

DECEMBER 2016

DELIVERED MONTHLY TO 7,700 HOUSEHOLDS

HILLHURST SUNNYSIDE

VOICE

PRESERVING AND ENHANCING THE QUALITY OF LIFE FOR RESIDENTS OF HILLHURST SUNNYSIDE



**SUPPORT FRESH
FOOD BASKET**

**VOLUNTEER, DONATE, CONNECT
DETAILS ON PG 13**

HELP END DIABETES

Diabetes is a complex disease with many causes and no known cure. In Alberta, an estimated 303,000 people have been diagnosed with diabetes and a further 600,000 live with prediabetes.

With your support, the Canadian Diabetes Association (CDA) can improve lives and make it possible to fund leading-edge research and innovative educational programs; send kids with type 1 diabetes to the CDA's D-Camps; and provide Albertans with access to programs, services and resources to manage their disease and live well.



Hillhurst-Sunnyside Community Association

1320-5 Ave. NW
Calgary, AB – T2N 0S2
Phone: 403.283.0554 | Fax: 403.270.3130
nicoleta.v@hscsa.ca
www.hscsa.ca

Get some exposure, or show your love for Hillhurst Sunnyside: submit a photo to jessica.c@hscsa.ca for your chance to see your image on an upcoming Voice Newsletter cover.

HOW CAN YOU HELP?



JOIN TEAM DIABETES

Get active! Run, walk or hike in exciting international and Canadian events.



GIVE TO CLOTHESLINE®

Donate your gently used clothing, books, toys, electronics, vehicle and more.



HOLD A FUNDRAISING EVENT

Explore the fun and easy ways you can help raise funds for diabetes.



VOLUNTEER

We couldn't do what we do without the support of our volunteers.



BECOME AN ADVOCATE

Interested in sharing your story and speaking on behalf of those living with diabetes?



DONATE

Text "Diabetes" to 587-600-6088 or honour someone online at diabetes.ca/donate.

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Hillhurst Sunnyside Community Association

Community Centre

1320 5 Avenue NW, Calgary, AB T2N 0S2
Phone: 403 283-0554 Fax: 403 270-3130
www.hsca.ca

BOARD OF DIRECTORS

Buki Akinlade	Interim Board Chair
Ken Uyeda	Vice Chair
Michelle Duxbury	Secretary
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Buki Akinlade	Member at Large
Andrew Kuzma	Member at Large
Louisa Ferrel	Member at Large
David Brindle	Member at Large
Krista Wells	Member at Large
Darren Anderson	Member at Large

STAFF LISTING

Quentin Sinclair	Executive Director Ext. 221	quentin.s@hsca.ca
Nicoleta Vulcu	Front Office/Garden/Volunteer Coordinator Ext. 232	nicoleta.v@hsca.ca
VACANT	Rentals Ext. 223	rentals@hsca.ca
Lisa Chong	Community Planning Ext. 229	lisa.c@hsca.ca
Jessica Clark	Communications Lead Ext. 226	jessica.c@hsca.ca
Phyllis Stanko	Interim Out of School Care Director OOSC	403-270-9703, phyllis.s@hsca.ca
Michelle Pierce	OOSC Program Manager	403-270-9705, michelle.p@hsca.ca
Karl Kingsley	Facility Services Manager Ext. 230	karl.k@hsca.ca
Debbie Olson	Seniors' Services Ext. 224	debbie.o@hsca.ca
Kate Stenson	Community Food Program Supervisor Ext. 228	kate.s@hsca.ca
Sonia Woodman	Controller Ext. 225	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 Wednesdays and Sundays only)	
Amanda Palmer	Neighbour Support Network Coordinator Ext. 247	amanda.p@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 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.



Support HSCA's Fresh Food Basket!

What?

A free weekly food access program where residents who self-identify as having difficulties accessing fresh food are able to drop by our market-style space and 'shop' for several portions of fresh produce.

How?

Weekly 2-hour drop-in 'market' where residents come and receive 'Fresh Food Basket dollars' based on their household size, and can 'shop' to pick out the food they would like to take.

Why?

Because we believe that meeting basic needs is a precursor to people becoming engaged in the community and to reducing social isolation.

Intended Impact

Citizens are accessing sustainable, healthy food sources.

Citizens have multiple social connections and supports in their community.

Citizens have achieved a healthier and improved quality of life.

How can you help?

Volunteer with us!

We are currently looking for help with:

- Food Bank pick-up on Monday mornings
- Market Assistants on Mondays from 4:00 to 6:00 p.m.
- Back up COBS pick-up on Sunday nights

Connect us!

Do you have connections that may help us access fresh produce or dairy from a store or producer? Connect us!

Donate!

We are currently accepting the following donations:

- Financial: visit www.canadahelps.org/dn/8205 or by contacting us at kate.s@hsca.ca or 403-283-0554 ext. 228
- Financial: gift cards for grocery stores
- Food: we accept donated fresh produce from your personal gardens, and some store bought items. Please CONTACT us before donating food!
- Supplies: we are often looking for grocery bags, ziplock bags, and plastic gloves

For more information on how you can support us, please get in touch:

Amanda Palmer
Neighbour Support Network Coordinator
e: Amanda.P@hsca.ca
p: 403-283-0554 ext. 247

Kate Stenson
Community Food Program Supervisor
e: Kate.S@hsca.ca
p: 403-283-0554 ext. 228



