

JANUARY 2016

DELIVERED MONTHLY TO 7,700 HOUSEHOLDS

HILLHURST SUNNYSIDE VOICE

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



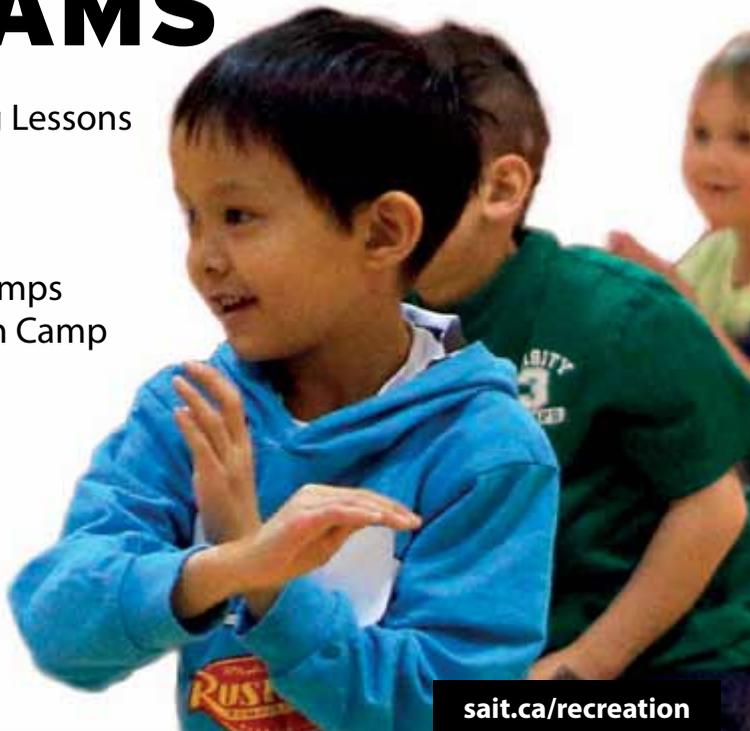


SAIT TROJANS RECREATION CHILDREN'S PROGRAMS

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- » Birthday Parties
- » Zumba Kids
- » Martial Arts
- » Children's PD Day Camps
- » Teacher's Convention Camp
- » Spring Break Camp

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Visit sait.ca/recreation or call 403.284.7248



sait.ca/recreation



RECREATION



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Yes, we take reservations for brunch

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Vero Bistro Moderne

brunch | lunch | dinner

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Calgary



On Jan. 5, 2016, The City of Calgary will mail 2016 property assessment notices.

Watch for your assessment notice in the mail – it contains important information including:

- Your assessed value
- Your access code to log into *Assessment Search*
- Dates to contact Assessment if you have questions.

Go to *Assessment Search* to:

- View information about your assessment and other details
- Search for comparable properties
- Search for sales of similar properties in your area
- View other detailed assessment information.

Assessment Search – getting started

First-time users will need to complete a two-step registration process:

1. Create a City of Calgary personal myID account. Visit calgary.ca/myID to register.
2. Link your property assessment to your myID account.

When you receive your 2016 assessment notice go to *Assessment Search* at calgary.ca/assessment:

- Login with your myID account and password.
- Enter the roll number and access code displayed on your notice.

2015-1053



Hillhurst-Sunnyside Community Association

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

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NEWSLETTER AD SALES

GREAT NEWS PUBLISHING 26 YEARS

Great News Publishing Ltd.
 403.720.0762 | 403.263.3044
sales@great-news.ca | www.great-news.ca

Photo by Buff Smith, Sunnyside resident & community gardener

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



GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING HILLHURST-SUNNYSIDE FOR 8 YEARS!

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PLEASE NOTE - COUPONS CANNOT BE COMBINED OR COMBINED WITH OTHER DISCOUNTS



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

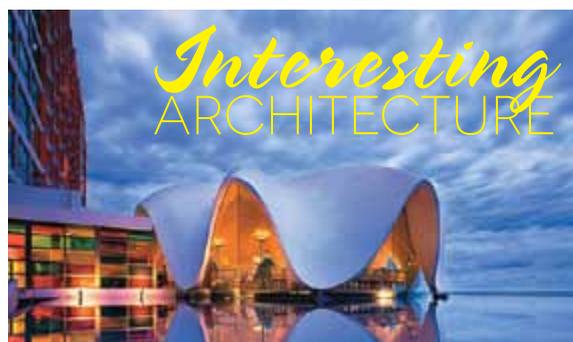
BOARD OF DIRECTORS

Jeremy van Loon	Board Chair
Ken Uyeda	Vice Chair
Michelle Duxbury	Secretary
Buki Akinlade	Treasurer
Kerri Treherne	Chair Community Vitalization Committee & Chair Emergency Planning & Response Committee
Robert McKercher	Chair Hillhurst Sunnyside Planning Committee (HSPC)
Andrew Kuzma	Member at Large
Susanne Dicocco	Member at Large
Louisa Lungu	Member at Large
VACANT	Member at Large
VACANT	Member at Large
VACANT	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
Jaimie Hagman-Athom	Out of School Care Director OOSC	403-270-9703, jaimie.h-a@hsca.ca
Shannon Martel	OOSC Program Manager	403-270-9705, shannon.m@hsca.ca
Richard Kavanagh	Facility Coordinator Ext. 230	richard.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. 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. 233	amanda.p@hsca.ca
David Wartman	Encore Fellowship	david.w@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.



In San Juan, Puerto Rico, architect José R. Marchand and interior designer Jorge Rosselló restored and updated historic **La Concha hotel**. Colorful bridges connect the shell-shaped restaurant, originally designed by Osvaldo Toro, to the hotel.

EVENTS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Flea Market 7:00 am - 3:00 pm	Drop in Badminton 9:30 am - 12:30 pm Children's Spanish 3-5 yrs w/experience, Mondays 10:15-11:15am Children's Spanish w/o experience, Mondays 4:00-5:00pm Seniors' Drop-in 1:00 pm - 3:30pm Foxy Kickboxing 6:00 pm - 7:00pm Capoeira Kids Monday 7:15-8:05pm Knitting Club 9am-noon Fresh Food Basket 4-6pm Cool Choir , 7:30-9:30pm	Children's Spanish w/ or w/o experience, Tuesdays 9:00-10:00am Gentle Flow Yoga Tuesdays, 10:00am Kids Karate 6:00-7:00pm Cardio Karate Bootcamp Tuesdays 7:00-8:00pm Beginner to Advanced Watercolour & Acrylic Art Classes 9-noon, 12:30-3:30pm HYDRA Taekwondo 7:00 pm - 8:00 pm Drop In ESL Club 7:15-8:45pm	Farmers' Market 1st & 3rd Wednesday, 3-7pm Foxy Kickboxing 6:00 pm - 7:00 pm Life Drawing 7:00 - 10:00 Beginner to Intermediate Watercolour Art Classes Wednesdays 9am-noon	Drop in Badminton 9:30 am - 12:30 pm HYDRA Taekwondo 7:00 pm - 8:00 pm Book Club 7:00pm-9:00pm Third Thursday of Every Month Little Dragons Karate 6:00-7:00pm Children's Art Classes (6-8 yrs) 3:30-4:30pm (9-11 yrs) 5-6:30pm (12-17 yrs) 7-8:30pm Chair Yoga 1:30-2:15pm	Sportball (2-3yrs) 10am-10:45am & Sportball (3-5yrs) 10:45-11:45am	

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

Program Phone Numbers

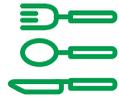
Flea Market	Bonnie Constable	Ext. 231 (drop in on Sundays, or leave a message - calls returned on Sundays only)
Drop in Badminton		403-283-0554 ext 232
HYDRA Taekwondo	Brad	403-809-8856
Foxy Kickboxing	Jessica	1-888-974-FOXY (3699)
Drop-in ESL club	Nicoleta Vulcu	403-283-0554 ext 232
Life Drawing Class	Susanne	susanne.gies@yahoo.ca
Book Club	Anisa	hsca_outreach@msn.com
Jugando Children Spanish Classes	Guilliana	403-835-2650
Kids Karate	Richard Fossey	403-203-8710
Art Classes	Nicoleta Vulcu	403-283-0554 ext 232
Capoeira		baianoprofessor@gmail.com

Upcoming Events

- Flea Market**
Sundays 7am-3pm
- Indoor Farmers' Market**
1st & 3rd Wednesday of the Month 3-7pm
- New Age Fair**
January 9, 10am-4pm
- Community Planning Committee Meeting**
January 12, 7-9pm
- Rocky Mountain Folk Club**
January 22, Doors at 7:30pm
- Infill Seminar**
January 23, 9:30am-noon
- Community Potluck**
January 29, 6-8pm



Join us for a Community Potluck



Friday, January 29
6:00-8:00pm
at Hillhurst Sunnyside
Community Association
1320 5 Ave NW

*Bring a dish to share (NO nuts please)
Kids activities provided.

