For two weeks this August, the Tim Tyler Boardroom at the HSCA will become an exciting tech zone, full of creativity, learning and technology skills development. WebHeads Summer Camps, for ages 9 to 13, will run two week-long half-day camps during the weeks of August 8<sup>th</sup> and August 22<sup>nd</sup>.

These camps are based on the WebHeads technology club at Queen Elizabeth Elementary School, where students worked with sound and movie editing software to create their own podcasts and movies. This club was even responsible for the sound effects at the school's spring concert – a BIG responsibility!

The camp the week of August 8<sup>th</sup>, WebHeads Movie, focuses on digital movie-making. The week-long August 22<sup>nd</sup> camp, WebHeads Minecraft, will allow participants to learn javascript coding in an environment many kids can't seem to get enough of!

WebHeads clubs & camps were created out of the recognition that every child can benefit from:

- development of ICT (information and communication technology) skills,
- comfort and confidence creating with technology (as opposed to simply consuming technology), and
- strengthening of 21<sup>st</sup> century skills such as problem-solving, critical thinking and collaboration.

WebHeads clubs and camps build these skills in ways that are fun, memorable and engaging.

Deb Hamilton is the owner of [blogability.ca](http://blogability.ca) and the WebHeads Summer Camp facilitator. An Information & Com-

munications Technology Professional with over 25 years of experience, Deb has turned her focus to teaching children ICT skills. In addition to the WebHeads technology club, Deb ran a 12 week long residency working with Grade 3 and 4 students to build an online school newspaper, ([qee.blogability.ca/school-news](http://qee.blogability.ca/school-news)) and was the mastermind and one of the primary organizers of a hugely successful Maker Night at Queen Elizabeth Elementary School.

For more information or to register your child in a WebHeads Summer Camp, please visit [blogability.ca](http://blogability.ca). (HSCA members receive a 10% discount)



## Gentle Flow Yoga

For those wanting a nice gentle practice.

Beginners are welcome.

Every Tuesday at 10:00 AM.

Please bring a yoga mat. \$5.00 drop-in fee.

# Karate Classes at Hillhurst

**www.akfkarate.com**  
Richard Fossey BFA, MEd, PMP  
7<sup>th</sup> Degree Black Belt  
Tel: 403-203-8710  
email: akfkarate@shaw.ca

### Available Classes

- Little Dragon's Karate (Age 5 – 7)
- Children's Karate (Age 8 – 13)
- Youth Karate (Age 14 – 16)
- Adult Beginner Karate
- Adult/Youth CardioFit Karate
- Sparring Session

### DESCRIPTIONS

#### 1. Little Dragon's Karate (Ages 5 – 7)

**Description:**

Research has shown that young children learn well through motion and the use of games. By being actively engaged they'll remember the concepts and lessons of Karate. Even at an early age, Karate trains the body, mind, and spirit. The physical training involves good conditioning; keeping kids active and off the couch. The mental training involves discipline, confidence, team-work, and leadership skills. And certainly, feeling good about yourself and finding your place in the world helps engage the spirit. Building a strong body, mind, and spirit at an early age helps all students prepare for life's challenges.

#### 2. Children's Karate (Ages 8 – 13)

**Description:**

Kids Karate is a great next step for Little Dragons and, an excellent place for Kids to start learning Karate. Kids Karate, while maintaining a fun and exciting game-like atmosphere, begins to increase focus on the concepts and discipline of Wado Karate. While studying basic techniques, Kata (forms) and Kumite (sparring), participants learn self-defense and build their physical conditioning. The workouts are fun and designed to teach self-control, commitment to a task, self-respect and, respect for others.

#### 3. Youth Karate (Ages 13 – 16)

**Description:**

Youth Karate is a great next step for children and, an excellent place for Youth to start learning Karate. Youth Karate, while maintaining a fun and exciting game-like atmosphere, continues to increase focus on the concepts and discipline of Wado Karate. While studying basic techniques, Kata (forms) and Kumite (sparring), participants learn self-defense and build their physical conditioning. The workouts are fun and designed to teach self-control, commitment to a task, self-respect and, respect for others.

#### 4. Adult Beginner Karate (Ages 14+)

**Description:**

Adult Beginner Karate is a great place for Adults of any age to begin their study of martial arts. This class is a great place for those students who want to learn, and train, traditional Karate with a contemporary approach. Through time honored Karate skills such as Punching, Blocking, Kicking, Kata (Forms), Kumite (Sparring), Weapons, Breaking and Self-Defense, students will learn offense/defense, body-shifting (Tai sabaki) and how to understand & maximize power, speed and focus. Through solid physical conditioning, diligent effort and consistent application, students will develop the Body, Mind and Spirit. In addition, through the study of this ancient Art, students learn real-life lessons that will help them in every aspect of their lives from home, to family, to work.