EVENTS CALENDAR

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Flea Market 7:00 am - 3:00 pm	Knitting/Seniors Morning Group 9am-noon Drop in Badminton 9:30 am - 12:30 pm Seniors' Drop-in 1:00pm - 3:30pm Fresh Food Basket 4-6pm FoodFit 6-9pm Foxy Kickboxing 6:00 pm - 7:00pm Kids Karate 6-7pm Youth Karate 6-7pm CardioFit Karate Bootcamp 7-8pm	Jugando Spanish w/experience 3/5yo 9-10am Gentle Flow Yoga 11am-noon Kids Karate 6-7pm Youth Karate 6-7pm Cardio Karate Bootcamp 7:00-8:00pm Taekwondo 7:15-8:15pm Drop In ESL Club 7:15-8:45pm	Intermediate Watercolour & Acrylics 9am-noon FoodFit 12:30-3:30pm Indoor Farmers Market 1st Wednesday, 3-7pm Jugando Spanish w/experience 4/6yo 4-5pm Foxy Kickboxing 6:00 pm - 7:00 pm Neighbour Support Network 6-8pm Kids Capoeira 6:30-7:30pm	Drop in Badminton 9:30 am - 12:30 pm Chair Yoga 11am-noon Neighbour Support Network 2-4pm Little Dragons Karate 6-7pm Adult Beginner Karate 6-7pm CardioFit Karate Bootcamp 7-8pm Taekwondo 7:15-8:15pm	Beginner & Intermediate Acrylics 9am-noon Sportball 10am-noon
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Drop in Badminton Mon / Thu • Pay to Play Minimum \$3.00 • 9:30 am-12:30 pm

Program Phone Numbers

Flea Market Coordinator	Bonnie Constable	Ext. 231 (drop in on Sundays or leave a message, calls returned on Wednesdays and Sundays only)
Drop in Badminton Drop-in ESL Club Classes Art Classes	Nicoleta Vulcu	403-283-0554 ext 232 nicoleta.v@hsca.ca
Foxy Kickboxing	Jessica	1-888-974-FOXY (3699)
Kids Karate	Richard Fossey	403-203-8710
Neighbour Support Network	Amanda Palmer	Ext. 247 amanda.p@hsca.ca
Jugando Spanish	Guilliana	403-835-2650 www.jugando.ca
Capoeira	Jacqueline	403-827-7917



Upcoming Events

- Indoor Farmers' Market** Wednesdays 3-7pm
- Neighbour Support Network** Wednesdays 6-8pm
- Flea Market** Sundays 7am-3pm
- Rocky Mountain Folk Club** December 2, Doors @ 7:30pm
- Antique & Collectible Market** December 3, 10am-4pm
- Community Potluck** December 9, 6-8pm
- New Age Fair** December 10, 10am-4pm
- Hillhurst Sunnyside Planning Committee Meeting** December 13, 7-9pm
- Comic Fair** December 17, 10am-3pm
- HSCA Facility Closure** December 23 - January 2
- HSCA Reopens** January 3



UPDATE

Have you made it to our WEEKLY Farmers' Market yet? That's right, we've made the move to becoming a weekly market year-round! Please mark your calendars, though, as we are taking some time off for the holidays. **Wednesday, December 7th will be the last farmers' market of 2016 and you'll find us back again, every week starting January 11th 2017.**

Are you looking to shop locally this holiday season? Here's a quick guide to buying great local gifts at the market!

Thrive Botanicals has the most beautiful handmade soaps! The added bonus? Many of them are made with ingredients from the market, like Country Thyme and pumpkins!

Kith and Kin Pie, Lemonberry Pastries and **Ambrosial Cheesecake** all make delicious treats and who doesn't love treats at this time of year?

Nature Notes makes beautiful handcrafted aromatherapy products perfect for giving the gift of relaxation!

Give the gift of honey this year! **Buzzy Bee** has a wide variety of flavoured honey as well as beeswax candles.

Chat with our fresh food vendors to see if they are able to issue gift certificates so you can introduce your favourite people to your favourite vendors!

Check out all of our vendors at www.farmersmarket.hsca.ca

In addition to local food and goods there will be great local live music each week! Ever thought about taking the stage at the market? Here's all the info you need:

Music can add a lot to the market scene. We are happy to have some of Calgary's most talented musicians perform for you during market hours, whether we're indoors or out. We're also happy to provide a venue for those just starting out - there's no need to be a professional.

If you're interested in performing at the Farmers' Market, here's what you have to do. Have a look at our online calendar (<http://farmersmarket.hsca.ca/musicians/>) and see if there's an open time slot when you're available to play. The Farmers' Market operates indoors every Wednesday of the winter months. We ask that you choose a two-hour time slot, either 3-5pm, or 5-7pm. **U17** - We also try to host a monthly "under 17" acoustic showcase. The Farmers' Market is a very welcoming environment to get your feet wet, don't be shy - invite friends to play with you if you'd like. Performances can be 1hr or 2hrs long depending on the length of your set list, just let us know your preference.

Once you have a date in mind, contact us (HSFMBuskers@gmail.com) with some basic information and the date and time when you'd like to play. Our music coordinator will get back to you with confirmation and more information.

Please remember, musicians are not compensated by the Farmers' Market but rely on the donations of market goers.

Have questions or comments? Get in touch! farmersmarket@hsca.ca or 403-283-0554 ext 228

INDOOR MARKET

WEDNESDAYS 3-7PM - INSIDE

Last market of 2016 on December 7th 3-7pm

We'll see you again on January 11th!