LETTER FROM THE EXECUTIVE DIRECTOR

ImagineHSCA Revisited One Year Later

A little over a year ago, the Hearth room here at HSCA was filled with over 80 individuals who participated in discussions regarding the priorities of the HSCA moving forward. While there were specific areas where HSCA wanted feedback, there was also ample room to add individual concerns to the mix. The event was not organized in isolation. Starting with a board motion in late 2013, for HSCA to formally become a partner in ImagineCALGARY, there had been a series of meetings with board and staff leading up to the event, and since then several activities have continued to build off of the feedback received at the ImagineHSCA event.

In addition to hosting the community conversation in November 2014, HSCA also circulated an online and paper survey which received 75 additional responses. The data from these two activities was grouped, themed and summarized. Of the potential areas of priority that HSCA sought feedback on, strengthening Community Voice, Environmental Sustainability, and a Sense of Belonging, emerged as the most important themes from the consultation.

Since the 2015 AGM, the HSCA board of directors have redirected their attention to fine tuning their governance protocols. These protocols have since been adopted with more work to be done in refining policies and procedures. Programmatically, HSCA also re-focused its outreach and childcare programming efforts to better align with the needs of the community. The priorities identified through the ImagineHSCA work have served as guideposts in this phase of this initiative.

Through our outreach efforts to-date, we have come to realise that we need more information from community residents in order to further refine our programming and services. The board has established a Sustainable Centre Task Force, which has its sights set on a 25 year master plan for the community centre. As we venture into 2016, HSCA will be reaching out to the community for further feedback on how best to shape our programs, services and facility to make the community a great place to live, work and play. Please stay tuned on how you can provide further feedback to steer the HSCA in the right direction into the future.

Quentin Sinclair, Executive Director

COMMUNITY PLANNING & DEVELOPMENT UPDATE

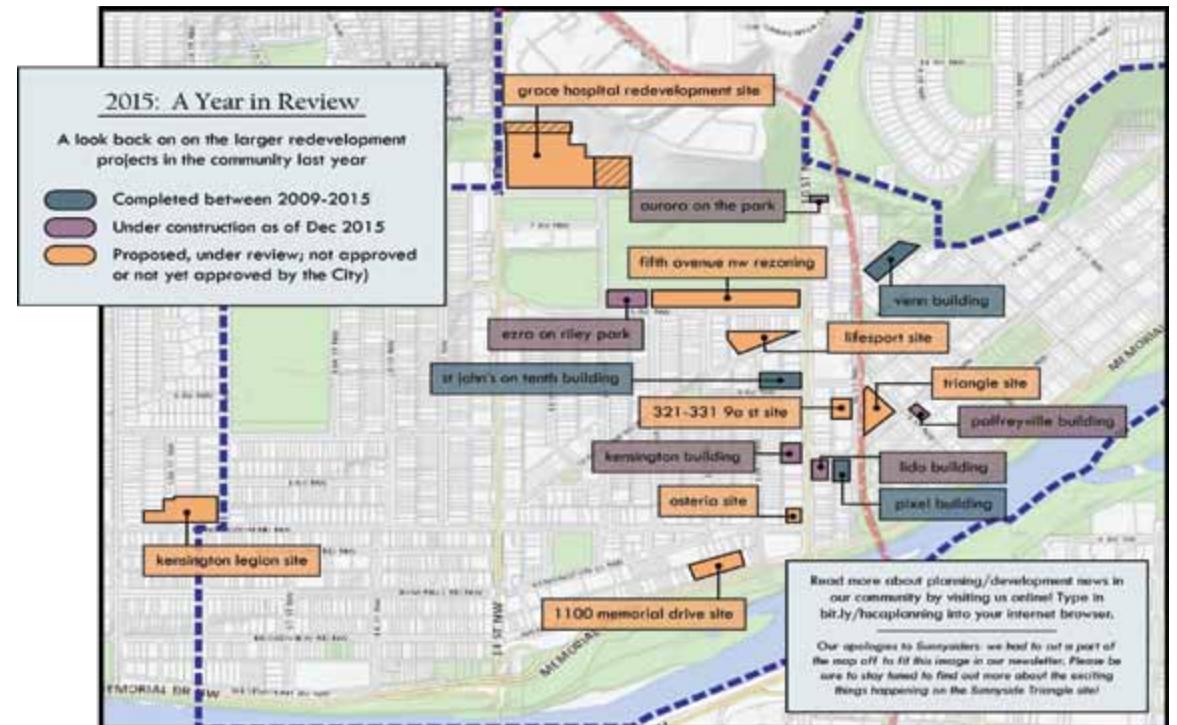
The Hillhurst Sunnyside Planning Committee (HSPC) meets on a regular basis to discuss development proposals in the neighbourhood. Our formal comments are based on local context and using policy found in the Hillhurst Sunnyside Area Redevelopment Plan, which guides future development in the community.

Our next meeting is scheduled for January 12 from 7-9pm at the Hearth Room at the HSCA (1320 5th Avenue NW). Meetings are a great way to find out more about the community planning process, volunteer, provide input and learn more about what's happening in the community.

Meeting agendas are posted online at www.hillhurstsunnyside.org/meetings-2 before the meeting.

If you are not able to attend our meetings, you can always follow us the following ways:

- 1. Sign up for updates on our online news forum.** Residents are welcome and read more and make posts about general announcements and on the individual projects. Type in bit.ly/hscaplanning in your internet browser to get to our website. You can self-subscribe to the developments and initiatives you are interested in by clicking on "circles" on the left hand side to see the current list.
- 2. Follow us on social media online.** Add us on www.facebook.com/hillhurstsunnyside and www.twitter.com/hillhurstsunny.
- 3. Regular newsletters.** Sign up for our bi-weekly email newsletter at www.hsca.ca and tick off the topics you are interested in, or pick up a copy of the Voice, our monthly print newsletter.
- 4. Join our monthly meetings.** We meet on the second Tuesday of the each month from 7-9pm at the HSCA. We hope to see you there!
- 5. Contact us.** Send an email to the HSPC c/o lisa.c@hsca.ca.



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403-802-3141

**Hillhurst Sunnyside
Fresh Food Basket**



We believe all community members should have access to good food.

Good food to us means fresh, healthy foods like fruits and vegetables. If you need support in accessing fresh fruits and vegetables, drop in on Mondays between 4-6PM to pick up a small bag of produce.

**Mondays 4-6pm at HSCA
(1320 5 Ave NW)**

*Starts Monday, January 11, 2016



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

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EVENT, MEETING & RECREATIONAL SPACES
WEDDINGS, BIRTHDAYS, CONCERTS, MARKETS, AND MORE!
HSCA
HILLHURST SUNNYSIDE COMMUNITY ASSOCIATION

**START 2016
OFF ON THE
RIGHT FOOT!**



- ARE YOU READY TO...** ⇒ improve your basic cooking skills and learn new recipes?
- ⇒ join in a 30-minute group walk each week?
- ⇒ share healthy meals with new friends and work as a team?
- ⇒ make a 12 week commitment to learn how you can become a healthier you?

JOIN ↓



WHEN Starts week of February 8, 2016 (lunch or dinner included!)