#### 5. Adult/Youth CardioFit Karate (Ages 14+)

**Description:**

Burn calories and learn self-defense at the same time with the CardioFit Karate Bootcamp. This class uses Karate basics (kicking, blocking, and punching) blended with basic cross-training elements to make you stronger, with deeper endurance and more flexibility. Classes incorporate the latest in fitness elements including body-weight training for strength, cardio movements for stamina and yoga basics for increased flexibility. Join us for this great class; no equipment or uniforms necessary.

#### 6. Traditional Karate (Ages 14+)

**Description:**

Traditional Karate is a great place for Adults of any age to continue their study of martial arts. This class is the ideal class for those students who want to learn, and train, traditional Karate with a contemporary approach. Through time honored Karate skills such as Punch-

ing, Blocking, Kicking, Kata (Forms), Kumite (Sparring), Weapons, Breaking and Self-Defense, students will learn offense/defense, body-shifting (Tai sabaki) and how to understand & maximize power, speed and focus. Through solid physical conditioning, diligent effort and consistent application, students will develop the Body, Mind and Spirit. In addition, through the study of this ancient Art, students learn real-life lessons that will help them in every aspect of their lives from home, to family, to work.

#### 7. Sparring Session (Kids/Youth/Adult)

**Description:**

Students will start with sparring basics and progress to more advanced levels. Training will include drills for sparring basics, line-work, freestyle sparring and strength building/cardio workouts. Sessions will also focus on the mental skills such as discipline, self-confidence and control (anger & temper management) required to practice safe sparring. Sparring skills also support a deeper understanding of self-defense and anti-bullying. Kumite gloves are *strongly* recommended.

### Karate at Hillhurst Schedule FALL 2016

Class	Age	Start Date	End Date	Start/End Time	Cost	Term length
Kids Karate	8 - 12	Sept 6 (Tues)	Dec 13	6 - 7 PM	\$130	14 Weeks
Little Dragons Karate	5 - 7	Sept 8 (Thurs)	Dec 15	6 - 7 PM	\$130	14 Weeks
Youth Karate	13 - 16	Sept 6 (Tues)	Dec 13	6 - 7 PM	\$130	14 Weeks
Adult Beginner Karate	18 & Up	Sept 8 (Thurs)	Dec 15	6 - 7 PM	\$130	14 Weeks
CardioFit Karate Bootcamp	14 & up	Sept 6 (Tues)	Dec 13	7 - 8 PM	\$130	14 Weeks
CardioFit Karate Bootcamp	14 & up	Sept 8 (Thurs)	Dec 15	7 - 8 PM	\$130	14 Weeks

### Karate at Hillhurst Schedule WINTER 2017

Class	Age	Start Date	End Date	Start/End Time	Cost	Term length
Kids Karate	8 - 12	Jan 10 (Tues)	April 18	6 - 7 PM	\$130	14 Weeks
Little Dragons Karate	5 - 7	Jan 12 (Thurs)	April 20	6 - 7 PM	\$130	14 Weeks
Youth Karate	13 - 16	Jan 10 (Tues)	April 18	6 - 7 PM	\$130	14 Weeks
Adult Beginner Karate	18 & Up	Jan 12 (Thurs)	April 20	6 - 7 PM	\$130	14 Weeks
CardioFit Karate Bootcamp	14 & up	Jan 10 (Tues)	April 18	7 - 8 PM	\$130	14 Weeks
CardioFit Karate Bootcamp	14 & up	Jan 12 (Thurs)	April 20	7 - 8 PM	\$130	14 Weeks

### Karate at Hillhurst Schedule SPRING 2017

Class	Age	Start Date	End Date	Start/End Time	Cost	Term length
Spring Sparring Session	8 & Up	May 2 (Tues)	June 20	6 - 7 PM	\$75	8 Weeks
CardioFit Karate Bootcamp	14 & up	May 2 (Tues)	June 20	7 - 8 PM	\$75	8 Weeks
CardioFit Karate Bootcamp	14 & up	May 4 (Thurs)	June 22	7 - 8 PM	\$75	8 Weeks



# Fall Art Classes at HSCA

## Spring art classes at HSCA

To register please contact Nico at 403-283-0554 ext 232, [nicoleta.v@hsc.ca](mailto:nicoleta.v@hsc.ca)

## Sam Baillie course description

Course will include:

The Basics

Covering students materials;

-Paints, brushes, paper/canvases.

Basic Color Theory;

-Color wheel and mixing colors.

The instructor will touch on techniques each dependent on medium used and establish level of experience. From that point this will equip students in their endeavors to work towards their own independent painting projects.

Students will work at their own pace and be given one

on one instruction on a rotational basis in an easy going manner. It's all about having fun!

