

JUNE 2016

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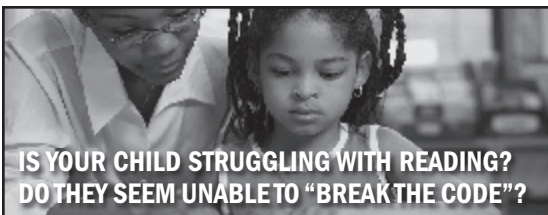
HILLHURST SUNNYSIDE VOICE

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PAGE 16



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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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STAFF LISTING

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Hillhurst Sunnyside Daycare	Sunshine and Rainbow Rooms	403-270-9703
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Amanda Palmer	Neighbour Support Network Coordinator Ext. 247	amanda.p@hsca.ca
David Wartman	Encore Fellowship	david.w@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.hska.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.

New School Location & Tuition Incentives

North Point School for Boys taps into boys' natural curiosity and energy as a foundation for life-long learning. North Point is excited to announce our new central location in SW Calgary beginning in the Fall of 2016.

2445 – 23 Avenue S.W.

North Point School is extremely sensitive to the current state of the economy and its impact on the people of our province. We are pleased to announce that all students registering for this upcoming school year (2016-17) will receive 50% off of base tuition for the 2016-17 school year.

Additionally, North Point School is also offering **sibling discounts of 50% for as long as those siblings remain at Northpoint, for the first 25 families** who register a child for the 2016-17 school year.

visit our website www.northpoint.school



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

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Hillhurst / Sunnyside Community Centre
1320 5th Ave NW

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

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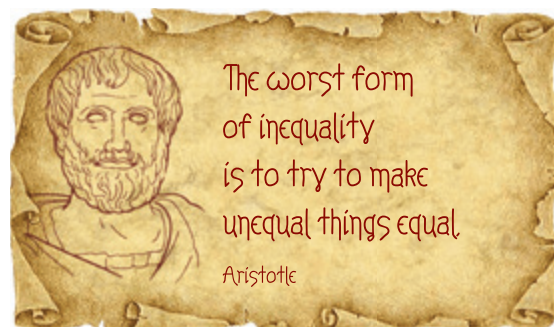
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AGM Recap

This year's AGM was another success with new faces joining us for their first AGM and lots of accomplishments to celebrate. Everyone was in high spirits as we reviewed the past year and all the amazing work that had been accomplished by staff and volunteers at the HSCA. Indeed it was a big year for program development and in realigning our work to better serve the community. More details can be found on our electronic copy of our 2015 Annual Report at this link: <INSERT LINK>. We even enjoyed our first "competitive" election for the Board of Directors since the highly competitive election of 2011. I'd like to personally thank all the members who stood up for election to support their community.

And yet so many great stories of neighbours helping neighbours did not make it into the annual report and in the presentations we heard at the AGM. There is so much that our community does for each other every day, that we simply cannot capture. We hope over the years, that this newsletter has been transformed to be that vehicle to share the ongoing contributions that so many make to the community. Please help us by continuing to send in your stories so that we can continue to celebrate everything that goes on in Hillhurst-Sunnyside.



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 Childrens' Spanish wo/experience 3/5 years 9:15 to 11:15am Seniors' Drop-in 1:00 pm - 3:30pm Children's Spanish w/o experience, 4/6 years Mondays 4:00-5:00pm Fresh Food Basket 4-6pm Foxy Kickboxing 6:00 pm - 7:00pm Capoeira Kids Monday 7:15-8:05pm Cool Choir , 7:30-9:30pm	Gentle Flow Yoga 10:00am Beginner to Advanced Watercolour & Acrylic Art Classes 9-noon, 12:30-3:30pm Childrens' Spanish wo/experience 3/5 years 4-5pm Kids Karate 6:00-7:00pm Cardio Karate Bootcamp 7:00-8:00pm HYDRA Taekwondo 7:00 pm - 8:00 pm Drop In ESL Club 7:15-8:45pm	Baby/Toddler Drop 9-11am Beginner to Intermediate Watercolour Art Classes 9am-noon 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 Childrens' Spanish wo/experience 3/5 years 4-5pm 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	Sportball (2-3yrs) 10am-10:45am & Sportball (3-5yrs) 10:45-11:45am Arty Pants , Calgary Art club, 5:15-6:45pm	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
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
Book Club	Anisa	hscs_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
Neighbour Support Network	Amanda Palmer	Ext. 247 amanda.p@hscs.ca jitterbugjoleen@gmail.com
Baby/Toddler Drop In	Joleen	



