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Photo by Ara Shmoon

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Amanda Palmer	Neighbour Support Network Coordinator Ext. 247	amanda.p@hsca.ca
Katelyn Guy	Bowview Pool Manager	403-221-3571, katelyn.g@hsca.ca

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

2016 HSCA Memberships On Sale Now!

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

To purchase online visit www.hsca.ca/about/membership 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.

You're invited to the 12th annual Calgary Mountain View constituency

STAMPEDE BREAKFAST



Hillhurst / Sunnyside Community Centre
1320 5th Ave NW

Saturday, July 9, 2016
9:00-11:00am

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FIND SOLUTION ON PAGE 14

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EVENTS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Flea Market 7:00 am - 3:00 pm	Knitting Club 9am-noon Drop in Badminton 9:30 am - 12:30 pm Seniors' Drop-in 1:00 pm - 3:30pm Fresh Food Basket 4-6pm Foxy Kickboxing 6:00 pm - 7:00pm	Gentle Flow Yoga 10:00am Kids Karate 6:00-7:00pm Cardio Karate Bootcamp 7:00-8:00pm Drop In ESL Club 7:15-8:45pm	Baby/Toddler Drop 9-11am Indoor Farmers Market 1st Wednesday, 3-7pm Outdoor Farmers' Market 3-7pm Wednesdays starting May 18 Foxy Kickboxing 6:00 pm - 7:00 pm Neighbour Support Network , 6-8pm	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		Farmers' Market 9:30am-1:30am

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
Foxy Kickboxing	Jessica	1-888-974-FOXY (3699)
Drop-in ESL club	Nicoleta Vulcu	403-283-0554 ext 232
Book Club	Anisa	hsca_outreach@msn.com
Classes		
Kids Karate	Richard Fossey	403-203-8710
Neighbour Support Network	Amanda Palmer	Ext. 247 amanda.p@hsca.ca
Baby/Toddler Drop In	Joleen	jitterbugjoleen@gmail.com

Upcoming Events

- Outdoor Farmers' Market**
Wednesdays 3-7pm
- Neighbour Support Network**
Wednesdays 6-8pm
- Saturday Farmers' Market**
Saturdays 9:30am-1:30pm
- Flea Market** Sundays 7am-3pm
- Lawn Chair Theatre in Riley Park**
July 7, 6-8pm
- Community Potluck** July 8, 6-8pm
- David Swann's Stampede Breakfast**
July 9, 9-11am
- New Age Market** July 9, 10am-4pm
- #Sunnyside365 Photo Project**
- Wrap-up Show** July 9, 6-9pm
- Musica Spanish & Music Camps**
July 11-22
- Hillhurst Sunnyside Planning Committee Meeting** July 12, 7-9pm
- Comic Fair** July 23, 10am-3pm



FREE COMMUNITY PROGRAMMING FOR JULY 2016

EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CANADA DAY
4 4-6pm Fresh Food Basket HSCA 1320 5 Ave. NW	5 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	6 12:30-3:30pm Food Fit WINS 411 14 St. NW 6-9pm Food Fit HSCA 1320 5 Ave. NW	7 5:30-6:30pm Sunnyside Garden Memorial Dr. & 9 St. 6-7:30pm WINS Potluck WINS 325 10 St. NW	8 6-8pm Community Potluck HSCA 1320 5 Ave. NW
11 4-6pm Fresh Food Basket HSCA 1320 5 Ave. NW 5:30-6:30pm Ten Healthy Habits of Money Management HSCA 1320 5 Ave. NW	12 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	13 Food Fit WINS 411 14 St. NW 6-9pm Food Fit HSCA 1320 5 Ave. NW	14 5:30-6:30pm Sunnyside Garden Memorial Dr. & 9 St. 6-7:30pm WINS Expressions WINS 325 10 St. NW	15
18 4-6pm Fresh Food Basket HSCA 1320 5 Ave. NW	19 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	20 12:30-3:30pm Food Fit WINS 411 14 St. NW 6-9pm Food Fit HSCA 1320 5 Ave. NW	21 5:30-6:30pm Sunnyside Garden Memorial Dr. & 9 St. 6-7:30pm WINS Bingo Night WINS 325 10 St. NW	22
25 4-6pm Fresh Food Basket HSCA 1320 5 Ave. NW	26 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	27 12:30-3:30pm Food Fit WINS 411 14 St. NW 6-9pm Food Fit HSCA 1320 5 Ave. NW	28 5:30-6:30pm Sunnyside Garden Memorial Dr. & 9 St. 6-7:30pm WINS Expressions WINS 325 10 St. NW	29

Community Potluck

Friday, July 8 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.

Drop in ESL Club

Tuesdays, 7:15 p.m. to 8:45 p.m. at HSCA (1320 5 Ave. NW)
Join us in an informal setting and learn to improve vocabulary, pronunciation and idiom use; organize thought and express an idea effectively; discuss current events, community and other relevant topics; and appreciation Canadian history, literature and music.
Tutoring for IELTS and TOFL exams is also available.
For further information, contact Nico at 403-283-0554 ext. 232.

Fresh Food Basket

Mondays, 4:00 p.m. to 6:00 p.m. at HSCA (1320 5 Ave. NW)
Are you facing financial barriers to accessing good, fresh food? Drop by and pick up a small bag of produce! Please bring your own bag! For more information, contact Amanda at 403-283-0554 ext. 247 or at amanda.p@hsca.ca.

Food Fit

Wednesdays
Food Fit is a 12-week program for people committed to developing a healthier lifestyle! Participants learn new recipes, improve their cooking skills, share healthy meals with new friends and participate in 30-minutes of light exercise.
Contact Jenae for details and to register for our Fall sessions at 403-283-0554 ext. 228 or at foodfit@hsca.ca.

Sunnyside Garden

Thursdays, 5:30 p.m. to 6:30 p.m. at Sunnyside Shared Garden (Memorial Dr. between 9 St. and 9A St. NW)
Drop by the community garden and help weed and harvest! Kids welcome.

WINS Evening Programming (Expressions, Potluck, Bingo)

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

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

Located at 325 10 St. NW and 10th floor, 411 14 St. NW
Client Goal Management: Is there something you want to do, and don't know how? Come in to the WINS office to talk to someone who wants to help you reach your goals... WINS can also help you find resources in the community that you can use, can help you access some agencies, and provide some referrals.

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

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

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

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

How much will you need to retire? Let's talk.