## ART CLASS Fall 2016

Watercolor & Acrylic

Beginner to Advanced **Instructor** Sam Baillie

Tuesdays 9:00 am – 12:00 pm (10 weeks)

**Oct 4, 11, 18, 25**

**Nov 1, 8, 15, 22, 29**

**Dec 6**

**COST \$ 140** HSCA community member

**\$155** Non- member

**\*The price does not include the supplies. Please check our website for the supplies list or ask for a copy at the Front Office. Please bring the supplies to the first class.**

## ART CLASS Fall 2016

Watercolor & Acrylic

Beginner to Advanced, **Instructor** Sam Baillie

Tuesdays 12:30 pm – 3:30 pm (10 weeks)

**Oct 4, 11, 18, 25**

**Nov 1, 8, 15, 22, 29**

**Dec 6**

**COST \$ 140** HSCA community member

**\$155** Non- member

**\*The price does not include the supplies. Please check our website for the supplies list or ask for a copy at the Front Office. Please bring the supplies to the first class.**

## Intermediate Watercolour and Acrylics

**Wednesdays 9am to Noon – Fall – Winter - Spring Sessions**

**Hillhurst Sunnyside Community Centre 1320 5 Ave NW**

**Course Instructor: Joy Kaitman**

*In these instructional and open studio sessions you will paint in the Watermedia of your choice. We will explore creativity, paint application techniques, colour harmony, drawing, composition and design. It's a great opportunity to use play and experimentation to explore and develop your own personal style, have the encouragement of other artists and take your painting skills to the next level. By using fun and informative demonstrations, experiments and open studio sessions this class will create an opportunity*

*for developing your ability to see, express yourself and paint in your own style.*

## ART CLASS Fall 2016

Intermediate Watercolour and Acrylics

**Instructor** Joy Kaitman

Wednesday 9 AM – 12 PM (12 weeks)

**Sept 28**

**Oct 5, 12, 19, 26**

**Nov 2, 9, 16, 23, 30**

**Dec 7, 14**

**COST \$ 160** HSCA community member

**\$ 175** non- member

**\*The price does not include the supplies, please ask the Front Office for the supplies list. Please bring the supplies to the first class.**

## Acrylic Painting Class for Beginner & Intermediate Painters

**Friday 9am to Noon – Fall – Winter - Spring Sessions**

**Hillhurst Sunnyside Community Centre 1320 5 Ave NW**

**Instructor: Joy Kaitman**

*Acrylics are a versatile and exciting medium making them fun and easy to work with. Each semester will touch on the building blocks for creating successful paintings, such as colour harmony, techniques, composition and drawing. A combination of instruction, demonstrations, one on one and open studio sessions are used throughout the program to help each artist develop their individual expression. This course is a wonderful opportunity to express your creativity using Acrylic paint.*

## ART CLASS Fall 2016

Beginner and Intermediate Acrylics

**Instructor** Joy Kaitman

Friday 9 AM – 12 PM (11 weeks)

**Sept 30**

**Oct 7, 14, 21, 28**

**Nov 4, (No Class on Nov 11), 18, 25**

**Dec 2, 9, 16**

**COST \$ 150** HSCA community member

**\$ 165** non- member

**\*The price does not include the supplies, please ask the Front Office for the supplies list. Please bring the supplies to the first class.**



# Canada Safety Council Home Alone & Babysitting Courses

*(one day only)*

**June 25, July 6 or Aug 27**

**Hillhurst Sunnyside**

**Association**

**1320 5<sup>th</sup> Ave NW**

Home Alone - 9:00 am-12:00pm

Babysitting - 9:00am-2:00pm

## Home Alone Course:

Students must be 10 yrs.

of age to take the course. Each student must bring a nut-free snack, water bottle Fee: \$40

## Babysitting Course

Students must be 11 yrs.

of age to take the course. Each student must bring a nut-free lunch, water bottle. Fee: \$55

Course Content:

- Rights and Responsibilities
- Child Safety and Basic First Aid
- Handling Emergencies 911
- Stranger Danger
- To/From School
- Fire Safety
- First Aid for the Choking Victim
- Caring for the Child and Nutrition
- Development and Behavioral problems
- Babysitter kit

Please Register (Space is limited):

Online: [www.babysittingcalgary.com](http://www.babysittingcalgary.com)

Email: [babysitting@shaw.ca](mailto:babysitting@shaw.ca)

Phone: 403-257-2422

"Come visit us for all your Art Supply needs!"

**10% Discount for Students & Seniors**

**132 10th St. NW** 1 and 1/2 blocks south of Sunnyside Station

**403-475-0608**

**SERIOUS FUN**

Adults • Teens • Kids 3+

- African • Tap • IndoJazz • Lyrical • Modern
- Ballet • HipHop • Breakdance • Jazz
- Drumming • Musical Theatre • Boys Only
- Highland • Bellydance • Flamenco
- Latin & Ballroom • Zumba • Aerial Fusion
- Gyrokinesis • Triple T • Body Balance
- and more!

**free house dance plus**

[www.freehousedance.com](http://www.freehousedance.com)

2020, 12th Avenue NW **403-282-0555**

# Harvest Fair is Back!

The Hillhurst Sunnyside Farmers' Market is proud to present Harvest Fair on Wednesday September 21st, 2016 from 3-7pm.

A celebration of urban agriculture, the fair has gardeners and crafters from around the city competing for the red ribbon and local bragging rights.