WHERE TBD

COST FREE!

JOIN Call Kate at 403-283-0554 ext. 228 or email kate.s@hsc.ca
(Spaces are Limited)

Priority will be given to community members who self-identify as living in a low-income household.

A fun, FREE 12-week program that combines good cooking and exercise. No spandex required!



HSCA—1320 5 AVE NW, Calgary
403-283-0554 ext. 228
kate.s@hsc.ca



Farmers' Market

UPDATE

Our winter market is open every first and third Wednesday of the winter months, from October 28 through to May 4. Lots of fresh food is available still this time of year despite the short days and low temperatures outside. Our farmers have lots of beautiful root vegetables, Greenberry has a wide selection of fresh, indoor-grown sprouts and microgreens, and fruit and vegetable preserves abound so you can carry on eating and supporting local food year-round. Come check out the fantastic line-up of vendors we have for you this indoor season – it's grown this year and includes many returning vendors and a handful of new ones as well. A vendor list is available on our website and includes product details and contact information if you'd like to dig deeper.

The Sweet Beet Stage will also continue to bring great local musicians to the market each week, so come for some entertainment, too! We'd also love to host some new musicians on the stage this season, so get in touch if you're musical and looking for an audience.

Inquiries of any kind regarding the Farmers' Market can be sent to Kate Stenson at kate.s@hsc.ca, or to 403-283-0554 ext. 228.

Daycare

The HSCA has taken over the ownership and operation of the Hillhurst Sunnyside Daycare as of January 2016. With this new addition to our programming, we are happy to offer the community childcare from 19 months-12 years of age. Under the new community ownership, the daycare will give enrolment priority first to residents of Hillhurst Sunnyside and siblings of children enrolled in our programs. We look forward to serve the community by providing this service and continuing to provide quality of excellence in our programming.

Jaimie Hagman-Ahtom



INDOOR MARKET



Hillhurst Sunnyside Community Association

HSCA has a new look!

You may have noticed a new logo popping up around the HSCA building as well as in our print newsletters and online.

Hillhurst Sunnyside Community Association constantly seeks "to preserve and enhance a healthy and vibrant quality of life for the residents of Hillhurst Sunnyside" through an array of programming and community initiatives. We feel we now have an image that also reflects that healthy vibrancy.

The hill from Hillhurst and the sun from Sunnyside are meant to symbolically represent their namesakes, but also the juxtaposition of those images alongside one another signifies the community connections of Hillhurst Sunnyside. As we grow, change and move forward as an organization we hope only to strengthen those connections.



Drinking Fountain on Riley Park Project

Exciting progress on Drinking Fountain on Riley Park Project

Would you like to sit on the jury that selects the design of the drinking fountain for Riley Park?

As reported in the last newsletter, we're making progress towards a drinking fountain for Riley Park. One task is to constitute a jury to select the "winning" design from the approximately two dozen submissions we'll receive.

How exciting are the designs so far? Five volunteers who have been guiding the project attended Alberta College of Art + Design (ACAD) to hear 19 students present their original, creative fountain designs. Our expectations were reasonable. After all, these were students, not professionals or experts. However, the spectacular quality and amazing creative variety blew us away. More designs are anticipated, for a total of almost two dozen.

Who do we need as a jury member? We seek a community resident who understands the needs and sensibility of our community and who uses our wonderful Riley Park.

What's involved in volunteering as a jury member?

We ask for a three day commitment between 31 March and 31 May, 2016. You will spend one day reviewing and making notes on all the design submissions in preparation for the jury's meeting in round one. Round one considers the rankings and selects the top three (minimum) to five (maximum) for professional technical feedback from, for example, an engineer and landscape architect at IBI Group. After that review from a technical stand point, IBI Group experts will return the designs with feedback and suggestions. During round two, the jury will meet to consider that expert technical feedback and use the suggestions to select which design will be built for Riley Park. All submissions will be ranked using a matrix that grades how well the design meets community, historical, environmental needs and other criteria.

To put your name forward as a potential jury member, please send an email to sally.truss@outlook.com with one paragraph (250 words) explaining the reasons you want to be on the jury and what personal qualities and credentials you would contribute to the decision-making process. The deadline to submit your name, or someone else's (with their permission please), is December 31st, 2015.

Background to the project

Our much-loved Riley Park has lots to offer visitors. It also lacks basic facilities like drinking water and toilets in its most heavily used areas near the playground, picnic tables, and new bandstand. Facilities were identified as an unfunded priority for both the Hillhurst-Sunnyside Community Association and the City of Calgary Parks Department. That means it's officially known the services are needed, and there's no public money allocated now or in future budget cycles.

Once this close-knit community saw a need and opportunity we mobilized around a vision of a unique, functional, public art fountain. A group of committed volunteer residents started an exciting multi-institution collaboration with collective beneficial impacts. We instituted a student challenge to design a drinking fountain that reflects the heritage values of one of Calgary's oldest districts, and aesthetic values of Riley Park's gorgeous flowerbeds, and athletic values of the cricket pitch, playground and pool. Participating students have taken 'ownership' of their park and their fountain.

We already see the benefits even before the fountain's design is selected. All the learning institutions are now engaging with each other and the community for the first time. The designs will be publicly displayed, giving student talent a showcase. IBI Group, formerly a local business until it recently relocated its office, has agreed to donate part of its services to provide engineering oversight. The Calgary Foundation provided the first money in and we're fundraising for the balance.

We invite everyone to participate as a volunteer organizer, fundraiser, donor, sponsor, or any other role. Call 403 862 1923 and leave your contact information.

Website: waterforriley.org.

Donations, tax receipts issued, can be made: www.myplace2give.com/RileyParkFountainFund.aspx



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 counselling, 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.

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?

The Alzheimer Society in Calgary has been around for 30+ years.

Many seniors and their family members are impacted by Dementia every year. The Alzheimer Community Newsletter indicates that "For every person diagnosed with dementia, 10 to 12 additional people are also directly affected." With a current number of more than 12,000 people in and around Calgary living with dementia, that is a lot of people and I post this number for those who may be reading this VOICE, to let you know that you are not alone. Support for the Alzheimer Society has built collaborative networks, programs and supports to help and has increased the amount of help available. If you have a parent or loved one of someone who has been diagnosed, you are not alone! Reach out to the Alzheimer Society for support. They are there to help provide support to get you past the shock, devastation, emotional impact and challenges you may face trying to support someone who has been diagnosed. Don't hide in the shadows, reach out. There are programs and supports ready and waiting to help, you don't have to do it all alone. Get an education from people who know what you are or will be going through. Check out their website at www.alzheimercalgary.ca or if you want to talk, give them a call at 403-290-0110 or toll free at 1-877-569-4357. For other information check out the Community Website, click on Seniors, Additional Seniors Support Programs and Alzheimer Society, there are links there to other websites around Alzheimers.

Not to state the obvious, but ice and snow are here.

Alberta Health Services are suggesting that to help avoid a fall, "Do the Penguin Walk!" They admit that it is not fast and probably not graceful, but it will help to avoid a fall on icy walks. The suggestion is as follows:

- Bend slightly and walk flat-footed
- Point your feet slightly out like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides to help with balance (not in your pockets)

SENIOR SYNERGY CONT'D



- Concentrate on keeping your balance
- Go S-L-O-W-L-Y

Check out the short video on the Alberta Health Services website or go to www.penguinwalk.ca (The above information on the penguin walk were obtained from the Alberta Health Services site. www.albertahealthservices.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.hillhurstsunnyside.org 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.

Syrian Refugee Resettlement Initiatives

Hillhurst Sunnyside Community Association staff and Board of Directors wish to assist resident lead initiatives for Syrian Refugee Resettlement. If you have a project or idea that you need assistance with (eg. space needs for clothing drives, office resources for flyer printing, etc.) please contact our executive director to discuss the details of your desired project.