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COMMUNITY PLANNING & DEVELOPMENT UPDATE

Written by: Lisa Chong

About the Planning Committee

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

Over the last year, we have seen construction either underway or nearing completion on several projects:

Ezra on Riley Park at **1234 5th Ave** on the southern boundary of Riley Park and to the east of the HSCA will include 100 residential units spread over two buildings and has a height of 8 storeys (26 metres).

The Palfreyville condo building at **214 9th St** (near Vendome) will have 19 units at 4 storeys (15.4m).

The Lido at **144/148 10th St** is a mixed-use building with commercial and 69 residential units at 8 storeys high (26m).

The Kensington across the street at **233 10th St** is another mixed-use commercial building that contains 75 residential units and 2 live/work units on the laneway at 6 storeys (20m).

Phase #1 of the 4-storey (21m) Kensington Legion building at **1910 Kensington Road** is currently under construction. The Development Permit (or DP) for *Phase #2*, the larger terraced 8-storey (31m) mixed-use building is still under review at the City. *Phase #2* includes 218 condo units.

The Aurora on the Park building at **832 10th St** near McHugh Bluff is nearing completion – this building will house 25 formerly homeless Calgarians with disabilities. The new building is 4 storeys (14.8m) high.

We would like to thank various stakeholders including City of Calgary Roads and the councillor’s office for

working with the community on options to mitigate large disruptions to traffic and maintain walkability near the many construction projects. Information about current road closures can be found at calgary.ca/trafficinfo. Any concerns and questions about construction can be directed to the City by calling 3-1-1.

Would you like to get involved and/or learn more about what’s happening in our community? The HSPC wants your input! Planning committee meetings are held on the second Tuesday of every month. Our next meeting will be on July 12 from 7-9pm at the HSCA. Meeting agendas and past minutes are posted online at <http://bit.ly/hspcmeetings>.

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

321-331 9A Street NW | Condo Development

Minto Communities has created a new engagement website and is looking for community feedback on their development proposal > visit www.mintoengagement.com for more information and get involved!



This image above is the developer’s rendering only. The project has yet to receive approval from the City and is not yet finalized by the applicant.

This site (currently home to six single-family dwellings) is located on the 300 block on the west side of the C-Train tracks. Minto has submitted a Land Use Amendment (rezoning) application to the City, which has been recommended for approval at Calgary Planning Commission and will be brought forward to City Council for

final approval on Monday July 4, 2016. There is a public hearing component at Council; residents can go to agendaminutes.calgary.ca a few days before the hearing to view the agenda.

The applicant is currently working with the City on their Development Permit application for the new residential midrise building. The applicant is proposing 104 units in a 9-storey building with three levels of parking. This project is compliant with the maximum allowable height (26m) and density (Floor Area Ratio of 5.0) in the ARP; same as the Pixel and Lido buildings on 9th and 10th Streets.

The project includes individual ground-level units with patios and landscaping that relate to the street-level facing 9A Street (the applicant’s design features are meant to integrate into the Bow to Bluff initiative, which includes improvements to the 9A Street corridor including the triangular shaped parks); underground parking access is through the laneway.

What are your thoughts? You can fill out the form on the applicant’s website at mintoengagement.com and/or send your feedback to the City at Steve.Jones2@calgary.ca & David.Mulholland@calgary.ca and to the HSPC. Please stay tuned to HSCA media for information as it becomes available.

1146 Memorial Drive NW | Multi-Family Project

This is a development proposal for the site to the west of the Kensington Riverside Inn on Memorial Drive. This project envisions a medium-density mid-rise building which is separated into two wings. The building will add 93 units to the site at a height of 16 metres and five floors and replaces 13 single-family houses. The project includes human-scaled green landscaping, front, side and rear setbacks, ground-level units, traditional building material and a stepped top storey with a lighter cladding.

The project was recently reviewed by the City’s Urban Design Review Panel, which comments on public realm, context, and neighbourhood fit. The City will issue its Detailed Team Review (comments from multiple departments) on the project to the developer.

Anthem Properties has a project website available at www.1100memorialdrive.com. The City has a new website with more information on this project at <http://www.calgary.ca/PDA/pd/Pages/Current-studies-and-ongoing-activities/Memorial-Drive-Land-Use-Redesignation-and-Redevelopment-Application.aspx>; questions can be sent to Sara.Kassa@calgary.ca.



This image is an artistic rendering only and provided as a reference. The design has yet to be finalized and approved by the City of Calgary and the Applicant.

1110 Gladstone Road NW | LifeSport Site

This is a potential development on the triangular block that contains the blue LifeSport building (formerly the Hillhurst Baptist Church) and excluding the two single family houses on the west end of the block. The applicants are interested in preserving, upgrading and legally designating the church building as a heritage resource, however are requesting additional height and density on two new mixed-use residential/commercial buildings on the site. At the time of writing, the applicants are expected to present their latest updates at the June HSPC meeting.



COMMUNITY PLANNING & DEVELOPMENT UPDATE

Note that a formal development proposal had not yet been submitted to the City. You can follow this and other exciting projects as more information becomes available on our website at <https://hsca-community-planning.mightybell.com>. Please let us know if you would like to get involved with this project!

1705 Westmount Road NW | Multi-Residential Redevelopment

There is currently a proposal for a new multi-residential development on the Former Salvation Army Church site on the corner of Westmount Road and 16th St. The project includes 8 units spread over 3 buildings. The proposed buildings occupy the maximum building height and density allowed in the Land Use Bylaw (12 metres or 4 storeys and 8 units) with attached garages on the ground level.

The applicant recently presented their vision to the planning committee; the meeting was well attended by neighbours. Residents expressed concerns with the design, height, massing, layout and landscaping for the proposal and provided suggestions to review the *ARP Design Guidelines*. The applicant is expected to respond to the City's Detailed Team Review and will need to submit amended plans this month (July 2016). There is still an opportunity for residents to send their feedback to the City planner at Shane.Gagnon@calgary.ca.

Thank you to local residents for your help distributing notices to neighbours and for sending us your input on this project! Are you in this area and would like to receive email updates on this project and for the next opportunity to provide feedback? Please send us an email to be added to the distribution list.

1020 2 Ave NW | Currently ContainR Site

This is a City-owned parcel located on a triangular lot bounded by the C-Train tracks, 2nd Ave and 9th St. This lot has been slated for an affordable and mixed-market housing development. The City of Calgary held public engagement sessions this past winter asking residents what they would like to see on the site in addition to the building. Read more at calgary.ca/sunnyside-triangle.

Affordable Housing took a joint report to Council with

The City's Real Estate and Development Services group recommending a method of disposition to enable a developer to become involved in the project. Council approved the recommendation and The City is now in the process of preparing the land to go to market. This report is titled *LAS2016-49 Proposed Method of Disposition Report to the Land and Asset Strategy Committee* and can be accessed online by going to this link: bitly.com/SunnysideTriangleSite.