Get Involved in your Community! FREE Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 4:00-8:00pm Drag and Drop-in Coding Class (Calgary Public Library 1087 2 Ave. NW) 6:00-7:30pm WINS Finding Beauty in Community WINS 325 10 St. NW	2
5 4:00-6:00pm Fresh Food Basket HSCA 1320 5 Ave. NW 6:00-9:00pm Food Fit HSCA 1320 5 Ave. NW	6 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	7 12:30-3:30pm Food Fit HSCA 1320 5 Ave. NW 6:00-7:00pm Seniors Group 1000 – 411 14 St. NW	8 4:00-8:00pm Drag and Drop-in Coding Class (Calgary Public Library 1087 2 Ave. NW) 6:00-7:30pm WINS Potluck WINS 325 10 St. NW	9 6:00-8:00pm Community Potluck HSCA 1320 5 Ave. NW
12 4:00-6:00pm Fresh Food Basket HSCA 1320 5 Ave. NW	13 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	14 6:00-7:00pm Seniors Group 1000 – 411 14 St. NW	15 4:00-8:00pm Drag and Drop-in Coding Class (Calgary Public Library 1087 2 Ave. NW) 6:00-7:30pm WINS Finding Beauty in Community WINS 325 10 St. NW	16
19 4:00-6:00pm Fresh Food Basket (Last of the Year!) HSCA 1320 5 Ave. NW	20 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	21 6:00-7:00pm Seniors Group 1000 – 411 14 St. NW	22 4:00-8:00pm Drag and Drop-in Coding Class (Calgary Public Library 1087 2 Ave. NW) 6:00-7:30pm WINS Bingo Night WINS 325 10 St. NW	23
26 BOXING DAY (HSCA Closed)	27 (HSCA Closed)	28 (HSCA Closed)	29 (HSCA Closed)	30 (HSCA Closed)

NSN UPDATES

Community Potluck

Friday, December 9 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.

Drag and Drop-in Coding Class

Thursdays, from 4:00 p.m. to 6:00 p.m. at Calgary Public Library's Pop-Up Space (1087 2 Ave. NW)

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 appreciate Canadian history, literature and music.

Tutoring for IELTS and TOEFL exams is also available (no charge!).

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

Food Fit

Mondays, 6:00 p.m. to 9:00 p.m. & Wednesdays 12:30 p.m. to 3:30 p.m. at HSCA (1320 5 Ave. NW)

Participants build cooking skills, learn new recipes, share healthy meals with new friends, and participate in a thirty minute physical activity each week over the 12 week program!

Contact Jenae at foodfit@hsca.ca or 403-283-0554 ext. 228 about future opportunities.

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 atamanda.p@hsca.ca.

Seniors Group

Wednesdays from 6:00 p.m. to 7:00 p.m. at 14th St. WINS (1000 – 14 St. NW)

Contact Michelle for more information at 403-269-4670.

WINS Thursday Evening Programming (Finding Beauty in Community, Potluck, Bingo)

Thursdays from 6:00 p.m. to 7:30 p.m. at 10th St. WINS (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 an arts-based evening program called Finding Beauty in Community, with a Potluck and Bingo happening the other weeks. Contact Michelle for more information at 403-270-7283.

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.

We need your grocery bags!

Our supplies for Fresh Food Basket are running low – if you have extra grocery bags lying around the house, please consider dropping them off for us!



Lions Park denture clinic
Dhiren Bhargava, Denturist

tel: 284-1803 / 284-1829
fax: 1-866-372-6948
accufit@telus.net

Lions Park Professional Building 1521-19 St. N.W., Calgary, AB T2N 2K2

HILLHURST SUNNYSIDE PLANNING COMMITTEE

Join the Conversation

The Hillhurst Sunnyside Planning Committee ("HSPC") is a volunteer group that reviews many of the planning and development projects in the community. Development is guided by policy in the Hillhurst Sunnyside Area Redevelopment Plan (available on www.calgary.ca).

HSPC meetings are scheduled for the second Tuesday of every month. The next meeting will be on December 13 from 7-9pm. Meetings are open to all residents, whether you rent or own your home. Please come by if you are interested in learning more, or if you want to lend a hand!

Don't have time? You can also get engaged online! Bookmark <http://hsca-community-planning.mighty-bell.com> to join or read updates about the various projects that are being planned or going up in our neighbourhood. You will also find updates from the City's public realm improvements, links, and different opportunities on how to get involved.

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 – 5th Avenue NW

◆ Free Admission

HALL RENTALS

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

IN & AROUND SCHOOLS



The children of West Hillhurst Community Preschool are enjoying all of the joy and excitement that the transition to winter has to offer - snowy themed crafts, learning about different holidays and staying cozy inside as the snow falls outside the big classroom window!

Our preschool has recently introduced a new referral program to our current families. Anyone who refers a new student to the preschool for the 2016-17 school year can receive a \$75 credit for use towards any WHCA-run programming (e.g. preschool classes, fitness classes etc). This is a great way to introduce new families to our wonderful program while getting a chance to experience the perks that our community association has to offer at a reduced cost!

WHCA Preschool currently has openings in our afternoon programs.

West Hillhurst Community Preschool is a play-based, local preschool program that runs morning and afternoon classes for three and four year old children. We are located in the West Hillhurst Community Centre. Information and registration details can be found at: www.westhillhurstpreschool.com

Editorial Content Deadline 5th of each month for the next month's issue
jessica.c@hsca.ca

IN & AROUND SCHOOLS

Hillhurst School

Computer screens. I-pods. I-phones. Televisions. Video games. Add a little social pressure, an enormously inflated media, a few million kids, and what do you get? An entire generation of youth that spends, on average, eight hours a day with their eyes locked on a screen.

In 2011, Colin Harris, a Canadian outdoor educator, ran across Canada to draw attention to the fact that kids are spending more time on their electronic devices and less and less time being active and connecting with nature. After engaging with students, teachers and communities across the country, he founded **Take Me Outside Day**, a nation-wide movement that is now in over 1000 Canadian schools.

Hillhurst participated in their first Take Me Outside Day this past month. Despite a frosty morning, we were soon warmed with vigorous and thoughtful outdoor activities. Children toured around Riley Park and the community, playing outdoor games, creating nature art, partaking in a scavenger hunt, and even meditating in the trees. The students relished the freedom, the energy and the time outdoors with their peers. We hope this event sparks further outdoor exploration by our students and their families.