Quentin Sinclair, Executive Director 403-283-0554 ext 221

Email: quentin.s@hsca.ca

Hillhurst-Sunnyside Community Association

2016 Good Food Box Dates

Order By Noon on:	Pick Up Date: THURSDAY
Dec 23 (Wednesday)	Jan.14
Jan. 22	Feb. 4
Feb. 26	Mar.10
Apr. 1	Apr 14
Apr 29	May 12
May 27	Jun 9
Aug19	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: \$ 30.00
- **Family Box:** Includes approximately 30 pounds of produce. Cost: \$ 25.00
- **Senior/Single Box:** Includes approximately 20 pounds of produce. Cost: \$ 20.00

PAYMENT BY **CASH ONLY, PLEASE & THANK YOU!**

SAVE YOURSELF A TRIP – PAY FOR THE NEXT GFB ON PICK UP DATES



FOOTWORKS REFLEXOLOGY SERVICE

MOBILE REFLEXOLOGY AND FOOT MASSAGE
(A natural & relaxing therapy without side effects)

"HAPPY  = BETTER HEALTH

Tony Tsang
(Certified Reflexologist, Acupressure Therapist)
(403) 617-6838

Winter Art Classes at HSCA

To register, please contact Nico at 403-283-0554 ext 232, nicoleta.v@hsc.ca or visit www.hsc.ca to register online.

I. 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 endeavours 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 Winter 2016

Watercolor & Acrylic

Beginner to Advanced

Instructor Sam Baillie

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

January 12, 19, 26

February 2, 9, 16, 23

March 1, 8, 15, 22, 29

Cost \$165 HSCA community member, \$180 Non- member

Art Class Winter 2016

Watercolor & Acrylic

Beginner to Advanced

Instructor Sam Baillie

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

January 12, 19, 26

February 2, 9, 16, 23

March 1, 8, 15, 22, 29

Cost \$165 HSCA community member, \$180 Non- member

II. Caroline Ashley course description

Introduction to Acrylic Painting (Instructor - Caroline Ashley)

This course is designed for beginners and those who have minimal painting experience. Students will learn the basics of handling acrylic paints and brushes and explore a variety of techniques and subject matter through demonstrations and individual attention. The class objective is to provide the “tools” necessary to paint with confidence and to develop within the student the ability to see the world the way artists’ see. Assignments will be given as well as encouragement to express their own individual creativity.

Art Class 2016 Winter

Acrylic- Beginner & Intermediate

Instructor Caroline Ashley

Friday 9 AM – 12 PM (12 weeks)

January 15, 22, 29

February 5, 12, 19, 26

March 4, 11, 18 (No class on March 25, Good Friday)

April 1, 8

Cost \$160.00 HSCA community member, \$175.00 non-members

III. Kathy Aldous – Schleindl course description

Art Classes for Kids and Teens: Be creative and have fun while learning art skills! These classes are taught by an experienced art teacher who is also an artist and designer. The classes cover drawing and painting skills as well as art history.

Art Class Winter 2016

Children’s Class (age 9-11)

Instructor Kathy Aldous-Schleindl

Thursdays 5:00 PM -6:30 PM (six weeks)

January 7, 14, 21, 28

February (No class on February 4) 11, 18

Cost \$80.00 HSCA community member, \$95.00 non-member

Art Class Winter 2016

Children’s Class (age 12-17)

Instructor Kathy Aldous-Schleindl

Thursdays 7:00 PM -8:30 PM (six weeks)

January 7, 14, 21, 28

February (No class on February 4) 11, 18

Cost \$80.00 HSCA community member, \$95.00 non- member

Winter Art Classes at HSCA...cont'd

IV. Joy Kaitman- course description

Watercolour: Beginner and Intermediate

In these instructional sessions you will learn the basics of painting in Watercolour by exploring paint application techniques, colour mixing, drawing, composition and design. It's a great way to begin if you have never painted before and a valuable supplement for those wanting to get a better understanding of the basics. By using fun and informative demonstrations, experiments and open studio sessions this class will enhance your knowledge base for painting in this vibrant and exciting medium.

Art Class Winter 2016

Watercolor- Beginners & Intermediate

Instructor Joy Kaitman

Wednesday 9 AM – 12 PM (12 weeks)

January 20, 27

February 3, 10, 17, 24

March 2, 9, 16, 23, 30

April 6

Cost \$160.00 HSCA community member, \$175.00 non- members

The prices do 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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Triangle Site

The City of Calgary would like to develop the Sunnyside Triangle Site with a mixed-use development, including affordable and mixed-market housing. From fall 2015 to spring 2016, the community can tell The City what they would like to see happen on the Triangle.

In Phase 1, which took place in fall 2015, the community shared their feedback about the Triangle Site by attending walking tours of the site, providing ideas on the sounding board and visiting the Sunnyside Triangle website page. All of the feedback was compiled and now we are returning to complete Phase 2! Now we will present potential development scenarios and to ask for your input on what you like about the scenarios and what you think could be improved.

Get involved in the process and learn more about the Sunnyside Triangle Site at calgary.ca/sunnyside-triangle or contact Susan.Sanderson@calgary.ca.

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for 4-18 year olds

Registration for
2016 Season On-Line

www.foothillslittleleague.org

OR

Email: info@foothillslittleleague.org

for more information



Jugando Registration Is Open

Our next session begins on January 11 to March 15 and includes the following classes:

- For children aged 3-5 with Spanish language experience: Mondays, 10:15-11:15am, duration 10 weeks
- For children aged 4-6 without Spanish language experience: Mondays, 4:00-5:00pm, duration 10 weeks
- For children aged 3-5 with OR without Spanish language experience: Tuesday, 9:00-10:00am, duration 10 weeks

We follow the Calgary Board of Education calendar for Statutory Holidays as well as Winter and Spring Breaks. All classes will be held at Hillhurst Sunnyside Community Center. Availability of classes is dependent upon registration numbers. Please go to www.jugando.ca to download the registration form and the payment information.

CHAIR YOGA
YOGA FOR EVERYONE, NO
MATTER WHAT YOUR ABILITY

THURSDAYS
1:30 TO 2:15 PM

HILLHURST SUNNYSIDE COMMUNITY ASSOCIATION
1320 5TH AVE. NW

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. Not only does it feel great, it also reduces tension. No need to bring a yoga mat.