Please contact Susan.Sanderson@calgary.ca for more information. Keep on a look out for future engagement sessions where you can provide your input on the design of the new building!

802 2 Ave NW | Sunnyside Grocery Site Redevelopment

There is an active Land Use (rezoning) and Development Permit application on the Sunnyside Grocery site across the street from the Sunnyside Elementary School. The applicant is requesting a 4-storey modular building (14m) and 2.5 FAR to allow for 12 units and 2 smaller commercial spaces with 5 parking stalls. They are also proposing LEED-certified building with various design features such as top-floor setbacks, landscaping, public art, etc.

While the site is within a 5-6 minute walk to the Sunnyside C-Train Station, this area does not fall within the Transit Oriented Development Study Boundary in the ARP which allows for larger buildings within the "Medium Density Area". The HSPC's main concerns centre on the project's compatibility with the ARP in the midst of a lower-density residential area (this area is zoned for low-profile multi-family buildings with a maximum height of 12m and density of 4 units) and its parking relaxations; however it was recognized that the parcel is almost a standalone site, there is a positive ongoing community engagement process, and that there is the potential that this development could activate this part of Sunnyside's high street as when the corner grocery store was in operation.

This image below is the developer's rendering only. The project has yet to receive approval from the City and is not yet finalized by the applicant.



The applicant recently held an open house in early May and are in the process of reviewing feedback from neighbours, the HSPC and the City and are working on revised plans. Any comments can be sent to hugo.haley@calgary.ca; you can also send the HSPC a copy of your feedback. The owner of the site is also looking for ideas on what kinds of business the community would like on the ground level. Please visit the applicant's website for updates at facebook.com/sunnysidegrocery

615 2 Ave | Multi-Residential Development

Another application in Sunnyside is a proposal from CityCore to add 2 buildings (5 units, two fronting 2nd Ave and three in the rear) on a 62.4' x 119.7' lot. This development will replace a single-family dwelling in an area zoned for low-profile multi-family. This is the second DP and the third set of plans from the applicant. While the new building offers an increase in density in line with the ARP, the size, height, density, design, layout and tandem parking arrangement for residents/visitors has area neighbours concerned. Including the enclosed patios at the topmost floor, the building will be 4 storeys tall. Due to the configuration and height of the two buildings, there are shadowing/privacy/massing/other impacts on the neighbours.

HSPC has provided feedback including potential improvements to reduce the impact of this larger development. Suggestions included adding more green landscaping, providing a larger front yard, adding setbacks to the top two floors, using different building materials to add more visual interest and instead of a flat roof, increase the pitch of the roof (all per the *ARP Design*

Guidelines). If you would like to send your feedback to the City planner on this project, please contact Jessica. Siriphokham@calgary.ca.

Comments to the City from the HSPC's Infills Subcommittee are posted online and can be accessed at <http://bit.ly/hscainfills>. Thanks to dedicated community volunteers and neighbours for all your feedback and involvement on the various projects in the neighbourhood!

Kensington Public Realm Improvements

In addition to all the new condo buildings and houses that have been built in the neighbourhood, the City has been working on construction on the main streets this summer. This project includes improvements to the pedestrian experience and spans 10th Street NW between Memorial Dr. to 5th Ave and on Kensington Road from 10th St to 14th St. Work includes the replacement of sidewalks, street trees, new lighting and street furniture (including waste bins, benches, media pillars and bike racks). Construction will continue on a block-by-block basis until fall 2016; a detailed construction schedule, including background and more information on the project can be found at calgary.ca/kensington or by calling 3-1-1.



5th Avenue NW Bikeway Project

Another construction project you may have seen signs around the community are for the 5th Avenue NW Bikeway project between 10th St and 14th St. The City will be installing new bike lanes and curb extensions on 5 Ave between 10th St and 14th St, which will connect to the existing bike network on 10th St and where 5th Ave turns into 6th Ave. The City will move on-street parking from the north side and to the south side of 5th Ave, east of the HSCA.

The westbound bike lane will become a shared car/bike lane between 11a and 12th Streets while construction is happening for the Ezra on Riley project. Please call 3-1-1 and/or visit www.calgary.ca and search "5 Avenue N.W. Bikeway" for more information.

~continued next page~

FARMERS' MARKET

WEDNESDAYS 3-7PM STARTING MAY 18
SATURDAYS 9:30AM-1:30PM STARTING MAY 21

AT THE HILLHURST SUNNYSIDE COMMUNITY ASSOCIATION
1320 5 AVE NW

www.farmersmarkethsca.ca

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COMMUNITY PLANNING & DEVELOPMENT UPDATE

Crowchild Trail Study

From the beginning of 2015 to June 2016, the City has been conducting public engagement on possible changes and upgrades to Crowchild Trail between 24 Ave NW to 17 Ave SW. Public input through the various stages of the Study was gathered via open houses, workshops and online feedback. Read more about this project at calgary.ca/crowchild or contact CrowchildTrailStudy@calgary.ca.

A member of the City of Calgary's Crowchild Trail Study team will be presenting a project update to the HSPC at our meeting on July 12 at 7pm. All are welcome!

And Finally...

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

- In-person at the monthly HSPC meetings on the second Tuesday of the month from 7-9pm at the HSCA.
- Join or catch up on community planning news, including volunteer opportunities and chances to get involved in the City's planning and development process at <https://hsca-community-planning.mightybell.com>.
- Follow the HSCA on social media at facebook.com/hillhurstsunnyside and twitter.com/hillhurstsunny.
- Sign up for the HSCA's monthly newsletter at www.hsca.ca and be sure to pick up a copy of next month's Voice!

BRAIN GAMES SUDOKU

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



How to enjoy the summer sun safely

By Paula Trotter

Do you know what causes more cases of cancer than tobacco? Ultraviolet (UV) rays emitted by the sun, which cause skin cancer.

Despite being largely preventable, skin cancer is the most commonly diagnosed cancer in Canada. Most skin cancers are easy to treat, but they do put you at a higher risk of developing cancer later in life and treatment can include disfiguring surgery.

And rates of melanoma – the most dangerous type of skin cancer – continue to rise in Canada.

As summer is now upon us, we want to remind you that being safe in the sun is the best way to reduce your risk of developing skin cancer.

Sun safety isn't about avoiding the sun. It's about protecting your skin and eyes while you're enjoying the outdoors.

And sun safety includes more than just applying sunscreen. In fact, sunscreen should not be your only defence against the sun. Use sunscreen along with shade, clothing, and hats – not instead of them.