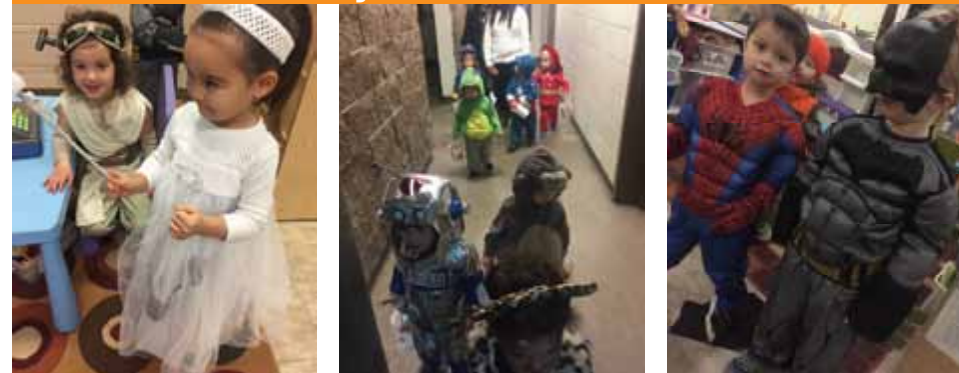
For the third year in a row, our students have been involved in the **Field of Crosses Memorial Project**. Students volunteered their time to wash, label, sort and

stack the white memorial crosses that are displayed along Memorial Drive each November. It is a laborious task, but also a reflective one. For many students, who have no first-hand memory of these conflicts, this experience has brought a more poignant understanding of war, and a more tangible sense of remembrance. The **Hillhurst School Choir** also participated by singing at the Sunrise Ceremony, meeting with the Lt. Governor and many dignitaries and veterans.

Giving Day is also back for its third year! Giving Day started in 2014 with a second-hand gift sale that raised money for the community and focused on the importance of giving to others and being environmentally mindful. In 2015 we gave the gift of literacy, with a huge second-hand book sale and literacy workshops. This year we focused on a very important and often overlooked form of giving. *The giving of self.*

For the month of November, students took part in a **"Giving Good" Challenge**. The challenge was designed to get students thinking about how they can give their time, their talent, their energy and their ideas to make their school, community and world a better place. This included volunteering, random acts of kindness, helping out at home, getting involved in a cause, and lending a hand to those in need. We set a lofty goal of 5000 "acts of giving", and a loftier goal of shifting mindsets, challenging ourselves to get involved outside of our comfort zone, and instigating global change through day-to-day giving. The event will culminate with a celebration and assembly on December 9th. If you were affected by a Hillhurst student's act of giving, we encourage you to **pay it forward**, and be part of the change!

HSCA Daycare Children Dive into the Festive Seasons



Children from HSCA Daycare dressed up for Halloween October 31st, 2016 and Trick or Treated for mandarin oranges and fruit snacks, while showing off their garb in a costume parade. There's a rumour this December they'll receive a visit from a special guest from the North Pole!



Saturday
December 3, 2016

10 a.m. until 4 p.m.
\$2 Admission

Hillhurst Sunnyside Community Association - 1320 5 Ave NW Calgary AB - (403) 283-0554

www.hsca.ca



Gentle Flow Yoga

For those wanting a nice gentle practice. Beginners are welcome.

Every Tuesday at 11:00am.

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

Chair Yoga

An easy approach to yoga, which is slow and steady and will help improve strength, motion and flexibility. It's perfect for those who are new to yoga or have physical limitations and just want to have a less demanding and more calming practice.

Every Thursday 11am - 11:50am.

(If you're new to either of these classes, please call (587) 215-0386 to check if classes are on.)

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

January 10 - January 21 All The Little Animals I Have Eaten by One Yellow Rabbit: Set in an unusually modern bistro, this latest of Karen Hines' darkly hilarious comedies embraces everything from plagiarism and insurance crimes to Golden Retriever conventions and lonely trolls to existential struggles and the transcendence of the human soul. Scenes are performed by well-heeled diners, glowing ghosts, tiny vertebrates, and other unexpected voices. More info www.oyr.org

January 13 Pop Fridays at Calgary Philharmonic Orchestra: Known as "The Ambassador of Soul" Ellis Hall is a master of classic R&B in the style of the genre's greatest legends. With an incredible career as former lead singer in Tower of Power and a protégé of the legendary Ray Charles, Soul Unlimited's hits include the music of Stevie Wonder, Marvin Gaye, The Temptations, Earth, Wind & Fire and more. More info www.calgaryphil.com

October 6 - January 8 ATB Storytellers Exhibition at National Music Centre: Discover Alberta's rich music history at the new ATB Storytellers Exhibition. Explore the untold history of some of Alberta's music pioneers and icons through artifacts, film and interactives. Free and accessible to the public inside Studio Bell's Drop-In Zone. The exhibit will feature a collection of artifacts and recorded oral histories with iconic Albertans. More info www.nmc.ca

January 5 - February 2 High Performance Rodeo multiple venues: Offering all types of theatre over the course of almost a month, the High Performance Rodeo can feel as exciting as its namesake if you are trying to fit all the great performances in from this annually jam-packed schedule. To keep up-to-the-minute informed check the Facebook page www.facebook.com/HPRodeo or more info and tickets www.hprodeo.ca

January 29 Bridal Fantasy at the Telus Convention Centre Brides can expect to see a dramatic fashion show and theatrical production featuring the latest trends in flowers, tuxedos, gowns, destination wear, hair and make-up. Brides have the opportunity to win over \$75,000 in prizes and the chance to win the Fantasy Wedding Package - Including prizes from all of the sponsors. More info www.bridalfantasy.com

NOVEMBER 25, 2016 - JANUARY 8, 2017 ZOO LIGHTS AT THE CALGARY ZOO

6:00 pm - 9:00 pm everyday, experience over 1.5 million lights, 200 displays, crackling fire pits, steamy hot chocolate and four fun-filled activity zones (with many new additions!), transforming the Zoo into a magical winter wonderland. More info www.calgaryzoo.com



EVERY SATURDAY IN JANUARY CRAFT BEER TOURS BY CALGARY BEER TOURS

The Calgary Craft Beer Tour is all about spirited craftsmanship but more importantly it's about the delicious, refreshing beverages produced through the creativity of locals brewers. Experience the city's good-natured, welcoming breweries, including tastings at Village Brewery, CRAFT Beer Market, The Dandy Brewing Company, Tool Shed Brewing Company and Last Best Brewing and Distilling. More info www.calgarybeertours.beer/tours/



JANUARY 6 - JANUARY 8 THE MOTORCYCLE SHOW AT BMO CENTRE

Featuring brands like Vespa, BMW, Victory, Harley Davidson and many more, this exhibition is sure to blow your hair back. Regular admission is \$15 and kids under 5 get in free. More info www.calgarymotorcycleshow.ca



JANUARY JANUARY JANUARY

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? Alberta Health Services has a program coming up that may be of interest...