FOR MORE INFORMATION GO TO: HILLHURST.COM

KENSINGTON WINE MARKET

2016 WINTER TASTING SCHEDULE

Tastings start at 7:00pm unless otherwise indicated

Tight Wad Oenophile	Thr Jan 14	Christmas is over and the bills are arriving. Join this "penny pinching" tasting for wine lovers. We'll taste 6 guaranteed delicious, wallet friendly, wines. Discover what the "experts" won't admit to taking home.	\$30
MS Calgary Whisky Festival	Thr Jan 14	Heading into its 5th year the 2016 MS Calgary Whisky Festival is slated to be the biggest and best yet with a variety of ticket packages and over 200 whiskies. Tickets range from \$99 - \$150 and are available through: www.calgarywhiskyfestival.com . Art Commons, 205 8 Ave SE.	
Classic Single Malts	Fri Jan 15	This is our "classic" introduction to the world of single malt Scotch whisky. You'll discover a little history, how it's made and sample six distinct styles.	\$35
Gin Glorious Gin	Tue Jan 19	Is gin your secret weakness? Don't worry you aren't alone! Gin is going through a "Ginnaissance" on an international scale. Join us for a taste test of the best.	\$40
Silky, Sultry Stouts	Thr Jan 21	Warm your belly and your heart with the ales best suited for winter weather. We'll explore the many variances of this hearty style: dry, sweet, light, thick, and even Russian!	\$30
Great Grains	Fri Jan 22	We'll sample a wide range of grain whiskies, some of them very old to see what all the fuss is about in this fast growing category.	\$60
Scots Wha Hae, Robbie Burns Supper	Mon Jan 25	Caledonians Unite! Our annual celebration of Burns, friendship, and whisky is returning to Fort Calgary complete with bagpipes, poetry and Highland dance. Our special guest this year is Louisa Young of the Isle of Arran Distillery and she'll be helping us mark the launch of two new KWM casks. Fort Calgary, 750 9th Avenue SE.	\$100
Port in Any Storm	Tue Jan 26	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
Italy's "Super" Reds	Thr Jan 28	Start training your taste buds and join us on a country wide hunt for the best of the reds. Barolo, Amarone, Brunello, and Super Tuscans to name just a few. Cheese and charcuterie from Peasant Cheese.	\$60
Glendronach Batch 12 Dinner	Thr Jan 28 7PM	Glendronach has quickly become KWM's top selling whisky. Celebrate the release of the Batch 12 vintages with a whisky dinner at Buchanan's Chop House (738 3 Ave SW) featuring 3x1995s, 3x1994s, 1990 and 1972.	\$185
Cheese Please	Fri Jan 29	Join us for "An Evening in Paris" where we'll celebrate this great city and the bounty from the surrounding countryside. Stand up format.	\$40
Sherry & Whisky	Tue Feb 2	This tasting will explore the curious connection between one of Spain's cultural treasures and the highly sought after whiskies matured in their used barrels! Fino, Oloroso and PX will all be explored with equivalent whiskies.	\$50
Beers of the New West Partnership	Thr Feb 4	With the latest budget changes, and how they are affecting non local beers, it's about time to focus on some of the amazing beers from Alberta, and our two neighbors!	\$30
American Whiskey	Tue Feb 9	There is more to American whiskey than just Bourbon. Join us as we take you on a journey featuring Tennessee straight wheat, malt, rye and other styles.	\$40
More Than Malbec	Thr Feb 11	Think Argentina is just about Malbec? Think again! This tasting will explore the "other" delicious and often over looked grape varieties.	\$40
American Wine Festival	Thr Feb 12	It's a Route 66 wine extravaganza of the best of the US. Coast to coast, we'll pop the cork on every major region with a few surprises. Sign up now as tickets are limited.	\$45
Classic Cocktails: Gin	Tue Feb 16	Join us for a deconstruction of gin based cocktails. We'll teach you the basics of the spirit and how to make some flashy gin based drinks to impress your friends.	\$35
Closed Distilleries of Scotland	Thr Feb 18	The whiskies are getting older, rarer and more expensive with every passing year. We're not saying this is the last hurrah... just that as time runs out supplies dwindle and prices goes up.	\$175
En Francais! Edition Bordeaux	Tue Feb 23	Join our resident francophone, Christine Parent, for a standup tasting of the best of Bordeaux. Joignez-vous à notre francophone en résidence, Christine Parent, pour une dégustation de vin conviviale, en français! Région à l'honneur: Bordeaux. This tasting will be conducted in French.	\$40
Rare Malts	Thr Feb 25	Only the rarest whiskies, those 20+ years of age, those from closed distilleries and/or the exceptionally rare qualify for this tasting.	\$80
Cheese Please	Fri Feb 26	It's a Spanish wine and "Peasant Cheese" pairing challenge. We're looking for the perfect marriage. Will it be Manchego and Rioja? Albarino and Garrotxa? You decide! Stand up format.	\$40

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in the inner city



Building a new home in the inner city can have amazing lifestyle and financial returns, but also risks. Find out what you need to know before you build. A panel of experts will cover financing, design, market trends, costs and give you tips to help you make the right decisions and avoid costly pitfalls.

DATE: Saturday, January 23, 2016
TIME: 9:30 am to 11:00 am, doors open 9:00 am
11:00 am to noon, one on one project consulting
Bring your Real Property Report
COST: FREE to the first 60 property owners registered
\$20 for realtors and building industry members
PLACE: Hearth Room - Hillhurst Sunnyside Community Association
1320 - 5 Ave NW T2N 0S2

Financing Your New Build - Dwayne Murray, Royal Bank of Canada
Design and Permit Process - Kathy Yuen, Phase One Design
Construction Costs, Contracts and Steps - Rob Ohlson, Maillot Homes
Real Estate Infill Market and Trends - Halyna Tataryn, Sotheby's International Realty Canada

Register at www.CalgaryInfills.ca or call 403.240.2020
Seating is Limited - Registration Required

www.CalgaryInfills.ca

Childminding Support

Do you love spending time playing with children and toddlers? We've got just the role for you! In January 2016 we will be seeking childminding volunteers to care for children while we run programming with adult participants.

Dates and Times:
Friday, January 29, 2016 6:00-8:00pm
Ongoing dates and times TBD

Childminding volunteers will be asked to:

- engage in one on one play and/or group activities with children and toddlers
- attend to children's basic needs
- be a model for positive behaviour

If you are interested or for more information about dates and times contact Amanda Palmer at 403-283-0554, amanda.p@hsca.ca.

Rocky Mountain Folk Club

On Friday January 22, The Rocky Mountain Folk Club celebrates Robbie Burns Night (just a few nights early) with music from house band Ceard, from piper Robert Henderson, and from Graham Tait and friends. Burns' "Address to the Haggis" will be delivered by Graham Tait, and a sampling of haggis is included in the ticket price.

Doors open at 7:30pm at the Hillhurst-Sunnyside Community Association, 1320 5th Ave NW, and the music starts at 8pm. Tickets are available at the door for \$20. Website is www.rockyfolkclub.tripod.com. Call 403-283-4525 for more information or to request tickets to be held.

Cool Choir

Cool Choir will run at HSCA on Monday evenings from 18th January 2016 7:30pm to 9:30pm.

We invite anybody and everybody in the local area to attend a FREE taster session any week of our trimester beginning January 18. If you enjoy yourselves, you are welcome to join from the following week and return as regular members.

Jamie Serafi (Creative Director, Cool Choir)

www.coolchoir.com
Telephone: 587-225-0321
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Hillhurst School

Fa la la la la! And so sang our tremendously talented and enthusiastic Hillhurst School Choir during the month of December. Our choir, comprised of students from Grade 4 – 6, meets at lunch hour to sing and rehearse. They had the star-studded opportunity on December 8 to visit CORE Calgary and sing to the downtown lunch crowd, in front of their holiday tree. They sang a selection of choral and seasonal songs, and we know their spirit was appreciated!

Students in Grades 5 and 6 are currently learning about space. They have been undertaking projects on the planets and the constellations. They had the unique experience of entering into the vast mystery of space within a “sky dome”, a large air-filled dome that projects the stars overhead. Despite making some of our students ‘space-sick’, this was a very popular activity. Students also went on a very exciting night field trip to the Rothney Astrophysical Observatory near Priddis, to have hands-on learning with the telescope and to do some outside star-gazing.

Our Giving Day Book Sale and Literacy Event took also took place in December. This included a second-hand book sale, a school-wide reading challenge, and a series of literacy-based workshops. Workshops included song-writing, ASL storytelling, reading and writing Braille, reader’s theatre, oral traditions and collaborative story writing. All proceeds from our event went to a local school in need, to fund their own literacy programs. Many, many thanks to our workshop leaders who donated their time and talent to this event, and to all the parent volunteers who came together to make this day a truly outstanding success.

A reminder that we run a monthly bottle drive to raise money for school initiatives. We will be collecting drink container recyclables (unsorted) in front of our school between 8:15 and 9:00 am on January 21, February 18 and March 17, 2016 (more dates to follow). Thank you in advance for your donations to this important fundraiser!

Upstream Forest School

“What are you doing with these kids on the hill?” I get asked this question a lot! We are Upstream Forest School, an outdoor school for children ages 3 and up, and we play and learn on the McHugh Bluff. Forest School has Danish roots and is part of the mainstream education in much of Europe. Forest School is new to Canada, but has found a lot of interest from parents, teachers and children alike!

The youngest class, the Chickadees (3-4 years), has been investigating how plants and animals prepare for and adapt to winter. They each had a stuffie they were required to feed (hunting for food in the forest) and shelter for the winter (making caves, nests or dens). By acting out the process, they were able to empathize with the animals; when I asked what they would eat before their long sleep, some said carrots, some said chicken fingers, but all agreed on chocolate!

The 4-5 year olds, the Squirrels, have been making the woods into a playground! Using their new knots (figure eight, bowline and overhand) and with help frapping and lashing, they made two different styles of swings, a tire swing made out of sticks and a slide. To try your hand at these knots, check out animatedknots.com!