Upcoming Events

Flea Market
Sundays 7am-3pm
Outdoor Farmers' Markets
Wednesdays 3-7pm,
Saturdays 9:30am-1:30pm
Neighbour Support Network
Wednesdays 6-8pm
Calgary Abstract Art Collective
June 4, 11am-4pm
Family Picnic in Riley Park
June 5, 12-3pm
Neighbour Day
June 18
Hillhurst Wide Yard Sale
June 18
Comic Fair
June 18, 9am-3pm
Home Alone Course
June 25, 9am-noon
Babysitting Course
June 25, 9am-2pm

FREE COMMUNITY PROGRAMMING FOR JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 12:30-3:30pm Food Fit WINS 411 14 St. NW 6-9pm Food Fit 1227 Kensington Cl. NW 6-8pm NSN – Potluck HSCA 1320 5 Ave. NW	2 6-7:30pm WINS Expressions WINS 325 10 St. NW	3
6 1-2:30pm Women’s Group WINS 411 14 St. NW 4-6pm Fresh Food Basket HSCA 1320 5 Ave. NW	7 1-2:30pm Employment Program WINS 325 10 St. NW 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	8 12:30-3:30pm Food Fit WINS 411 14 St. NW 6-9pm Food Fit 1227 Kensington Cl. NW 6-8pm NSN - Dinner HSCA 1320 5 Ave. NW	9 5:30-6:30pm Sunnyside Garden Memorial Dr. & 9 St. 6- 7:30pm WINS Potluck WINS 325 10 St. NW	10 6-8pm Community Potluck HSCA 1320 5 Ave. NW
13 1-2:30pm Women’s Group WINS 411 14 St. NW 4-6pm Fresh Food Basket HSCA 1320 5 Ave. NW	14 1-2:30pm Employment Program WINS 325 10 St. NW 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	15 Food Fit WINS 411 14 St. NW 6-9pm Food Fit 1227 Kensington Cl. NW 6-8pm NSN - Dinner HSCA 1320 5 Ave. NW	16 6-7:30pm WINS Expressions WINS 325 10 St. NW	17
20 1-2:30pm Women’s Group WINS 411 14 St. NW 4-6pm Fresh Food Basket HSCA 1320 5 Ave. NW	21 1-2:30pm Employment Program WINS 325 10 St. NW 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	22 12:30-3:30pm Food Fit WINS 411 14 St. NW 6-9pm Food Fit 1227 Kensington Cl. NW 6-8pm NSN - Dinner HSCA 1320 5 Ave. NW	23 5:30-6:30pm Sunnyside Garden Memorial Dr. & 9 St. 6- 7:30pm WINS Potluck WINS 325 10 St. NW	24
27 1-2:30pm Women’s Group WINS 411 14 St. NW 4-6pm Fresh Food Basket HSCA 1320 5 Ave. NW	28 1-2:30pm Employment Program WINS 325 10 St. NW 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	29 12:30-3:30pm Food Fit WINS 411 14 St. NW 6-9pm Food Fit 1227 Kensington Cl. NW 6-8pm NSN - Dinner HSCA 1320 5 Ave. NW	30 6-7:30pm WINS Expressions WINS 325 10 St. NW	

FREE COMMUNITY PROGRAMMING for JUNE 2016

For more information on Women’s Group, Employment Program, or WINS activities, contact Michelle at either WINS location or by calling 403-269-4670 or 403-270-7283.

For more information on Fresh Food Basket, Neighbour Support Network, or the Community Potluck, contact

Amanda at HSCA, by calling 403-283-0554 ext. 247 or by email at amanda.p@hsca.ca.

For more information on Food Fit, contact Jenae at HSCA, by calling 403-283-0554 ext. 228 or at foodfit@hsca.ca.

For more information on Drop in ESL Club, contact Nico at HSCA or by phone at 403-283-0554 ext. 232.

EVENTS CALENDAR

Community Potluck
Friday, June 10 from 6:00 pm to 8:00 pm 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 pm to 8:45 pm 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.