Based on the classic rural horticultural fair, the Hillhurst Sunnyside Harvest Fair is a community based, friendly contest with every entry eligible to win a ribbon and local bragging rights. In addition to 1st and 2nd place we are excited to announce a people's choice award! Categories range from the Largest Pumpkin, Most Unusually Shaped Vegetable, and Best Pie.

Visit [www.farmersmarket.hsca.ca](http://www.farmersmarket.hsca.ca) for details on how to enter.

Harvest Fair will take place at the Hillhurst Sunnyside Community Association in conjunction with the Farmers' Market.

## 2016 Harvest Fair Categories

## Hillhurst Sunnyside Harvest Fair Categories 2016 Adult

### Biggest Produce – biggest by weight

Biggest Pumpkin  
Biggest Zucchini  
Biggest Tomato  
Biggest Potato  
Biggest Cabbage  
Biggest Kohlrabi  
Longest Parsnip or Carrot  
Largest Sunflower Head (diameter)  
Largest Kale or Chard Leaf (diameter)  
Biggest Corn  
Tastiest Produce  
Best Tomato  
Best Carrot  
Best Apple  
Best Beet  
Best Honey  
Best Pear

### Other Produce

Weirdest shaped/disfigured vegetable or fruit  
Most pathetic/undersized for what it should be  
Most unusual/unique and/or heirloom  
Miscellaneous display of anything not in another category  
Ugliest Veggie  
Vegetable that most resembles another item (e.g. a table, at cat, etc)  
Best Looking Tomato  
Best Looking Head of Garlic

### Culinary –appearance and taste

Best Pickled Cucumber  
Best Non-Cucumber Pickle  
Best Relish or Chutney  
Best Ferment  
Best Salsa  
Best Pesto  
Best Dehydrated Fruit or Vegetable  
Best Pie – fruit  
Best Jam – fruit-based  
Best Jelly – fruit-based  
Best Apple-based Creation  
Best Homemade Liquor  
Best Non-Alcoholic Fermented Drink  
Best Zucchini-based Creation

### Arts & Crafts

Best Dried Flower Arrangement in an Up-cycled Container  
Best Fresh Flower Arrangement in a Squash  
Best Edible Arrangement  
Best Garden Art from Recycled Items  
Best Pressed Flower Pictures  
Funkiest Candle Lanterns  
Original Garden Art (painting, sketch, etc.)

### Photographs

Best Community Garden Plot  
Best Backyard Garden Bed  
Best People in Gardens  
Best Pollinators  
Best Birds  
Best Flowers

### Compost

Best Compost (outdoor or worm) by microbiological life under microscope

## Children

Funky Lanterns  
Garden Art from Recycled Items  
Best Sculpture made of Edibles (under 5; 5-8; and over 8)  
Best Garden Drawing (three categories: under 5; 5-8; and over 8)  
Best Preserving (all ages)  
Best Baking (all ages)

\*Kids are welcome in any of the adult categories too!

Come meet your new friends!  
Hillhurst Sunnyside CONNECTS

6:00 p.m. to 8:00 p.m.  
WEDNESDAYS

Hillhurst Sunnyside Community Association  
1320 5 Ave. NW

★ beginning September 7, 2016 ★

Dinner & childminding provided!

Questions? Want to Register?  
Contact Amanda Palmer at [amanda.p@hsca.ca](mailto:amanda.p@hsca.ca) or  
403-283-0554 ext. 247

HSCA  
Neighbour Support Network



**COUNCILLOR, WARD 7**  
**DRUH FARRELL**

[ward07@calgary.ca](mailto:ward07@calgary.ca) • [www.druhfarrell.ca](http://www.druhfarrell.ca)  
Twitter: @DruhFarrell • Facebook: Druh Farrell

### Biodiversity

The dog days of summer are the perfect time to think about critters. While Calgary is home to 1.2 million humans, we rarely think about the countless other species of flora and fauna that far outnumber us.

"Biodiversity" is the term we use to describe the variety and richness of living organisms and habitats. With 80% of Canadians now living in urban areas, reasonable protection of biodiversity is becoming increasingly important for municipal governments to ensure that we maintain a healthy ecology.

Last year, Calgary City Council approved *Our Biodiversity*, Calgary's 10-year biodiversity strategic plan. The plan is based on principles for the protection, development, and management of Calgary parks and ecosystems in support of biodiversity.

Biodiversity project goals:

1. Evaluate landscapes in Calgary and set targets for conservation measures to identify, protect, and manage ecological cores and corridors;
2. Restore 20 per cent of Calgary's current open space to increase biodiversity;
3. Identify and manage invasive species in Calgary's open space.

The City will implement the plan through a variety of initiatives. This summer, Calgary Parks launched a pilot project using a herd of goats to manage invasive plant species in Confluence Park. This creative approach to weed control not only reduced the need for pesticides, but also improved the health of native ecosystems by reducing overgrowth and encouraging the growth of non-invasive plants.

The City is also working to turn back the progress that invasive species have made over the years. Efforts to combat *smooth brome*, a highly competitive grass that smothers native species, and *Canada thistle* are underway. We are also re-introducing native species into our parks and landscaping projects. Native species are naturally suited to the local climate and require less care over time.