The oldest group (5-7 years) is called the Owls and they have been exploring the science of the slack line! After trying it out, they observed that it was wigglier at the centre then at each end attached to the trees. Why, we asked? Any guesses? It has to do with compression, tension, and pi! Some fun demonstrations helped us all understand (myself included!) the angle of the slack line’s slack!

Stay tuned next month to find out what they kids have been teaching me! Feel free to stop by if you see on the Bluff for an up-to-date account of our adventures!

Lea Komaromi, Teacher and Forest School Practitioner



Montessori School of Calgary

The Montessori School of Calgary hopes you all enjoyed an AWESOME! holiday season. As much fun as friends, family and cookies can be ... it is time to get back to the fun of learning.

We are so proud of our current Montessori School of Calgary students, and of our alumni. Our independent learning environment allows the freedom to follow your dreams, delve deeply into learning about what interests you and play to your strengths. Here are two examples.

Theatre Calgary’s world class production of A Christmas Carol that ran in November and December featured our own Annabel Beames as Tiny Tim.

Annabel, a third year Elementary student, was AWESOME! Taking on that role in such a major production would be daunting to many; not to Annabel. As the youngest cast member, she had a steep learning curve. Usually our elementary students have two, three hour work periods per day. She had much more than that. Her learning took place in the theatre. The skills she learned and developed in all areas of the Alberta curriculum while being free to follow her passion and talent will be with Annabel for life!



Brothers Rameez Virji and Ali-Faizan Virgi attended Montessori School of Calgary. Both were honored as Youth in Motion’s Top 20 Under 20 in Canada. Rameez invented a pill that could be used instead of an injection for immunization and insulin purposes. His grandfather was afraid of needles and he wished he could help. So he did. Ali invented a belt that is worn by the visually impaired. It detects objects in the person’s path. The idea began after he watched a blind person struggling on a city sidewalk and crossing the street. Ali spoke at WE Day this year in Calgary. Supporting the development of empathy and encouraging you to put your curiosity into your learning are philosophical pillars of Montessori education.

Lindy Arndt, Head of School, Montessori School of Calgary

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JANUARY MOON CALENDAR



Last Quarter
January 1



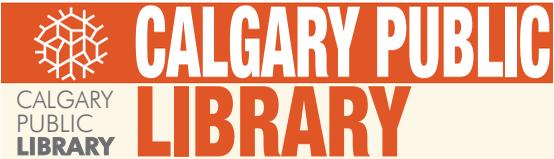
New Moon
January 9



First Quarter
January 16



Full Moon
January 23



Book Truck

Calgary Public Library is adding two brand new mobile libraries to its list of 18 community libraries. The Book Trucks will make stops in communities throughout Calgary, starting January 2016. Each Book Truck will feature 1,800 books and movies for children, teens, and adults. All you need is a FREE Calgary Public Library card (you can even sign up for one on The Book Truck)! To view The Book Truck schedule, visit www.calgarylibrary.ca/booktruck.

Laptops on loan!

Did you know that the Library loans laptops? All community libraries are equipped with computers for public use, and soon all locations will also offer Chromebook Laptops for internet browsing from any seat in the building. Check with your community library for details.

Book Club in a Bag!

Everything you ever needed to host a fascinating book club

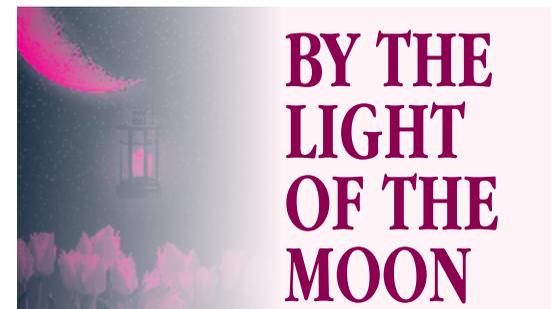
can be found in the Library's Book Club in a Bag. The Calgary Public Library has just added over 55 new titles to our Book Club in a Bag collection, with a great book club read available for every reading interest! Each book club set has 10 copies, as well as discussion guides, book reviews, and more. Ask for details at your community library.

50@150

In anticipation of Canada's 150th birthday in 2017, Calgary Public Library is hosting 50@150—an exhibit by artists Alex Park and Paul Scott Birnie that celebrates prominent and diverse Canadians. From January 11-23, 2016, be sure to visit Central, Fish Creek, Crowfoot, and Saddletowne libraries.

Chess in the Library

Join members of the Calgary Chess Club and Calgary Junior Chess Club for the opportunity to play chess supported by coaching. Children under 12 must be accompanied by a parent or caregiver. Chess clubs happen Saturdays at Shawnessy Library and Sundays at Country Hills, Crowfoot, and Central libraries. Check dates and times at www.events.calgarypubliclibrary.com or call 403-260-2620. You can also drop by for a pickup game of chess using giant pieces on a giant board at Bowness, Central, Country Hills, Fish Creek, and Forest Lawn libraries.



Gardening by the phases of the moon

January 1 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

January 9 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

January 16 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

January 23 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.



Pet Safety—Keep Your Pets Indoors This Winter

Humans are not the only ones who need to keep warm during the winter months. Your pets do too. Although they might be covered in fur, your pet can still fall ill during the colder months or even get frostbite when temperatures drop below freezing. But have no fear, here are a few tips on how to keep your pet warm this winter.

Keep your pet indoors. This is the number one way to keep your pets safe and warm in the winter. For dogs, take shorter walks when the weather is severely cold. A good rule of thumb is to go out with them and when you're ready to come in, chances are your dog is too. If your dog must stay outside, make sure she has proper shelter and a source of fresh water at all times, and make sure her water cannot freeze.

It's important to remember that cold cars can pose a significant risk to your pet's health. Leaving your cat or dog in the car is just as dangerous in winter as in the summer. Limit car travel to only that which is necessary, and don't leave your pet unattended in the vehicle.

If you lose your pet during the winter months, do not delay. Call 3-1-1 to see if Animal Services has picked up your pet. If not, file a lost pet report with Animal Services.

For more information about pet safety please call 3-1-1 or you can visit us on our Facebook page or on Twitter @yycbylaws.

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EMS: Sledding Safety

Alberta Health Services, EMS, would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

hounsfeld heights-briar hill community kindergarten

REGISTRATION & OPEN HOUSE NIGHT

January 11, 2016
 from 5:00 to 7:00 pm

Children must be 5 on or before March 1, 2017

Room 11, Briar Hill School
 1233 - 21 Street NW
 403-220-9775

For Registration forms and information, visit www.hbhkindergarten.ca

BRAIN GAMES SUDOKU

1				7	8	9	
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9			4				
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	1	4	3				5

FIND SOLUTION ON PAGE 30

your COMMUNITY business of the month

Midtown Kitchen & Bar
 Hillhurst-Sunnyside Community

Located in the heart of Kensington, Midtown Kitchen & Bar is a family friendly restaurant/bar with a comforting quaint feel to it that always makes you feel welcome.

The kitchen menu has a focus on fresh, locally sourced ingredients. This touches everything from the bread baked around the corner to the produce coming from nearby farms at the farmers market. This means you'll be receiving the best quality possible from a menu that is constantly changing with the seasons. And if you're looking for a spot to stop by for breakfast on the weekend Midtown is serving up a special morning menu from 10:00 to 1:00.

This local focus doesn't just apply to the food served at Midtown. The beer list comprised solely of craft beer offers many choices from breweries located right here in Wild Rose Country. Out of the eight standard draft taps six of them are from Alberta breweries. There have been some changes made by the government regarding the governance of liquor and brewing in Alberta which has led to a recent explosion of new Alberta craft breweries so Midtown provides an excellent opportunity to try new and innovative beers from all over the province. Not only is this good for guests of Midtown but also provides these new breweries with a great opportunity to be introduced to the public.