Follow these Canadian Cancer Society prevention tips to safely enjoy the sun this summer:

- **Check the UV index daily.** Use extra precautions to protect your skin if the UV index reaches 3 (moderate) or more.
- **Cover up when the sun is at its strongest.** You need to be extra careful to protect your skin between 11 a.m. and 3 p.m. when the sun is at its strongest (UV index of 3 or more).
- **Cover up.** Wear a wide-brimmed hat and cover up as much of your skin as possible. Clothes generally provide better protection than sunscreen.
- **Use sunscreen properly.** Use a broad-spectrum and water-resistant sunscreen with a minimum SPF of 30. Apply generously – most adults need about two to three tablespoons of sunscreen to cover their body and a teaspoon to cover their face and neck.
- **Seek shade.** Sit under a tree at the park or an awning on a restaurant patio. Bring an umbrella so you can have shade whenever you need it.
- **Wear sunglasses.** Sunglasses (labeled UV 400 or 100% UV protection) can help prevent damage to your eyes by blocking a large percentage of UV rays.



SENIOR SYNERGY

this part of the Voice? Give Debbie a call. I would love to use your ideas and suggestions.

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

CARYA (Formerly Calgary Family Services)

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

WE'VE GOT YOUR MONDAYS COVERED:

Seniors Monday Morning Group

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

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

Seniors Monday Afternoon Group

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

Community Assistance For Seniors

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

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

Did You Know?

DECISIONS AND PLANNING

The next topic around planning also involves decision-making when the person is not able to make decisions for themselves. An **Enduring Power of Attorney** is a legal document that allows you to appoint a family member or friend to make financial decisions for you. Although this person is referred to as your "attorney" this does not mean that they are or need to be a lawyer. You complete and Enduring Power of Attorney when you are capable of making your own decisions and there are two options that you can choose from when completing this document.

Option one means that the person you appoint can begin immediately to make decisions. You both have control over your money, can write cheques, sign documents...perform all the same financial transactions as you at the same time. If you are unable to make decisions in the future, because of a change in your mental capacity, they can continue to make decisions on your behalf.

Option two only comes into effect if at some time in the future, you cannot make decisions because of an illness, injury or mental incapacity. When this occurs, your attorney steps in and makes the financial decisions and has control. If you get better, then you take back your power and your 'attorney' is no longer able to make these decisions. There is a process to assess your capacity before option two becomes activated.

Everything that your 'attorney' does, needs to be recorded and documented. The money is yours, not your 'attorney's' and so everything done on your behalf needs to be recorded.

We often believe that if something were to happen to us, our family can take over the decision making, but this is not necessarily the case. They may not be able to

make decisions for you without this document. They may have to apply to the court to become your trustee. This can be a long process that takes time and money and it is possible that the court could select someone that you might not have chosen.

There is currently no standard form. You may contact your own Lawyer who will have their own version, or you can check out the site below for information on creating a power of attorney in Alberta.

<http://p.b5z.net/i/u/10086419/f/MakingAPowerOfAttorney.pdf>

Check out the Government of Alberta website as well for more information

www.gov.ab.ca (search for enduring power of attorney)

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

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



Fall 2016 Out of School Care Registration

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

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

Fees and outlines for both programs can be found on our website at www.hillhurstsunnysidechildcare.com. Come join in on the fun!

Dr. Joseph S. Li
General dentistry for all ages.
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Brad Currie, Broker/President

One of the features that draws people to Hillhurst Sunnyside is our community's character. And one of the elements of character that many of us value is heritage. Both the built form (e.g. heritage buildings) as well as our rich cultural heritage. There are a number of heritage-related initiatives that we would like to update you on:

1. Heritage home in Sunnyside designated!

Earlier this year, the Orman home located at 734 Memorial drive became the first residence in our community to be legally protected as a municipal heritage resource by City Council bylaw. Congratulations to Doreen Orman for seeing the value in preserving her 1912 home for future generations. As you're probably aware, heritage homes in Hillhurst Sunnyside are under continued threat from development. Over the past 5 years (2011-2015 inclusive) 147 demolition permits have been issued (103 in Hillhurst and 44 in Sunnyside).



Photo Credit: Alberta Heritage Survey Program, 1982.
City of Calgary Discover Historic Calgary Resources:
Orman Residence.

For further information on designation and associated benefits, contact Clint Robertson, Sr. Heritage Planner City of Calgary @ clint.robertson@calgary.ca. A plaque from the Calgary Heritage Authority will be installed on Doreen's house later this year. And in the meantime, a 2nd house (this one in Hillhurst on 11A Street; pictured below) is in the process of going through the designation process to be completed by early 2017.



Potential municipal heritage resource home on 11A Street NW.

2. Work is being done to put together a Heritage Interpretive Plan for Hillhurst Sunnyside.

The purpose of this initiative is to develop (with community engagement) a comprehensive plan to guide the creation of interpretive materials (heritage art, plaques, sidewalk stamps etc.) to tell the significant stories of the Hillhurst Sunnyside community and to connect people to the unique heritage values of Hillhurst and Sunnyside.

Funding would potentially be obtained from the Hillhurst Sunnyside Community Amenity Fund (funded by developers on projects in the Transit Oriented Development area for the opportunity to increase density in our community) and other sources. If you are interested in assisting with this plan and helping us assess which heritage elements in our community are significant and should be commemorated, please contact: Lisa Chong, Community Planning Coordinator at lisa.c@hsca.ca.

3. Information on our community's past pioneers can be found in the 1978 booklet entitled 'Hillhurst-Sunnyside Remembers' by Margaret Tanko.

You can find this document on the Hillhurst Sunnyside Community Association site: <http://hsca.ca/category/other-great-stuff/heritage>.

4. Laneway houses & Heritage homes.

There is interest from some homeowners in our community to build laneway homes. Laneway homes, if designed properly, can respectfully increase density in the inner city and allow property owners to obtain rental revenue to 'age in place' and/or provide senior or student housing. Councillor Farrell has asked City

Planning to explore the possibility of providing incentives to heritage home owners to build laneway homes, thereby increasing the value of their property and in return, designate their property. This initiative is in its preliminary stages and further information will be provided in this newsletter once known (or contact the City of Calgary Heritage Planning to discuss further).

5. The annual Historic Calgary 'week' is a 11 day history festival

(July 22-August 1) with a number of free activities for all ages including more than 60 walks, talks, concerts, museum and community visits. Details can be found on the Chinook Country Historical Society's site: <http://www.chinookcountry.org>.

Learn More or Get Involved!