For Calgarians interested in enhancing biodiversity closer to home, the City has numerous resources to help enhance biodiversity in your own yard. A good place to start is [www.calgary.ca/yardsmart](http://www.calgary.ca/yardsmart). There, you can find tips on how to transform your garden into an inviting landscape that will inspire both your neighbours and wildlife.

To learn more about this and other topics, visit [www.druhfarrell.ca](http://www.druhfarrell.ca). To sign up for updates on key issues, please email [ward07@calgary.ca](mailto:ward07@calgary.ca).



# Water for Riley (almost) at the half way point

The volunteer committee for the Riley Park drinking fountain has worked simultaneously on two main tasks:

1) Designing the drinking fountain and 2) Raising money to build that design.

How are we doing on both tasks? Here's an update.

1. The combined effect of the project has been greater than the sum of the parts. ACAD and SAIT students submitted 21 drinking fountain designs. Water for Riley volunteers and partners attended ACAD and SAIT classes, ACAD and SAIT students studied Riley Park, SAIT students went to Hillhurst Elementary School, ACAD students exhibited their designs at Hillhurst Elementary School, and Hillhurst Elementary School teachers used those designs in their learning modules for students to interact with the designs. Then the designs were publicly displayed in five venues around the community, including at the Hillhurst Sunnyside Community Association, and as part of This Is My City Arts Festival.

After the final design exhibition the drinking fountain designs were handed to the jury. Five jury members, selected for their skills, gave a day of their time to individually rank the scores using standardized evaluation forms. They then meet together to compare rankings. Jury Chair, Sally Truss, led a facilitated process to select a shortlist of three designs. A City of Calgary employee observed the discussion to give input from a Heritage perspective. They debated the merits of each design, compared the pros and cons of the different designs against each other. Each design had some features that held enchantment for the jury. They discussed set criteria, which included esthetics and accessibility. The jury reached consensus through an organic evolution of their conversation.

The three shortlisted designs, publicly unveiled on Neighbour Day, are now undergoing professional, technical review. Water for Riley's jury will get expert recommendations to guide its decision of which one design

will be built. That leads to the second major task - fundraising.

2. Water for Riley began in a very different economic climate, so the second task is not yet half accomplished. Although there's good progress there's also less money available for unfunded priorities like a drinking fountain near the children's playground. The volunteer committee is working hard and smart on finding sources of funding.

Fundraising began with The Calgary Foundation's seed money to pay each student an award for submitting a design. Water for Riley volunteers applied for grants and sought donations. The Province of Alberta gave a grant that will pay almost half the fountain's construction costs. Generous individual and local businesses' support and donations have been encouraging. Every cost is covered with donations or donated in kind. See website [waterforriley.org](http://waterforriley.org) for our amazing partners, and to contribute to the project.

How are we doing on both tasks? So far, so good. With questions or comments please call 403 862 1923. All donations over \$10.00 are eligible for a tax receipt through Place2Give Foundation.

BRAIN  
GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 28

# Neighbour Support Network Events

## Community Potluck

Friday, August 12 from 6:00 p.m. to 8:00 p.m. at HSCA (1320 5 Ave. NW)

All are welcome! Bring something without nuts to share if you can.

For more information, call Amanda at 403-283-0554 ext. 247 or send an email to [Amanda.P@hsca.ca](mailto:Amanda.P@hsca.ca).

## Drop in ESL Club

Tuesdays, 7:15 p.m. to 8:45 p.m. at HSCA (1320 5 Ave. NW)

Join us in an informal setting and learn to improve vocabulary, pronunciation and idiom use; organize thought and express an idea effectively; discuss current events, community and other relevant topics; and appreciation Canadian history, literature and music. Tutoring for IELTS and TOFL exams is also available (no charge!).

For further information, contact Nico at 403-283-0554 ext. 232.

## Fresh Food Basket

Mondays, 4:00 p.m. to 6:00 p.m. at HSCA (1320 5 Ave. NW)

Are you facing financial barriers to accessing good, fresh food? Drop by and pick up a small bag of produce! Please bring your own bag! For more information, contact Amanda at 403-283-0554 ext. 247 or at [amanda.p@hsca.ca](mailto:amanda.p@hsca.ca).

## Food Fit

Wednesdays

Food Fit is a 12-week program for people committed to developing a healthier lifestyle! Participants learn new recipes, improve their cooking skills, share healthy meals with new friends and participate in 30-minutes of light exercise.

Contact Jenae for details and to register for our Fall sessions at 403-283-0554 ext. 228 or at [foodfit@hsca.ca](mailto:foodfit@hsca.ca).

## Sunnyside Garden

Thursdays, 5:30 p.m. to 6:30 p.m. at Sunnyside Shared

Garden (Memorial Dr. between 9 St. and 9A St. NW)  
Drop by the community garden and help weed and harvest! Kids welcome.