Movement Plus / A Fall Prevention Exercise, Education and Social Program

Group exercise classes for those with early stage dementia and their caregivers

Focus on

- Balance
- Posture
- Muscle Strength
- Flexibility

2 times a week

Social time to follow

Location:

Crescent Heights Community Association
1101 2nd Street NW, Calgary AB

Dates:

- Starts on Tues Jan 10, 2017 and ends on Thurs Mar 30, 2017
- Tues and Thurs from 10 - 11:15.
- Regular attendance is required

Program Criteria:

- Those over 60 who have a medical diagnosis of dementia and are in the early stages
- Caregiver who can stay and participate with this individual during the 12 week program

Inclusion Criteria

- Medically stable
- Able to stand intermittently for 20 minutes during a 45 minute class

For more information or to register call Rene at (403) 955-1537 or email rene.engel@ahs.ca

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 www.hsca.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.

KENSINGTON WINE MARKET

WINETIMES 2017 WINTER TASTING SCHEDULE

Tastings start at 7 pm unless otherwise indicated

Ginapolloza	Thr Jan 12	Start the New Year off with a refreshing tasting of seven new gins, some specialty tonics and a few cocktail ideas!	\$35
Silky Sultry Stouts	Fri Jan 13	Darker than dark! Rich and thick, chocolate and burnt toast. We'll go through a few different takes on this hearty, classic ale and explore the sub-styles that make stouts such a broad and well beloved style!	\$25
Finishing School	Tue Jan 17	Whether they call it "Aced", "Finished" or "Extra Matured", finishing a whisky in a different cask can be a way of adding character and offering variety. Discover the effects of different finishing casks.	\$35
Tightwad Oenophile	Thr Jan 19	Christmas is over and the bills are arriving. Join this "penny pinching" tasting for wine lovers. We'll taste guaranteed delicious, wallet friendly wines. Discover what the "experts" won't admit to taking home.	\$20
Monster Cabs	Fri Jan 20	Winter isn't for the weak. Let's fortify ourselves for the dark, cold days ahead with a tasting sure to warm our hearts and palates. Stand up format.	\$40
The Road Less Travelled, Italy	Tue Jan 24	Travel with us to vineyards well off the beaten path and discover little known regions producing outstanding Italian wines.	\$50
Burns Bash	Wed Jan 25	Join us for a mini whisky festival featuring our favourite KWM exclusive whiskies. There will be haggis, bagpipes and no fewer than 50 exclusive whiskies open for sampling.	\$40
Beer's Not a Boy's Club!	Thr Jan 26	Join us for our first "girls only" tasting tailored to help gals explore the fun and sometimes crazy world of craft beer. Whether you know a little, or a lot, you'll be guaranteed a great tasting.	\$25
Cheese Please	Fri Jan 27	California exclusives! This will be a special tasting of some of our very best wines from top producers paired with, of course, the best of Peasant Cheese. Stand up format.	\$40
Cadenhead on the Speyside	Tue Jan 31	We have some fabulous exclusive Cadenhead Small Batch whiskies and single casks. We've selected a range for a great Speyside tour: Aberlour, Mortlach, Glenrothes, Strathisla and three others!	\$60
Into The Bottle: Part One	Thr Feb 2	This "back to basics" tasting will be an in-depth focus on the classic varietals from around the wine making world. Rediscover and learn why you love wine!	\$30
A Port in Any Storm	Tue Feb 7	When the weather outside is stormy, what better way to chase away the chill than with a glass of port. You'll learn about Port's many styles and perhaps discover a favorite safe haven.	\$45
BenRiach Batch 13 Vertical	Thr Feb 9	We can't squeeze all twelve of the BenRiach Batch 13 vintages into one vertical tasting, but we can make room for eight of the oldest vintage single cask single malts. Vintages 1994-1975, one night only!	\$150
The Hills Are Alive!	Fri Feb 10	To the sound of tinkling glasses and the taste of Grüner. This tasting will explore the little known wines of Austria. Be prepared to sing their praises!	\$30
Love at First Sip: Champagne & Sweets	Tue Feb 14	Bring your "sweet" heart to this tempting tasting of our very best Champagnes. We'll dim the lights and nibble on hedonistic offerings from Calgary's best bakers.	\$50
Rare Malts	Thr Feb 16	Only malts 20+ years of age from Closed Distilleries and/or the Very Rare need apply for this special tasting.	\$80
En Francais: Vallée de la Loire	Fri Feb 17	Join our resident francophone, Christine Parent, for a tasting of the best of the Loire Vallée, from Sancerre to Muscadet! Joignez-vous à notre francophone en résidence, Christine Parent, pour une dégustation conviviale, en français! Région à l'honneur: Vallée de la Loire. Stand up format; this tasting will be conducted in French.	\$35
To Peat or Not to Peat	Tue Feb 21	Many distilleries now bottle both peated and unpeated expressions. Join Evan for a taste off, pitting peated and unpeated single malts against each other from four pairs of distilleries.	\$40
Whisky Geek Paradise	Thr Feb 23	Hunter is putting a new twist on our old Classic Malts tasting showcasing value propositions that will still delight even the most discerning palate.	\$30
Cheese Please	Fri Feb 24	The Iberian Peninsula, steeped in history, art and gastronomic adventures, is also famous for its production of wine. Join us for a taste of the best wine and cheese from Spain and Portugal.	\$30
The Best of Tightwad Oenophile	Tue Feb 28	We're lining up the winners from past "penny pinching" tastings to see how they stack up today. This one will be "blind" and loads of fun.	\$20

1257 Kensington Road, NW | 403 283 8000 | www.kensingtonwinemarket.com



Kensington Is Home...