The other four taps are rotating handles showcasing beers from all over including those brewed right here to beer brewed in the east coast, south of the boarder or even other continents. Rotating beer taps are a great way to keep things fresh and interesting. Sometimes you just want to try something new that you've never had before. And people who are really into different styles of beer will be happy to hear that Midtown has a dedicated nitro line and sour beer line.

On top of being a trained chef co-owner Ric Cutillo is also a Level Two Sommelier. The wine menu is full of new world options coming from select small batch vineyards. Wednesdays are the perfect way to try a new vintage with bottles of wine on sale for half price.

The spirit connoisseur will be happy to know that Midtown's back bar boasts a total of 120 unique spirits. This includes a large whiskey selection consisting of rye, scotch and bourbon. These can all be enjoyed straight up or mixed into a carefully crafted cocktail.

Stop by your local hangout where there's something for everyone to enjoy.



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**FEBRUARY 16 TO 21
THE WIZARD OF OZ**

Join Dorothy, Scarecrow, Tin Man and Lion on a journey down the yellow brick road. This new production of The Wizard of Oz adapts the classic book for the stage and contains the well-loved songs from the Oscar-winning film. www.calgary.broadway.com



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- **February 1 to 29 - YYC Hot Chocolate Fest:** Participating restaurants and cafes across Calgary each create a signature hot chocolate and try to win Calgarians' hearts — the hot chocolate with the most votes takes home the title of Calgary's Best Hot Chocolate. www.yychotchocolate.com
- **February 3 – Calgary Flames vs Carolina Hurricanes** at the Saddledome 7:30 pm. www.calgaryflames.com
- **February 5 to 20 - Lord of the Flies:** Remarkably true to the novel in spirit... the theatre lends itself particularly well to the ritualistic aspects of the story - chanting, dancing, marching, forming a circle round the victim, stamping out a fire. You end up feeling you have seen a fable of infinite implications enacted in a little room. www.storybooktheatre.org
- **February 12 – Calgary Hitmen & Red Deer Rebels** face off at 7:00 pm at the Saddledome. www.hitmenhockey.com
- **February 12 to 14 - Block Heater: A Winter Music Extravaganza:** There's a new music festival in Calgary over the Family Day long weekend. More than 20 artists perform at three Inglewood venues over three days. www.calgaryfolkfest.com
- **February 12 to April 17 - Suite Surrender:** Mistaken identities, overblown egos, double-entendres, and a lap dog named Mr. Boodles round out this hilarious riot of a love note to classic farce. www.stagewestcalgary.com
- **February 21 to 22 - Spinosaurus: Lost Giant of the Cretaceous:** Meet Spinosaurus, the largest predatory dinosaur yet discovered and hear the incredible story of how this prehistoric giant was almost lost to science, before being brought back to light with the help of a remarkable young paleontologist. www.artsccommons.ca
- **February 26 - Calgary Hitmen vs Royals** at the Saddledome 7:00 pm. www.hitmenhockey.com
- **February 27 – Calgary Flames & Ottawa Senators** face off at 8:00 pm at the Saddledome. www.calgaryflames.com
- **February 28 - Night With the Stars:** This year, Theatre Calgary's annual fundraiser has an otherworldly theme. This gala takes participants to a different galaxy. www.theatrecalgary.com



**Bohemian Waxwing:
Visitor from the North**

By: Katie Fisher
Photo: Niket Sura

As the snow sets in and sunlight runs at a minimum, we prepare ourselves for what might feel like the longest months of the year. Many of the pretty songbirds have flown south for warmer climates, however, our friend, the Bohemian Waxwing, will at times, fly south to us from the north to escape some of the harshest conditions.

The Bohemian Waxwing is a medium-sized songbird who is brownish gray in colour, equipped with a black mask, a yellow tip to tail and a crest on top of his head. He earns his name from the nomadic movements of the winter flocks; much like the inhabitants of Bohemia who live unconventional lifestyles or like the lives of gypsies. He does not hold breeding territories like other songbirds, simply for the reason the fruits he enjoys to snack on are abundant, but only available for short periods of time. Unlike songbirds, the Bohemian Waxwing has no true song as he doesn't require it to defend a territory.

He spends much of his time in the forest, foraging for fruit and insects. The Bohemian Waxwing is elegant in flight, catching insects in mid-air or hovering to snatch fruit. He must be careful when choosing his fruit, as the Bohemian is susceptible to alcohol intoxication, and

even death, from eating fermented fruit. He chooses to build his nest with his monogamous partner, on branches, closest to the trunk of the tree; constructed with twigs, grasses and camouflaged with mosses and lichens. From time to time, he will visit city parks and gardens in hopes of finding fruit.

Both parents are responsible for feeding their young, who will leave the nest anywhere from 14 to 18 days old. Like most songbirds, they feed insects to their young at first, but switch to feeding them berries within a few days. Most Bohemian family units stay together through the fall until they prepare for migration. Flocks are the most common form of migration and will, at times, be mixed in with Cedar Waxwing flocks, creating quite a sight to be seen.

If you come across an injured Bohemian Waxwing, or any other wild animal in distress please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488 for tips, instructions and advice.

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CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

Focusing on the future

The 2015 calendar year has come to an end, but the Calgary Board of Education school year is in full swing and it's a great time to reflect on the year so far.

More students

This fall the CBE welcomed a record number of students in our schools, bringing our total enrolment to 116,987 students. We are proud to be the dynamic learning community of choice for students from kindergarten to adult education.

Great results

We are also proud of the academic results our students are achieving. In the 2014-15 Grade 6 and 9 provincial achievement tests and diploma exams, CBE students continued to outperform the province in most subjects, particularly at the excellence standard.

Building for student success

The CBE continues work on an unprecedented 31 capital projects including: 21 new schools, three replacement schools, six major school modernizations and one modular extension. We are currently on schedule to open 15 new schools during the 2016-17 school year. For information on these projects, visit cbe.ab.ca/schools

Working together

The CBE is committed to involving people in decisions that affect them. To do this more effectively, we are developing a new system-wide approach to public engagement.

This approach will help people understand how their contributions influence decisions within the CBE, clarify roles and responsibilities and allow us to have a consistent approach across our system.

If you are interested in participating in this process, please sign up online at cbe.ab.ca, under Get Involved.

The Board of Trustees would like to wish you and your family a happy holiday season and wish you all the best in the new year. We always welcome your comments, feedback and questions. You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca.

Follow the Calgary Board of Education on Twitter @yycbedu



COUNCILLOR, WARD 7 DRUH FARRELL

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

As Calgary continues to grow, its transportation system needs to grow along with it. Work on two major transportation projects continues through the consultation process.

The Green Line: More than just a train

With key decisions on the Green Line expected in Fall 2016, crucial public engagement sessions are being planned. I am doing a lot of homework as well. In August, I joined City staff and two Council colleagues on a brief tour of Vancouver, Seattle, and Portland, to meet their rail experts and learn from their experiences. From each city, we learned about key elements of successful projects and how to avoid pitfalls.

I boiled down all the information from our trip into eight essential lessons and presented them at the Central Library Dutton Theatre in November and again in December. Here are the top three lessons:

Consult, consult, and consult: All three cities stressed the need for, and benefits of, meaningful consultation with the neighbouring businesses and communities. Their ideas will be critical in order to maximize benefits and avoid costly mistakes. The Green Line will be the largest infrastructure project in Calgary's history by three times! While we are excited to get started on the Green Line, it is important that we make thoughtful decisions.

Leverage opportunities: The Green Line is more than just a rail project. It will forever change how Calgarians

move about their city and the very nature of the communities along side. From affordable housing, to high environmental standards, how can the advantages of this massive project extend beyond simple transportation?

Take care of business: Construction of the Green Line will take many years and cause major disruption. Taking an example in Portland, Council enthusiastically supported my request for a Business Support Program.

You can watch the video of my presentation online at www.druhfarrell.ca.

Crowchild Consultation Continues

Moving to the west end of Ward 7, public consultation on Crowchild Trail continues. The project team recently completed Phase Two of a six-phased process: Confirm Project Goals. The established goals are: i) Maintain and enhance bordering communities, ii) Improve travel along the corridor, and iii) Improve mobility across the corridor. The project is now into Phase Three: Concept Identification. Consultation on Phase Three will continue into Spring 2016.