## WINS Evening Programming (Expressions, Potluck, Bingo)

Thursdays from 6:00 p.m. to 7:30 p.m. at 325 10 St. NW  
The Women in Need Society's Family Resource Centre on 10th St. is hosting evening programming on Thursdays. Twice a month will be Expressions: Telling Your Story through Arts and Crafts, with a Potluck and Bingo happening the other weeks. Contact Michelle for more information at 403-269-4670.

In Need of Support? Drop by your local Women in Need Society's Family Resource Centre!

Located at 325 10 St. NW and 10th floor, 411 14 St. NW  
Client Goal Management: Is there something you want to do, and don't know how? Come in to the WINS office to talk to someone who wants to help you reach your goals...

WINS can also help you find resources in the community that you can use, can help you access some agencies, and provide some referrals.

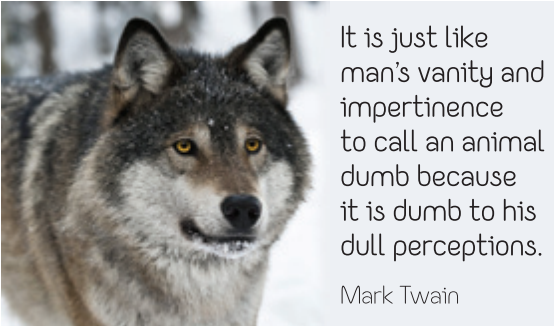
Receive support at the 14 St. location on Mondays and Wednesdays. Call 403-269-4670 for more information.

Receive support at the 10 St. location on Tuesdays and Thursdays. Call 403-270-7283 for more information.

Volunteer with us! Check out our website or contact Amanda Palmer at [amanda.p@hsca.ca](mailto:amanda.p@hsca.ca) or 403-283-0554 ext. 247 to learn what opportunities exist for giving back and supporting families living on a low income or experiencing social isolation.

Childminding volunteers for Wednesday nights this Fall are currently needed!

If anyone has lightly used sporting equipment (e.g. soccer balls, basket balls, small bean bags for bean bag toss...) or children's games please give us a call! 403-283-0554 ext. 247.



It is just like man's vanity and impertinence to call an animal dumb because it is dumb to his dull perceptions.

Mark Twain

# BUSINESS CLASSIFIEDS

For business classified ad rates call  
Great News Publishing at 403-263-3044  
or [sales@great-news.ca](mailto:sales@great-news.ca)

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Hillhurst and Sunnyside. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

**DO YOU NEED AN EXTRA SET OF HANDS?** C & L Helping Hands can provide them! We offer handyman services, personal assistant, kitchen helper, cleaning and much more! Email: [cl@clhelpinghands.ca](mailto:cl@clhelpinghands.ca). Call Craig or Laurie at 403-880-7125 or 403-510-8551.

**CAL-RES COATINGS LTD. RESIDENTIAL PAINTING:** We are a full service painting company offering: interior and exterior painting, shop wood finishing/specialty finishes, elastomeric stucco coatings, kitchen cabinet refinishing, fully licensed and insured. No deposit required. Call for a complimentary estimate. Ask for Joshua 403-369-7534 or visit [www.calres.ca](http://www.calres.ca).

**CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: [info@asapconcretecutting.com](mailto:info@asapconcretecutting.com).

**HOME BUSINESS OPPORTUNITY:** Clinicaire is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicaire supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**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](http://www.communitymediation.ca), 403-269-2707.

**YOGA TEACHER TRAINING:** We are Mandorla Yoga, an accessible, body positive Yoga Alliance registered teacher training institution in Calgary, with programs geared toward adult learners and their schedules. 200 HR and 300 HR weekend yoga teacher training and Thai massage training begins this September! Register today: [www.mandorlayoga.com](http://www.mandorlayoga.com); or email [info@mandorlayoga.com](mailto:info@mandorlayoga.com).

**ROCK'IN LANDSCAPES:** Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.

**TLC CLEANING:** Over 18 years' experience in the business! TLC Cleaning is a small and personalized cleaning company. Licensed, insured, bonded, and WCB covered for your piece of mind. Excellent rates and references, environmentally friendly options too. Let us put a little TLC into your home! Free estimates; please call Carol at 403-614-8522.

**HANDYMAN/CONTRACTOR:** Hire a husband type of jobs performed; carpentry, drywall repair, re-paints, minor plumbing and electrical, fence and deck building, power washing of siding and decks, eavestrough cleaning, repair cracked concrete stairs and surfaces, laminate flooring. Spring clean-up helpful hint: remove and replace obsolete garbage can enclosure with fencing. Contact Robert 403-606-8876, [robziffle@gmail.com](mailto:robziffle@gmail.com).

**NORTHWEST ELECTRICIAN/PLUMBER:** Affordable and Professional installations/repairs. Install/repair lights, ceiling fans, switches and outlets, garage sub-panel, hot-tubs, noisy bathroom fans, OTR microwave/hood-fans. Renos and basement developments. Plumbing: toilets/sinks/faucets, garburator and dishwasher installs. Licensed, certified, insured. Eighteen-year resident of Hidden Valley NW. <http://ca.linkedin.com/pub/nick-dabrensky/8/1b1/7b5/>. Call/text Nick 403-471-5553 or [Nick@PlatinumElectric.net](mailto:Nick@PlatinumElectric.net). "Bryan Baeumler Approved".