Kensington is home to so many diverse businesses that embrace their community by enhancing residents life-style and well-being. We're thrilled to invite the community to SwizzleSticks SalonSpa on **November 23 from 5:30-9p.m.** to connect with like minded community residents and neighbours and to learn how to elevate your style and holiday gift-giving. This complimentary evening will include makeup workshops, small bites and refreshments from our neighbours and fabulous swag and door prizes. We can't wait to welcome you!



Fall 2016 Out of School Care

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. Come join in on the fun!

Our Full Day programs are available on PD days, specific days during the Winter/Christmas Break, and March/Spring Break. Specific dates will be announced shortly.

We are closed for all statutory holidays: Labour Day, Thanksgiving, Remembrance Day, Christmas, Boxing Day, New Years, Family Day, Good Friday, Easter Monday, Victoria Day, Canada Day, and Heritage Day, as well as several days during the Christmas break – this closure will be announced shortly.

- **PD Days Coming Soon:** Friday December 2, Thursday December 15 & Friday December 16 (open for early dismissal)
- **Closed for Holiday Break:** Monday December 19 – Monday January 2
- **Open for first day back at School:** Tuesday January 3

About Wine

Nik Rasula

About Wine features wines not typically on one's shopping radar. Special wines – made from grapes or blends, regions or countries - that may not be common or well known. About a wine – or winemaker - with a story to tell; of place, process, climate, or style. Highlighting smaller, artisanal producers making unique, reasonably-priced (under \$50 retail) wines, whilst demonstrating careful earth stewardship through bio-dynamic, organic, sustainable, or water-wise means.

November 2016:

**2013 McFadden Farm, Blue Quail Pinot Noir
Potter Valley - Mendocino County, California, USA
www.mcfaddenfarm.com**

ABOUT THE MAKER: Located northeast of Sonoma Valley, California,

McFadden Farm was founded in 1970 by pioneer Guinness McFadden. McFadden set about to disprove the prevailing opinion that it was too cool to grow wine grapes in Mendocino County's Potter Valley.

Organic since inception, over time, McFadden Farm has become energy self-sufficient, generating power through hydro-electric and solar capture. In addition to 160 acres of vines, the mixed-use farm produces herbs and organic grass-fed beef.

ABOUT THE MAKING: McFadden utilizes varietal-specific pruning and trellising techniques on its vines, with each varietal matched to a section of land, reflective of that section's aspect and soil attributes.

Renown for growing grapes with prominent acidity, McFadden's excess produce is sold for blending to top Napa producers like Chateau Montelena, Dasche and Beringer.

ABOUT STEWARDSHIP: Made with 100 per cent estate-grown grapes, Blue Quail is certified organic (CCOF).

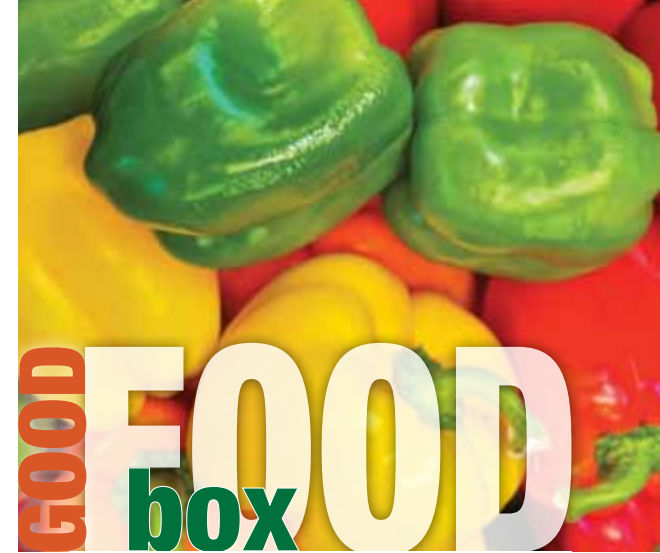
ABOUT THE WINE: Light-bodied, Blue Quail opens with funky notes of cherry and wild strawberry. On the palate, tantalizing black cherry and ripe strawberry flavours highlight the cleansing acidity; as it finishes long, clean and crisp.

ABOUT PAIRING: Pair with sharp cheeses, salmon, or roasted fowl.

ABOUT AVAILABILITY: Check liquorconnect.com (call the listed store to confirm).

CSPC # 777830

ABOUT PRICE: \$35



GOOD FOOD box

Hillhurst-Sunnyside Community Association 2016 Good Food Box Dates

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
- **Family Box:** Includes approximately 30 pounds of produce. Cost: \$ 30.00
- **Senior/Single Box:** Includes approximately 20 pounds of produce. Cost: \$ 25.00

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Update as Water for Riley concludes phase 2

Water for Riley made tremendous progress in the past few months. Among other news:

The jury has selected one design

Phase 1, over the past year, garnered 21 drinking fountain designs. In phase 2, the jury shortlisted three designs that went for technical review. The jury met and decided unanimously on one design. Phase 2 concludes in November, when the jury's selection of the final design is announced. W4R thanks the anonymous five jurors for diligent volunteer service, and their superb Chair, Sally Truss.