For more information on future public engagement on both the Green Line and Crowchild Trail, please contact our office via: www.druhfarrell.ca.



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CANDLE MAKING WORKSHOP: Join us for a fun evening of rolled beeswax candle making at Hillhurst Sunnyside Community Association. This is a great opportunity to make some gifts! Cost includes instructions and supplies. Minimum six participants. Maximum 14 participants. Call 403-862-9232, email info@yycwax.com or visit www.candle-workshop-feb2016.eventbrite.ca for details.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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CALGARY CATHOLIC SCHOOL DISTRICT BOARD OF TRUSTEES

Website: www.ccsd.ab.ca/board-of-trustees/, Email: trustees@ccsd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

We hope that everyone had a joyous Christmas and a Happy New Year! Our Board of Trustees is very excited about the initiatives happening in 2016 that will help us continue to ensure success for all students.

Did you know?

- Since 2010, our district has grown by 17.5 per cent with a 2.6 per cent increase this year. Putting schools where our students live is a key priority for the Board of Trustees and we continue to advocate, consult and collaborate with David Eggen, Minister of Education, to meet the growing need for schools for Alberta students.
- We are very excited about the four schools planned to open in 2016 in the communities of Auburn Bay, Cranston, Evanston and New Brighton. Calgary Catholic currently has 10 new schools in various stages of development, as well as three school modernization projects underway.
- Calgary Catholic is also building 117 new portable classrooms. The portable classrooms are being produced at one of our district facilities with significant costs savings against other procurement methods. We are able to utilize portable classrooms to maximize our ability to meet the changing demand requirements throughout the district.
- Our district has a "Help Plan Our Future" process that encourages public participation to support informed, collaborative decision-making for all district program and accommodation planning. Visit our website to find meeting dates in your area.
- All of our district schools have an established Catholic Community of Caring, based on the values of faith, caring, respect, responsibility, trust and family. The Catholic Community of Caring builds positive school communities through activities such as student leadership conventions, social justice projects and professional development opportunities. We have found that the Catholic Community of Caring creates a climate where the whole school community embraces these values. As a result, schools have experienced a reduction in incidents of bullying, absenteeism, discipline issues and an increase in volunteer service within the community.



Art of the world

School of Athens, c. 1510

By: Raphael Raffaello Sanzio, or Raphael, was born on April 6, 1483 in the town of Urbino, Italy. He was a painter and architect during the High Renaissance period.

School of Athens refers to a famous fresco painted by Raphael in the Apostolic Palace in Vatican City. Depicts Raphael's interpretation of philosophy as a branch of knowledge. Showing a gathering of Greek philosophers engaged in various activities, the fresco is considered a prime example of High Renaissance art and considered Raphael's masterpiece.

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DOG WALKING SAFETY

Calgary
Humane
Society
Caring for lives



Happy January from Calgary Humane Society!

Each year when the cold and snow arrives we start getting a lot of questions at the shelter about winter dog walking safety. How cold is too cold? Does my dog need boots? Should dogs wear coats?

Going for a walk, even in cold winter weather, is an important form of exercise and mental stimulation for dogs, but as the mercury starts to drop going for a run may sometimes require a bit of extra planning!

How cold is too cold to walk the dog? Different breeds of dogs will have very different tolerances to snow and cold. If you have a husky there is a pretty good chance you don't have to worry much about the cold, whereas a chihuahua will become too cold very quickly. Generally animals with thick coats are much more hardy in cold weather, but there are also individual differences. If your dog has arthritis or back/neck problems, they may get a bit sore as the temperature drops. If you are concerned that cold weather is causing problems with your pet, we recommend booking an appointment with your veterinarian.

How do you tell if it's too cold? Well if your dog is holding their paws up or shivering they are too cold and would probably rather be inside. If your dog is running in circles and leaping into snow banks then they are fine to keep enjoying their time outside. If your dog becomes cold easily, or if there is a risk of frostbite, opt for several short walks instead of one long walk.

Should dogs wear boots? If your dog has been trained to wear boots, they can be helpful to protect paws from

cold and ice melt chemicals. Boots can be distracting and annoying to a dog that isn't used to them, so if you do decide to use boots a slow and positive introduction to them is vital.

If you are not using boots for your dog then some extra vigilance is needed in the winter time. Many types of ice melting chemicals are toxic and can also cause burns to your dog's paw pads. When encountering possible ice melt on walks, encourage your dog to walk in the snow or (if you have a small dog) lift them over patches of ice melt. When you return from winter walks, be sure to wipe your dog's paws well to keep them from licking any salt/ice melt off their feet. If you are purchasing ice melt for your own property, invest in a pet-friendly version! Pet friendly ice melt won't burn paws and is non-toxic.

What about a coat? Does my dog need one? If you have a small dog or a dog that gets cold easily then a jacket could be a great idea. Choose a jacket that is the right size and one that doesn't restrict your pet's movement.

What other winter hazards could my dog face outside? Antifreeze. Just a few sips of antifreeze can be lethal to a pet, so keeping this winter chemical far away from curious noses is an absolute must. Keeping your pet on leash is the best way to make sure they stay out of winter chemicals. If you are purchasing antifreeze, look for brands that have bittering agents added. Antifreeze is naturally sweet, so some companies now add these bittering agents to prevent pets from drinking it.

From all of us at Calgary Humane Society, we wish you a safe and happy January!



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@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
- Free entrance into the Farmers' Market beer garden
- 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
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 - Flippn' Burgers: 10% discount on purchases
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 - 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

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HILLHURST/SUNNYSIDE 2015 STATS	# OF SALES	AVERAGE PRICE
Bungalow	8	\$846,281
One & Half Storey	3	\$698,500
Two Storey	51	\$931,598
Townhouse	7	\$636,231
Condo	60	\$349,563
TOTAL	129	
Average days on Market	47 days	

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Thank You Calgary - Over 330 Sales for 2015.

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 2402 Bowness Road NW - Represented Buyer
 2, 2029 - 2 Avenue NW - Represented Seller
 1606, 836 - 15 Avenue SW - Represented Seller
 2214 Broadview Road NW - Represented Seller
 225, 2233 - 34 Avenue SW - Represented Seller
 303, 41 - 6 Street NE - Represented Buyer
 732 - 20 Avenue NW - Represented Buyer
 2217 - 17B Street SW - Represented Seller
 404, 6 Hemlock Crescent SW - Represented Seller
 106, 505 - 19 Avenue SW - Represented Seller
 2628 - 1 Avenue NW - Represented Seller

204, 188 - 15 Avenue SW - Represented Buyer
 55 - 22 Street NW - Represented Seller
 302, 540 - 18 Avenue SW - Represented Buyer
 638 - 2 Avenue NW - Represented Seller
 2438 - 31 Street SW - Represented Buyer
 1, 2421 - 2 Avenue NW - Represented Seller
 2628 - 1 Avenue NW - Represented Buyer
 1702, 1078 - 6 Avenue SW - Represented Seller
 1303, 1410 - 1 Street SE - Represented Seller
 117, 323 - 20 Avenue SW - Represented Seller
 403, 1727 - 10A Street SW - Represented Seller
 303, 1502 - 21 Avenue SW - Represented Seller

301, 910 Centre Avenue NE - Represented Seller
 433 - 8A Street NE - Represented Buyer
 404, 1828 - 12 Avenue SW - Represented Seller
 303, 1502 - 21 Avenue SW - Represented Buyer
 103, 2320 Eriton Street SW - Represented Seller
 2307 - 27 Avenue NW - Represented Buyer
 2438 - 31 Avenue SW - Represented Buyer
 3821 - 18 Street SW - Represented Seller
 201, 1407 Kensington CL NW - Represented Seller
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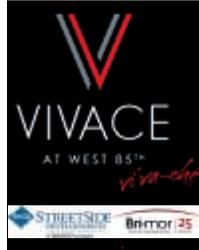
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