The City of Calgary's Heritage Planning Department has a map that shows an inventory of Evaluated Historic Resources at <http://maps.calgary.ca/DiscoverHistoric-Calgary>. Many of these heritage buildings are located within our community!

Interested in volunteering for the Hillhurst Sunnyside Planning Committee's **Heritage Team** or interested being a part of the **Hillhurst Sunnyside Heritage Interpretive Plan**? Inquiries can be sent to lisa.c@hsca.ca or via telephone at 403-283-0554 ext.229 for more information or to be directed to the appropriate resource.



Farmers' Market UPDATE



Summer is here, and the sun is shining. The outdoor season is on and the Farmers' Market is now happening twice a week!

Come join us Wednesdays 3pm-7pm and Saturdays 9:30am-1:30pm.

We have a unique array of vendors joining us this year. Some of our new vendors include Culture, Angela's Artisan Olives, Two Dudes Baby Food, Bliss & Co, and High Vibe Health, to name a few. And, of course, many of your favorite ones returning. Visit our website for a complete list of vendors.

Catch some great live music on the Sweet Beet Stage. This month we have Lucid Diversity joining us July 9th from 11:30am- 1:30pm and Sourdough Bannock on July 13th from 5:00pm-7:00pm. If you're musical and looking for a stage to perform on, consider the Sweet Beet! Visit the *Volunteer (Musician)* page of our website for the details on how to apply. We also have an "under 17" monthly acoustic showcase on the first Saturday of every month. These can be 1 hr or 2 hr sets. We would love to hear some great up and coming musicians show case their talent.

The Kids Market and the Picnic Market are both happening this month! Come join us Wednesday July 20th for the kids' themed market. It will be filled with tons of activities for kids of all ages. There will be crafts, games, and delicious food all around. Our Picnic Market, Saturday July 30th corresponds with the Slide the City date. We would love for everyone to come on over after their slide and listen to music, chat with our vendors, and have one big picnic.

Questions, concerns, or suggestions? Interested in volunteering?

Contact Beth at farmersmarket@hsca.ca or at 403-283-0554 ext. 228.

MUSICA!

Spanish and Music Camp

Learn about music and language from experienced professionals in a fun and safe environment.

ONLY TWO WEEKS!

July 11 to 15 and July 18 to 22

Mon to Fri 9:00-12:00 pm

\$189/week
Please inquire about our additional sibling discount

LIMITED SPACES !!



Children ages 5 - 8

Camp location:
Hillhurst Sunnyside Community Association
1320 5th AVE. NW

Learn Spanish through

- Playing
- Singing
- Dancing
- Cooking

Have fun with music through

- Drumming
- Composing your own songs
- Try using a mic
- Conducting the group



Please contact:
Nynne (Nuna) or Giuliana at
Musicaspanish@shaw.ca
or visit
www.hummingbirdmusictherapy.com
www.jugando.ca



Join us for our monthly COMMUNITY POTLUCKS!

Friday, July 8

Friday, August 12

Friday, September 9

Friday, October 14

Friday, November 18

Friday, December 9

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

Hillhurst Sunnyside Community Association
1320 5 Ave. NW



Contact Amanda at amanda.p@hscsa.ca or 403-283-0554 ext. 247 for details.



Securing your Home and Vehicle is Essential

Recently I submitted an article regarding the trend of break and enters into unlocked or open structures and vehicles. Unfortunately the statistics are showing the trend is continuing.

In the communities of 3-2, (which includes Renfrew, Crescent Heights, Rosedale, Hillhurst/Sunnyside and Bridgeland /Riverside) there were 51 incidents of theft from vehicles during the month of March. Of the 51, 14 had license plates taken, and 37 had property taken from inside. Of the 37, 14 of the vehicles were left unlocked leaving 23 vehicles that required force to gain entry. Every one of the vehicles that had the window smashed or lock pried had valuables in plain sight within the vehicle.

Insecure detached garages are also targeted. Depending on the month, 50-75% of break and enters into detached garages are due to doors left open or unlocked. A new trend to access garages involves culprits fishing for the emergency release cord from the top of the overhead garage door. A simple fix involves securing the emergency release latch with a plastic tie, an example of this can be found on YouTube.

Report any suspicious behavior to the Calgary Police Service at 403 266 1234 and if you witness a crime in progress 911.

To keep you and your family informed of crime trends in your community, use the following link to sign up for the Hub messaging system. It is free of charge and you can update your own information and profile as required.

Cst. Glenn Pedersen, 3-2 Community Resource Officer
Calgary Police Service. <https://hiplink.calgarypolice.ca/websignup/wsuedit.html>

Kids raised money for Fort McMurray with Banana Bread and Brownies

Kids wanted to help so they thought...

Banana Bread and Chocolate Brownies Could be the answer!!!

A handful of Sunnyside and Hillhurst families decided to organize a Pop-Up Bake Sale Fundraiser for Fort McMurray Victims.

They set up a couple of tables on Kensington Road and 11th Street N.W. (between Pages Book Store and Peacock Boutique) in early May and sold their baked goods.

The group submitted \$5,739.65 to the Red Cross, which equated to \$17, 218.95 after the Federal/Provincial Government donation matching!

To all of you who donated to the Pop-Up Bake Sale – THANK YOU!

Hats off to all of you. Simply awesome.

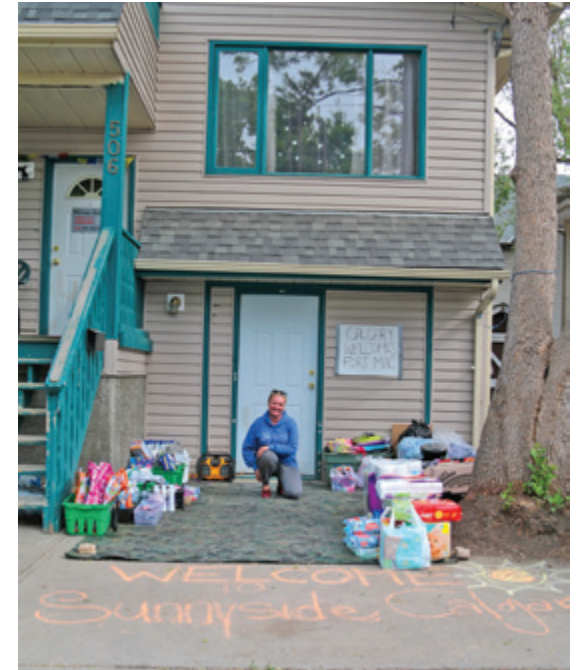
Thank you, thank you, thank you!

Sunnyside Resident sets up distribution center in her home for evacuees

Sunnyside resident, Sierra Rose, converted her driveway to a distribution center for Fort McMurray evacuees.