**YARDBUSTERSLANDSCAPING.COM:** Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. [yardbusterslandscaping.com](http://yardbusterslandscaping.com).

**DESTINY PERFORMING ARTS:** Integrated arts program for ages 5 to 12. Film and drama studies for youth to adults. Dance classes for all ages. Band development for youth. All sessions starting in September 2016 at 1903 - 19 Avenue NW, Calgary. For more information go to [www.destinyarts.ca](http://www.destinyarts.ca) or call Evane at 403-922-4407.

**DOGS IN MOTION PHOTOGRAPHY:** Creative images with a clean, urban edge. See examples at [www.dogsinmotionphotography.com](http://www.dogsinmotionphotography.com). Contact me for your appointment at 403-763-0950 or [michelle@michellegilders.com](mailto:michelle@michellegilders.com). Sign up for my newsletter for special discounts and monthly draws for a free photography session. Gift certificates also available.

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[len.webber@parl.gc.ca](mailto:len.webber@parl.gc.ca)

Did you know that 24% of the residents of our Calgary Confederation riding are over the age of 55? In Canada, 30% of the population are aged 55 or older and by 2020 that number will increase to almost 38%.

Canada is the best country in the world in which to live and we owe much of that to our nation's Seniors. They are largely responsible for fighting the wars that gave us our freedom, paying the taxes that built our cities and having the foresight to create the infrastructure and programs many of us take for granted.

As your Member of Parliament, I will continue to stand up for all constituents, but it is my privilege to show my respect and gratitude to our Seniors by devoting my recent community mailing to them. The mailing goes to every household in the riding and is also available on my website at [www.lenwebber.ca](http://www.lenwebber.ca).

For Canada's elderly to receive their full benefits and entitlements, it is critical that they apply for these programs. One of the best ways for any person to determine if they are getting the benefits they may be entitled to, is to visit [www.canadabenefits.gc.ca](http://www.canadabenefits.gc.ca) and use the online 'benefits finder' which generates personalized results based on a few simple questions.

Also, many financial assistance programs require up-to-date tax filings, so it is also very important that those in need of some help keep up-to-date on their taxes. The Canada Revenue Agency has thousands of volunteers who can also assist with this task.

Should you encounter difficulties getting your benefits, my staff and I are here to assist you. It is requested that you make an appointment before coming to the office with your concerns as this allows us to serve you better and ensure you are not required to wait an excessive amount of time. Often, we are able to assist you over the telephone without the need for an appointment too.

For office contact information, photographs, my Parliamentary speeches, helpful links and other important information, please visit my website at [www.lenwebber.ca](http://www.lenwebber.ca) on a regular basis. You can also follow me on Twitter, Facebook and YouTube for the latest updates.

Finally, I want to congratulate all the Canadian Olympic athletes and their coaches on their achievements. While the world focuses on these elite athletes for only a few weeks every four years, their dedication to their sport and personal success is a daily commitment for many years.



## Calgary Abstract Collective

# ART SHOW & SALE

Saturday, September 10, 2016  
11:00 am to 4:00 pm

Hillhurst Sunnyside Community Center  
1320 – 5<sup>th</sup> Ave NW, Calgary, AB

www.calgaryabstractcollective.com

## Hillhurst-Sunnyside mybabysitterlist

Name	Age	Contact	Course
Ann	65	403-270-7738	No
Briana	21	403-401-5571	No
Debbie	57	403-909-9382	No
Elizabeth	14	587-227-7098	Yes
Erika	19	403-402-3060	Yes
Grace	17	403-604-4366	No
Jake	15	587-832-3005	Yes
Jordan	25	403-969-0165	No
Luc	13	587-435-3896	Yes
Millie	16	403-262-2272	No
Nicole	27	587-582-3431	Yes
Teaghan	18	403-560-0238	No

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).

## BRAIN GAMES SUDOKU

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

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

## 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 the Hillhurst-Sunnyside Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Hillhurst-Sunnyside Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

## COMMUNITY ANNOUNCEMENTS

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**26<sup>TH</sup> ANNUAL CALGARY INTERNATIONAL FESTIVAL OF PINS 2016.** August 27-28, 2016. 9:00 A.M. to 5:00 P.M. Free Admission. Chapelhow Legion 606 38th Avenue N.E. Food donations to the Veteran's Food Bank will be gratefully accepted during the Festival. The public is welcome to bring along their pins to trade or sell, along with purchasing pins from vendors from across Canada. We also have hourly door prizes and a silent auction.



### Trivia

## Ann Franklin

1762 – 1<sup>st</sup> woman to hold the title of newspaper editor, "The Newport Mercury" in Newport, RI.