The Calgary Foundation has awarded W4R a Stepping Stone Grant

W4R is so grateful to receive a Stepping Stone grant for the celebration at which the winning design will be

announced. A volunteer planning committee is organizing a gathering soon to be held on ACAD's campus. Everyone will be invited, so stay tuned for the details of this public event. Thank you to The Calgary Foundation, wonderful volunteers and ACAD, among others.

The Parks Foundation Calgary is W4R's new fiscal agent

Place2Give has been a creative, wise partner from the beginning of the project. As fiscal agent, Place2Give CEO, Gena Rotstein, gave W4R excellent advice. Place2Give's advisory relationship with W4R will continue. Thank you to the Parks Foundation, which is now accepting donations on W4R's behalf.

The Parks Foundation joins W4R's other generous collaborating partners.

Phase 3 will soon be underway

Phase 3 is to build this winning design. Phase 4 will be the installation and grand unveiling celebration of this beautiful, functional, artistic drinking fountain.

Phase 3 depends on successful fundraising to pay for the construction. If you are able to volunteer to help with one of the upcoming fundraising events, please call 403 862 1923. Let's discuss which of these volunteer committees' activities is right for you.

To donate, go to the Parks Foundation site, <http://www.parksfdn.com>. Once at that site, under the Projects link, please indicate your donation is for Water for Riley Park.

Looking for direction in today's market? Let's talk.



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Winter Art Classes at HSCA

Intermediate Watercolour and Acrylics

Instructor Joy Kaitman

In these instructional and open studio sessions you will explore the basics of painting in Watercolour by experimenting and painting using application techniques, colour harmony, drawing, composition and design. It's a valuable supplement for those wanting to get a better understanding of the basics. This class will enhance your knowledge base for painting in the vibrant and exciting medium.

Wednesday 9 AM – 12 PM (12 weeks)

Jan 11, 18, 25

Feb 1, 8, 15, 22

March 1, 8, 15, 22, 29

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.

Beginner and Intermediate Acrylics

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.

Friday 9 AM – 12 PM (12 weeks)

Jan 13, 20, 27

Feb 3, 10, 17, 24

March 3, 10, 17, 24, 31

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.



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COME CHECK US OUT!



Membership Form 2016

Hillhurst Sunnyside Community Association

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@hsc.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.hsc.ca for news and updates about this program
- Vine Styles Kensington 15% off total purchase.
 Show your HSCA membership to Vine Styles staff to create your customer profile with the built-in discount. Not applicable to already existing discounted items and/or case discounts
- 10% off regular priced orders at Midtown Kitchen & Bar



Calgary Firefighters Message

Christmas Trees

Many Calgarians put up Christmas trees to celebrate the holidays. To prevent a fire in your home, remember to:

- Get a freshly cut tree. When a tree is green and well watered, it is less likely to catch on fire.
- Get a tree that is moist and green. You can tell if a tree is moist because very few needles fall off when the butt of the tree is tapped on the ground, needles bend instead of break, and the tree stump is sticky with resin.
- Use a tree stand with a broad base for good balance and a large water reservoir to ensure that the tree is ALWAYS in water.
- Do not set your tree up near a heat source such as a radiator, television, fireplace or heating register.
- Ensure when selecting a tree location that it does not block exits, doors or windows.
- Never use lit candles on your tree.
- Always choose flame-resistant or flame-retardant and non-combustible decorations for your tree and elsewhere in your home.

• After the holidays, properly dispose of trees as soon as possible using the city of Calgary's Christmas tree recycling program.

Candles

Just like indoor and outdoor holiday lights, we use candles during the holidays to make our homes beautiful and celebrate the season. To help prevent a fire started by a candle;

- Keep candles away from curtains, paper, furniture or anything that can easily catch fire.
- Adults should always supervise when a candle is being lit. Children should never be left alone to light a candle or use matches.
- Keep candles in sturdy, stable holders and place them on stable surfaces away from drafts, children or pets.
- LED candles are safe alternative to burning candles

Kitchen fires

During the holidays, we often celebrate by inviting friends and family over to enjoy a meal. Cooking fires are the leading cause of house fires and fire injuries. Learning how to prevent cooking fires is important during the holidays and all year. Remember to NEVER leave cooking unattended.

Home escape plans and holiday visitors

If you have family, friends or guests staying with you over the holidays, be sure to share your home escape plan with them when they arrive.

DID YOU KNOW: Since 1967 your Calgary firefighters union has been hosting An annual Christmas party with gifts in the corral for over 1800 financially challenged families.

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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."

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

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

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.

HOME BUSINESS OPPORTUNITY: Clinicair 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. Clinicair 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, 403-269-2707.

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. 19-year resident of Hidden Valley N.W. <http://ca.linkedin.com/pub/nick-dabrensky/8/1b1/7b5/>. Call/text Nick 403-471-5553 or Nick@PlatinumElectric.net. "Bryan Baeumler Approved".

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HOW CALGARIAN



Calgary sits at 1,048 meters (3,438 feet) above sea level and the sun shines on average of 2,300 hours a year. It's Canada's sunniest major city, so the temperature reaches 20C or better 85 days of the year on average.

The Moody Blues

By Elisabeth Fayt

For some, the holidays are a time of happiness. For others, they can be a trigger for moodiness and despair. Whether you are happy or not this time of year, moods affect all of us at one time or another, so let's learn how to combat them!

I used to be moody. It wouldn't take much for someone to push my buttons. I was never nasty or outwardly argumentative, but I could easily sink into quietness while I seethingly pondered how someone could be so insensitive!

This is so common. It's called touchiness or oversensitivity, and is a form of self-pity that causes much unnecessary pain.

Most people are unaware when they've slipped into a mood. Let's describe it. Someone criticizes you and you

feel yourself getting defensive. That's a mood. Your least favorite person enters the room and you feel immediately irritated. You get the picture. Sometimes we shift through the day from mood to mood. It's so unhealthy.