She collected donations of clothing, household items, books, food, diapers, toys etc. and gave out over \$5000 worth of supplies in the first weekend.

If you walked by her Sunnyside home at 506 7 Ave. N.W. you likely saw that her donations had grown in size exponentially from what's pictured here and her giving back in the face of someone else's disaster is truly admirable.



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IN & AROUND SCHOOL

Upstream Forest School

Have you ever heard of the Animal Game? Children are given a category to personify; herbivore, carnivore and plant, at it's very basic. Their job is to run around an outdoor space and capture whatever it is they eat. The children have a set amount of 'lives' they are given, and they must perform a task to get more lives if they are out. If you are a plant, you do a lot of hiding! If you're a carnivore, a lot of sneaking and running! Some games add 'human element' (disease, paved forests, etc), 'mother nature' (floods, fires) or composters. Well, the Squirrels class (ages 4-6) played a new version of Animal Game this month, and learned biology and chemistry while they were at it!

Instead of animals, they were the pieces of a plant's world; roots, leaves, water, sun, CO₂, O₂ and people. The roots eat the water, the people eat the O₂, the

leaves eat the CO₂, the people also eat the leaves, the leaves eat the sun, and water hides a lot! The children loved this game! When they were asked to make a large-scale art poster of who eat what (photosynthesis) it became clear they had absorbed the knowledge, just by *becoming* the parts themselves. No testing, no lectures, no 'studying' required; just full-out excitement! We even brought a microscope one day to look at those leaf cells up close!

The children seemed to be most interested in the roots, and began spontaneously watering the roots in the Bluff, turning their knowledge into empathy for the plants there. We decided to focus on roots. There are some wildflower roots and plants one can eat – what if we took our learning in this direction?

The children were ecstatic. Digging up dandelion roots was hard work, but they enjoyed scrubbing and chopping them up! We also collected the dandelion petals

and steeped them into a tea we all enjoyed together!

We came across a plant that had been pulled up and left by the side of the path; it had a long root, like a white carrot, and long skinny leaves. We didn't know what it was, so we chopped it up so we could investigate it. I checked out some wildflower identification books from the library to have the children look through in order to identify our mysterious plant themselves, and eureka! Yellow Salsify, also known as Goat's Beard. It is an invasive plant, but almost the whole plant can be eaten! We will be experimenting with the roots and leaves in the weeks ahead!

Go ahead – try some edible plants in your neighbourhood! Dandelions are a great place to start – as long as they haven't been sprayed! Try your own backyard first. This week, I'm trying Dandelion Fritters and Dandelion Bread (Google it – they look delicious!)



Volunteer Opportunities at HSCA

Find details and more opportunities online: www.hsca.ca/contact/volunteer

Fresh Food Basket Market Lead

Join a team of residents that works together to get fresh produce into the homes of neighbours experiencing difficulties accessing good food!

Fresh Food Basket is an HSCA food access program that takes place each Monday from 4:00 p.m. to 6:00 p.m., where residents who self-identify as having difficulties accessing fresh food are able to attend a market-style distribution of mainly fresh produce that has been graciously donated from a variety of sources.

For more details, see the full description at www.hsca.ca/volunteer or contact Amanda 403-283-0554 ext 247 or email amanda.p@hsca.ca

Farmers' Market Kids Activity Animator

Be a part of the team at the Hillhurst Sunnyside Farmers' Market and help make it a fun-filled place for kids! We are looking for someone to lead activities for kids at each of the farmers' markets taking place Wednesdays 3-7pm and Saturdays 9:30am-1:30pm. Activities could include crafts, face painting or other creative ideas that you bring to us. We will provide the supplies you'll need.

For more details, see the full description at www.hsca.ca/volunteer or contact Beth 403-283-0554 ext 228 or email farmersmarket@hsca.ca

Little Free Library


HSCA currently operates a little free library within the building. But we're looking to move it outside into the community and we're hoping a volunteer (or volunteers) would like to assist with the project.

If you're keen to design a Little Free Library and assess a good location on the HSCA site, we'd love to hear your ideas!

For more details, please contact our Executive Director, Quentin 403-283-0554 ext 221 or email quentin.s@hsca.ca

Garden Plot Volunteer

HSCA's Building has a garden plot near the daycare entrance that needs some expert TLC. If you enjoy gardening we can use your green thumbs. Materials, tools, plants and seeds provided all you need to bring is a vision and a bit of work. Contact our facilities manager, Richard for details 403-283-0554 ext 230.



**Covenant Living
Evanston Summit**

"It's where I'd live."

*Olivia,
Optometrist, foodie and cabbage queen.*

Home. It's where we live. It's the feeling we get from freshly folded laundry in our bedroom. It's playing the piano and singing with friends and it's shared moments over dinner with family. It's feeling healthy, eating well and enjoying the community we savour with other great people. It's looking forward to a little exercise and some laughter at the lounge afterwards.

Welcome to your life at Evanston Summit. Welcome home.

121 Retirement Suites in Calgary Available For October 2016 Occupancy
Visit us at evanstonsummit.com or call us at 587.538.7511 to schedule your appointment



Our school year has come to an end, and we had an amazing end of year party with all the children. The parents got an end of year party of their own at our annual fundraiser as well – which was a GREAT success!!

Thank-you to all the parents who attended.

The West Hillhurst Community Preschool would like to recognize the sponsors of our 2016 Fundraiser & Silent Auction.

Apex Massage
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 Dr. Monea - Eye Health Centres Kensington
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 WestJet
 Charisrose Textiles
 Ryan Shewchuk

West Hillhurst shines because of businesses like you! THANK YOU for supporting our community preschool!

WHCA Preschool still has openings in our afternoon preschool programs for 2016/17. Register now for the opportunity for your child to participate!

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



August 2015 Bike in Cinema
 by Truck Contemporary
 Photo by Ara Shimoon

The #Sunnyside365 Photo Project Wrap-Up Show

12 photos from Ara Shimoon's Year-Long, Photo-A-Day Project

Featuring People, Places, Personalities, and Events in Hillhurst Sunnyside

Select prints for sale

www.Glorified.ca
[Facebook.com/Sunnyside365](https://www.facebook.com/Sunnyside365)

Saturday July 9, 6-9pm refreshments provided by Kensington Wine Market

WEBHEADS SUMMER TECHNOLOGY CAMPS

Cool camps for kids!



WebHeads Summer Camps offer 21st Century Skills Plus a Whole Lot of Fun!