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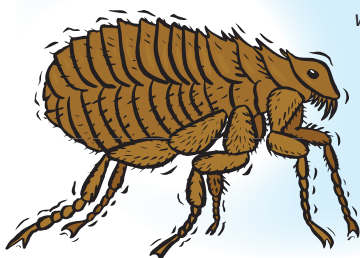
403.803.0773 | [www.escapesinc.ca](http://www.escapesinc.ca) | [info@escapesinc.ca](mailto:info@escapesinc.ca)

# Insects and Technology

## Fleas Knees

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas.

This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A manufacturer has produced a near-perfect rubber with 98 percent resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.



Discovery Magazine

**HSCA Flea Market**  
Crafts • Furniture • Antiques • Books • CDs  
Household Items • Treasures Galore  
and much, much more!  
**Sundays 7:00 am to 3:00 pm**  
1320 – 5<sup>th</sup> Avenue NW  
**Free Admission**

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HILLHURSTSUNNYSIDE.ORG | 403-283-0554  
EVENT, MEETING & RECREATIONAL SPACES  
WEDDINGS, BIRTHDAYS, CONCERTS, MARKETS, AND MORE!

## BOWVIEW POOL

Bowview pool is now starting to book pool rentals for the summer! Rental times are available on Saturday mornings from 9-noon and Friday, Saturday and Sunday evenings from 8-10 pm. Bookings fill up quickly, so anyone interested should contact: [katelyn.g@hsca.ca](mailto:katelyn.g@hsca.ca) for more information or to secure their booking slot.

## GYM SPACE AVAILABLE

### For Summer Rentals!

Sure, the weather is nice outside in the summer, but who needs the aggravation of sunburns, and mosquitoes, and allergies? Bring your sports inside at HSCA this summer! We have several time slots available whether you want to get inside to practice, run a bootcamp, or play some dodgeball.

See our website for details and contact rentals to book your spot this summer! [www.hsca.ca](http://www.hsca.ca)

Book: [rentals@hsca.ca](mailto:rentals@hsca.ca).

# Membership Form 2016

Membership Year runs from January to December 2016

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_  
E-Mail: \_\_\_\_\_

I wish to subscribe to HSCA's e-newsletter\*. Please indicate: yes ☐ no ☐

Number in family: adults \_\_\_\_\_ children \_\_\_\_\_

Date of Purchase: \_\_\_\_\_

Reason for purchasing the membership (please circle): soccer, OOSC, art class, community garden, pool, tennis court, businesses discounts, other (please specify): \_\_\_\_\_

### Membership Prices:

**Senior** \$5 (60+) **Individual** \$10 **Family\*\*** \$20 Do you require a second card? (**Family only**) Yes or No

### Program Donation:

At HSCA we offer a diverse set of programs and services, including: seniors' services, food programming, recreation (soccer, art classes), community planning and more. While membership fees are one way in which we are able to sustain our programs, we also ask that you consider a small program donation.

**Please specify where your donation will go:** General donation or Specific program \_\_\_\_\_

**Please specify your donation amount:** Match my membership fee or Other \$ \_\_\_\_\_

**Please ensure your email address is included for us to send your tax receipt (min \$10).**

### Volunteer Opportunities

**I wish to volunteer for the Hillhurst Sunnyside Community Association:** YES or NO

\*HSCA does not share or sell your email address or information. We will only email you information pertinent to HSCA events and programs.

\*\*A family is defined as a group of individuals under the age of 60, living under the same roof with a maximum of two 18+ individuals.

Note - It is our wish to make membership as accessible as possible. If you or someone you know needs assistance with membership fees please let us know.

**e:** [nicoleta.v@hsca.ca](mailto:nicoleta.v@hsca.ca) **f:** 403.270.3130 **p:** 403.283.0554 ext 232 **a:** HSCA 1320 5th Ave. NW Calgary, AB T2N 0S2

### HSCA Membership benefits:

- 10% discount on HSCA facility rentals with a family membership
- Reduced rates for some HSCA programs, drop-in sports, some special event admissions
- 20% discount on swimming lessons; discounted monthly pass for members only
- Free use of the tennis court
- Beginning January 1st 2016 you can use your HSCA membership card to receive discounts with the following local businesses:
- Sunnyside Natural Market: Save 5% with your HSCA Card (case discounts not included)
- Swizzlesticks Salon & Spa: 15% discount on all

services at the Salon & Spa

- Marathon Ethiopian Restaurant: save 10% on all regular priced purchase with your HSCA card
- Kensington Riverside Inn: 10% discount on room accommodation
- Pushing Petals Flowers: 10% discount on any purchase with your HSCA card
- Framed on Fifth: 10% discount on all framing
- Flippn' Burgers: 10% discount on purchases
- Kensington Auto Pro: 10% off parts and labour
- Float Life: 30% off on a single float ninety minutes session with your HSCA card
- Visit our website [www.hsca.ca](http://www.hsca.ca) for news and updates about this program





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### Contact Us

Head of School: Lindy Arndt

✉ lindy.arndt@msofc.ca  
admissions@msofc.ca

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