The first step is to become aware. Our knee-jerk reaction is often to try and change the other person or rearrange things so that everything is the way we want it. Usually, this causes more trouble.

If something bothers you, it's a trigger. Immediately introspect: "Why does this bother me? What desire do I have that isn't being met?" If you're spiritually inclined, this is also the time to pray for help in overcoming the mood. You'll find amazing results if you're sincere.

Another nugget, try this affirmation: "Change no circumstance in my life, change me." Truly mean it. Put the behavior of the other person completely out of your mind and say to yourself: "How should I behave?" then put all your attention there.

Moods *can* be beaten. I have proven so in my own life.

Wishing you all a very happy holiday!

You're invited...

Join Dr. David Swann, MLA, Calgary Mountain View and CMHA Peer Options for a Christmas Open House.

Wednesday, December 21 3:00pm to 6:00pm
Calgary Mountain View Constituency Office
102, 723 14 Street NW

Nonperishable donations to the Calgary Food Bank will be gratefully accepted.

Light refreshments will be served.
Limited visitor parking available behind the building.

Merry Christmas



MP, CALGARY CONFEDERATION LEN WEBBER

2020 10 St NW, T2M3M2
403-220-0888
len.webber@parl.gc.ca

A Sensible Solution

For those who may not already know, I have been a long-time advocate of organ and tissue donation in Canada and was instrumental in creating the organ donor registry in Alberta a few years ago.

However, the reality is 4,600 Canadians are awaiting a transplant and we need to do more to find those critical matches to save more lives.

I have introduced a Private Member's Bill, Bill C-316, which proposes a very simple, very effective method to increase the size of the organ donor base in Canada. It will also help update existing databases.

I am proposing we add a line to the annual tax forms that asks Canadians if they would like to become an organ donor and if they want to have this information passed to their provincial government for addition to the existing organ donor registries. The provinces will still be maintaining their own lists and the federal government will just be supplying them with data for that purpose.

The Canada Revenue Agency already successfully shares data every day with all the provinces and territories via encrypted networks with strong and reliable privacy safeguards. In addition, the existing infrastructure would support this change with virtually no cost. CRA already shares dozens of data fields of information on every taxpayer with the provinces and territories and this would simply be one more data field.

The tax form is a way to update this information annually via a legally-binding document. It would allow for lists to remain current and relevant.

Currently, the only proactive approach used by governments is to ask for donors via the driver's licence registration process. The number of people getting drivers' licences is dropping every year.

The voluntary online method of registering is neither proactive or fully effective. Those who move from one province to another do not update their information,

especially young people who are prime donors. The tax form approach overcomes these common problems and expands the potential donors reached.

Sadly, when someone dies, the tax department is often one of the first government agencies to be notified. This too will help update provincial registries and keep them current. This makes for a more effective and responsive donation system.

I hope I can count on your support for Bill C-316.

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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

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COMMUNITY ANNOUNCEMENTS

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

BRAIN GAMES SUDOKU

	6					3	
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FIND SOLUTION ON PAGE 26

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COUNCILLOR, WARD 7

DRUH FARRELL

ward07@calgary.ca • www.druhfarrell.ca
Twitter: @DruhFarrell • Facebook: Druh Farrell

It is that time of year when we gather-round the kitchen table to spend time with friends and family. We will reflect on good fortune and happy times, as well as look forward to an even better 2017.

Sadly, not all of our neighbours will be as fortunate this holiday season. Whether due to the recession, loneliness, poor health, or other challenges, many Calgarians could use a kind word and a helping hand. While many live through difficult circumstances year-round, the holidays are an ideal time for us to share our generosity and kindness. Here are just a few of the ways we can help:

- Call 211 (online at www.ab.211.ca) when you see someone in need. Here you can access a wide-variety of social programs and services.
- Make a donation to a non-profit in your community. For information on charities and their finances, visit www.cra-arc.gc.ca/charitiesandgiving/.
- Volunteer! The possibilities are endless. From reading to children to visiting seniors' centres, call 211 to connect to volunteer opportunities, or create your own.
- Start a conversation about poverty. To learn more about poverty in Calgary, visit www.enoughforall.ca.
- Learn what it feels like to live in poverty by trying to *Make the Month*. www.makethemonth.ca is an interactive poverty simulation that shows how Canadians living in poverty face choices that will make or break their monthly budgets.

There are also easy ways we can help our neighbours on a regular basis in the winter months. A great example is becoming a Snow Angel. Watch for people in your neighbourhood who could use help shovelling snow and lend them a hand. To learn more about being a Snow Angel, or to recognize a neighbour's good deeds, visit www.calgary.ca/snowangels.

From the Ward 7 family to yours, we hope all Calgarians can enjoy a happy and compassionate holiday season.

To sign up for updates on key community and Ward 7 issues, please visit www.druhfarrell.ca. To contact my office, please email Ward07@Calgary.ca.

BRAIN GAMES SUDOKU

4	6	7	8	2	9	1	3	5
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8	5	2	7	3	4	9	6	1
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2330 Westmount Road NW

Enjoy the comfort of 2 car tandem front-drive attached garage that walks into a developed lower level with mudroom entry + recreation/media room. The elegant main floor enjoys a sunny south facing front porch, formal dining room w/ stylish wallpaper & wood wainscoting detail. Living room features a floor to ceiling stone wall with gas fireplace & built-in niche bookshelves. 3 bedrooms upstairs and 2 full bathrooms. Just a stroll away from the river pathways & Kensington.

\$534,900



507 20 Street NW

With lovely front gardens and a brick exterior, these West Hillhurst condos have immense curb appeal. Soaring ceilings in the front entry foyer fill this home with morning sun. The kitchen, with maple cabinets, enjoys a granite island peninsula, stainless steel appliance set with a gas stove + dual basin sink set under the garden window. This home shows impressive pride of ownership in this exceptionally well self-managed 9 unit condominium. Fast access to river paths, downtown, and more!

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