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

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

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

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

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

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

Deb Hamilton is the owner of blogability.ca and the WebHeads Summer Camp facilitator. An Information & Com-

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

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



Gentle Flow Yoga

For those wanting a nice gentle practice.

Beginners are welcome.

Every Tuesday at 10:00 AM.

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



**MP. CALGARY CONFEDERATION
LEN WEBBER**

403-220-0888
len.webber@parl.gc.ca

I am pleased to let you know that my office has moved to 2020 10th Street NW in order to serve you better.

Along with my staff, I am pleased to offer you information and assistance when dealing with the federal government. While many of the requests are for general information and guidance on services, we also do assist with those having difficulties receiving their services from the federal government.

The departments and programs we most often assist with include the Canada Revenue Agency, Canada Pension Plan (CPP), Old Age Security (OAS), Guaranteed Income Supplement (GIS), Passport Canada, Employment Insurance (EI), Citizenship and Immigration and Veterans Affairs.

We can also help direct you to information or services if you are not sure where to access them directly. This may include information on joining the Canadian Armed Forces, applying for benefits or notifying the government of a death.

Along with information on government services, we are able to provide information on Canada and Parliament and can help arrange a tour of Parliament on your next visit to Ottawa.

When someone celebrates a special anniversary, a milestone birthday, a special achievement, we can also assist in arranging congratulatory messages from Her Majesty the Queen, the Governor General, and the Prime Minister. It can take eight weeks or more to process these requests, so please plan ahead for your special occasion.

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

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

I would like to extend my sincere appreciation to the constituents of Calgary Confederation for your overwhelming support to the people of Fort McMurray. I am aware of the countless volunteer hours so freely given, together with endless contributions of clothing, toys, bedding, books, food, household items and accommodation. It is through this strength of giving to each other that makes our community strong. Thank You.

Finally, I look forward to seeing many of you, and your families, at a pancake breakfast during Stampede.

Best in the Field!

by: Marianna Makkai

What a fun season of community soccer year we had for 2016! There were 220 children in the neighbourhood registered and the mosquitoes seemed to stay far away for the season!

Our youngest players in U4 learned the basics of soccer through fun activities and were nearly all running in the correct direction by the end of the season! The older players really improved their team passing and ball control and had a great season against our local community teams. A big hat's off to all of our Volunteer Coaches, Field Volunteers, Team Coordinators, Picture Takers and HSCA staff – your efforts with the kids are appreciated and we couldn't do it without you!

The year-end Soccer party was well attended and the kids got to let loose and enjoy the bouncy castle, pickup soccer, face-painting and a fun photo booth! Thank you to the Party Coordinators and all of the volunteers that participated in making the party a success. What a great way to end the season!

And last, but not least, a great job to all the kids that got out to play. You are a talented group and can be proud of the soccer progress and team friendships you made during the season.

Enjoy your summer everyone and we look forward to playing soccer with you again in 2017!

A big THANK YOU to our year-end party Pizza sponsor:



Canada Safety Council Home Alone & Babysitting Courses

(one day only)
June 25, July 6 or Aug 27
Hillhurst Sunnyside Community Association
1320 5th Ave NW

Home Alone - 9:00 am-12:00pm
Babysitting - 9:00am-2:00pm

Home Alone Course:

Students must be 10 yrs. of age to take the course. Each student must bring a nut-free snack, water bottle Fee: \$40

Babysitting Course

Students must be 11 yrs. of age to take the course. Each student must bring a nut-free lunch, water bottle. Fee: \$55

Course Content:

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

Please Register (Space is limited):
Online: www.babysittingcalgary.com
Email: babysitting@shaw.ca
Phone: 403-257-2422

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*May 5, 19 July 14, 28
June 2, 16, 30 August 11, 25,
September 1

Come in to 325 10St. N.W. or call Michelle at 403-269-4670 to register.

GIRL GREATNESS STARTS HERE

Come join Sparks! Friends and fun for girls ages 5-6!

Starting in September 2016 West Hillhurst will be the home to the 134th Calgary Sparks. Our brand new unit will meet Tuesdays from 6:15-7:30 at the Girl Guide House 2188 Brownsea Drive NW. To register go to <https://register.girlguides.ca/web/OnlineReg>. Registration open June 1! All girls welcome! If you need anymore information about the unit or have questions please email 134calgarysparks@gmail.com.



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Music Educator - Ms Jessica Yam
演奏鋼琴老師
若石音樂藝術教育家

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Mount Royal University - Bella Concert Hall
Tickets 票價: \$65 (VIP) \$45 \$30

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Hillhurst-Sunnyside mybabysitterlist

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

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

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

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

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Council Approves Pedestrian Strategy
On average, one pedestrian is injured in a collision each day in Calgary. Many more injuries occur in parking lots and often go unreported. The financial cost to society from pedestrian deaths and injuries, estimated at \$120 million per year for Calgary alone, is staggering. The impact to individuals and families left to cope with the recovery, and sometimes a lifetime of disabilities, is immeasurable.

These financial, social, and emotional costs were driving factors behind City Council's decision to unanimously support STEP FORWARD, our new pedestrian strategy and safety action plan. I have been striving to make Calgary a better place to walk for many years and I am extremely proud of this work. The strategy also goes beyond safety to encourage more Calgarians to walk more often by making it easy, accessible, and enjoyable.

We focused the plan into four areas with a list of 50 actions for short, medium, and long term improvements:

Safety - reduce collisions and increase the feeling of personal safety.

Plan and Design - remove barriers to walking by improving connections and the walking experience for people of all ages and abilities.

Operate and Maintain - manage sidewalks as public spaces and seasonally maintain and repair infrastructure.

Educate and Encourage - remind citizens about shared responsibilities for road safety and encourage walking for improved health, recreation, and commuting.

Speed is a crucial factor in the severity and survival rate of any collision, especially ones involving those walking and cycling. Lower speeds save lives. From Toronto to Boston to Edinburgh, cities around the world are reducing speed limits on residential streets for the sake of safety. Closer to home, Airdrie introduced 30 km/h on all residential streets in the 1980s. Unfortunately, the

recommendation to reduce speed limits on residential streets in Calgary was not supported by Council at this time.

Every Calgarian is a pedestrian. A pedestrian is someone walking (or rolling in a wheelchair) to school, from one business meeting to another, to catch the train or bus, or for an evening stroll. Ward 7 boasts a higher proportion of people who walk than most other areas of Calgary, partly due to its nearness to downtown, but also because of its walkable neighbourhoods, shopping streets, river pathways, and access to schools and transit. The importance of walking to Ward 7 residents is one of the many reasons that I championed STEP FORWARD, as well as other initiatives that support active travel. As we implement this plan over the next decade, you will see Calgary become a safer, more walkable, and more enjoyable city.

To learn more about this and other topics, visit druhfarrell.ca. To sign up for updates on key issues, please email ward07@calgary.ca.

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If you suffer from stress or chronic health issues, you should try reflexology. It is a relaxing therapy which help to reduce stress and promote health recovery

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

HAP KI DO: Become a leader amongst your peers through the practice of Hap Ki Do. Grow your strength and confidence with this martial art. Gymnastic, mental concepts, and other techniques in a respectful and supportive environment. Must pre-register, contact girolamoraimondi@outlook.com 403-589-7882.

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TF MAKEUP ARTISTRY: Professional makeup artist available for; face painting, bridal makeup and special occasions. For rates and availability contact Tracy 403-874-5228, Tracy@tfmakeupartistry.com or www.tfmakeupartistry.com.

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



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BOWVIEW POOL


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

GYM SPACE AVAILABLE For Summer Rentals!

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

See our website for details and contact rentals to book your spot this summer! www.hsca.ca

Book: rentals@hsca.ca.



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Calgary Curling Club Job Fair
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Positions available for the 2016/17 season starting in September:
Full and Part time (multi facility fair)
Café, Lounge, Office and Ice/Building Maintenance.

Please bring resumes and references. If unable to attend, resumes may be sent to info@calgarycurlingclub.com



www.calgarycurlingclub.com
720 - 3rd ST NW Calgary T2N 1N9
403-283-8381



Hillhurst-Sunnyside Community Association 2016 Good Food Box Dates

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

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

The Good Food Box may include:
Potatoes, onions, carrots, tomatoes, oranges, celery, bananas, cauliflower, apples, melon, cabbage, cucumber, grapes, lettuce, green peppers, etc.

- **Jumbo Box:** Includes approximately 40 pounds of produce. Cost: \$ 35.00
- **Family Box:** Includes approximately 30 pounds of produce. Cost: \$ 30.00
- **Senior/Single Box:** Includes approximately 20 pounds of produce. Cost: \$ 25.00

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

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

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

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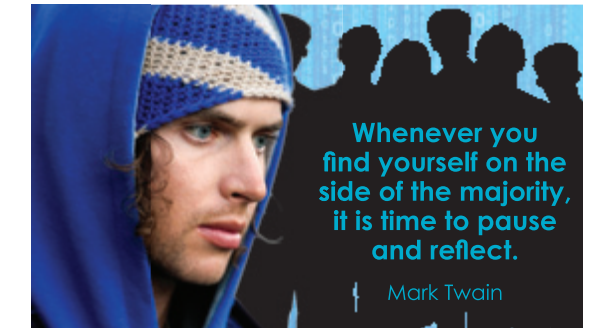
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The Hillhurst-Sunnyside Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

COMMUNITY ANNOUNCEMENTS

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

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



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MLA, CALGARY MOUNTAIN VIEW DAVID SWANN

#102, 723 14th Street NW, Calgary AB
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Greetings constituents of Calgary Mountain View!

Happy Summer! I hope you've all been taking in the Farmer's Markets in Calgary Mountain View: Wednesday's and Saturday's at the Hillhurst Sunnyside Community Association; Wednesday's at the Parkdale Community Association; and Thursday's at the Bridgeland Riverside Community Hall; these markets are an excellent source of fresh, local produce, and a wonderful way to support Alberta's local economy and our hardworking farmers.

On May 19, my office hosted a public forum and workshop on the need to protect the nearby Ghost Watershed – Calgary's largest source of fresh drinking water. We had an excellent turnout, and great conversation was generated around protecting our most valuable resource: water. You can find more information on my website: davidswann.ca/ghost-watershed.

On March 23, I hosted a town hall meeting regarding strengthening our provincial nutrition policy in Alberta schools. This evening featured excellent panel presentations from Alberta Food Matters, Dieticians of Canada, and others, providing information to help me – and all of us – ensure healthy food environments for our young people. You can find more information, including links to video of the complete event, on my website: davidswann.ca/school-nutrition.

Upcoming Events:

Just a reminder that the annual Calgary Mountain View Stampede Breakfast will be held **Saturday, July 9, from 9:00 to 11:00 a.m.** at the Hillhurst-Sunnyside Community Association. As always, this breakfast is free for all to attend, and guests are encouraged to please bring their own dishes to help cut down on waste. Donations to the Calgary Food Bank will be gratefully accepted, and community groups will be on-hand to provide information about their services. Join us for food, fun and music the first Saturday of Stampede 2016!

Our annual Stampede breakfast is only made possible through the support of our wonderful volunteers; if you would like to volunteer, please email Layne at calgary.mountainview@assembly.ab.ca.

I look forward to seeing you at the upcoming Stampede breakfast, in our parks and on our pathways this summer.



Hillhurst-Sunnyside Real Estate Update

Last 12 Months Hillhurst-Sunnyside MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2016	\$829,900.00	\$805,000.00
April 2016	\$999,900.00	\$980,000.00
March 2016	\$1,122,500.00	\$1,050,000.00
February 2016	\$692,400.00	\$672,500.00
January 2016	\$0.00	\$0.00
December 2015	\$899,900.00	\$865,000.00
November 2015	\$824,950.00	\$808,875.00
October 2015	\$634,900.00	\$623,500.00
September 2015	\$649,900.00	\$635,000.00
August 2015	\$874,700.00	\$850,000.00
July 2015	\$924,450.00	\$902,250.00
June 2015	\$889,950.00	\$865,000.00

Last 12 Months Hillhurst-Sunnyside MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2016	7	7
April 2016	19	9
March 2016	8	6
February 2016	11	4
January 2016	5	0
December 2015	2	3
November 2015	8	4
October 2015	11	2
September 2015	9	3
August 2015	8	8
July 2015	6	6
June 2015	11	8

To view the specific SOLD Listings that comprise the above MLS averages please visit hillhurst_sunnyside.great-news.ca



Membership Form 2016

Membership Year runs from January to December 2016

Name: _____
Address: _____
Postal Code: _____ Phone: _____
E-Mail: _____

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

Number in family: adults _____ children _____

Date of Purchase: _____

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

Membership Prices:

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

Program Donation:

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

Please specify where your donation will go: General donation or Specific program _____

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

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

Volunteer Opportunities

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

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

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

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

e: nicoleta.v@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
 - Flipn' 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

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1304 - 10 Avenue SW

CHINOOK STATION MARKET
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CROWFOOT MARKET
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ONLINE MARKET
communitynaturalfoods.com

customer care: 403-930-6363 | communitynaturalfoods.com

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