Employment Program
Tuesdays, 1:00 pm to 2:30 pm at WINS on 10th (325 10 St. NW)
Having difficulties finding the work you want? Join WINS' new employment program where you'll do career planning, resume and cover letter development, learn job search techniques, interview skills, employment maintenance and more! Call 403-269-4670 to register!

Fresh Food Basket
Mondays, 4:00 pm to 6:00 pm 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! 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.
Note that the daytime session is Wednesday afternoons at WINS on 14 St., and the evening sessions are Wednesdays at Hillhurst United Church. See calendar for addresses.
Contact Jenae for details and to register at 403-283-0554 ext. 228 or at foodfit@hsca.ca.

Neighbour Support Network
Wednesdays, 6:00 pm to 8:00 pm at HSCA (1320 5 Ave. NW)
Join us for dinner & conversations every Wednesday

from 6:00 pm to 8:00 pm here at HSCA! Come make new friends and have a free weekly evening of fun. Children of all ages welcome! For more information call Amanda at 403-283-0554 ext. 247 or email Amanda.P@hsca.ca.

WINS Evening Programming (Expressions, Potluck, Bingo)
Thursdays from 6:00 pm to 7:30 pm 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.

Women's Group
Mondays from 1:00 pm to 2:30 pm at 411 14 St. NW (10th floor)
The Women in Need Society's Family Resource Centre on 14 St. is starting up a Women's Group that will meet each Monday afternoon. For more information, contact Michelle at 403-270-7283.

In Need of Support? Drop by your local Women in Need Society's Family Resource Centre!
Located at 325 10 St. NW and 10th floor, 411 14 St. NW
Client Goal Management: Is there something you want to do, and don't know how? Come in to the WINS office to talk to someone who wants to help you reach your goals... WINS can also help you find resources in the community that you can use, can help you access some agencies, and provide some referrals.
Receive support at the 14 St. location on Mondays and Wednesdays. Call 403-269-4670 for more information.
Receive support at the 10 St. location on Tuesdays and Thursdays. Call 403-270-7283 for more information.

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.
THANK YOU!!! Thank you to everyone who has reached out and donated plastic bags and games in the past few months. We really appreciate it!
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.

COMMUNITY PLANNING & DEVELOPMENT UPDATE

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 the policies contained in the Hillhurst Sunnyside Area Redevelopment Plan or "ARP" which is available on calgary.ca/hillhurstsunnyside.

Would you like to learn more about planning, development and policy changes that affect your neighbourhood? The HSCA has a website with that posts regular updates at <https://hsc-community-planning.mightybell.com>.

Community residents (whether you rent or own your home) can come out and meet your neighbours and learn more by attending our monthly meetings! HSPC meets on the second Tuesday of every month here at the HSCA (1320 5 Ave NW) from 7-9pm. Guests and/or potential volunteers are welcome. Our next meeting will take place on June 14th, 2016.

Our planning committee minutes are available for the public online. You can subscribe to updates when agendas and minutes are uploaded by joining the Planning Committee Meetings circle on our Mightybell page at <https://hsc-community-planning.mightybell.com/communities/66440>.

321-331 9A Street NW (Minto Communities)

This is an application for a 9 storey (26 metre) building containing 103 units on the west side of 9A Street; the same height as the Pixel/Lido buildings just a block south of the site. This project will replace 6 vacant single family homes. The land use (or rezoning) application will be heard at Calgary Planning Commission and Council in the near future. The HSCA has a copy of the plans for the Development Permit application, which is under review at the City; the DP is now separate and dependent on the approval of the Land Use Amendment.

1134-1160 Memorial Drive NW (Anthem Properties)

As pictured in last month's Voice article, this project envisions a medium-density mid-rise building which is separated into two wings. This project will replace 13 single family homes on the west side of the Kensington Riverside Inn. It will contain 93 units at a height of 16 metres and five floors with the top floor set back. The at-grade units contain individual entrances, patios and landscaping which will help integrate this building into the neighbourhood. Anthem Properties has website available at www.1100memorialdrive.com. This project is currently under review at the City of Calgary; plans are available for public viewing at the HSCA.

1020 2 Ave NW (Currently ContainR)

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. While there are no new updates at the moment, you can still 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)

This is a development proposal on the Sunnyside Grocery site right across the street from Sunnyside School. There is an active land use and Development Permit, which is still under review at the City of Calgary. At the time of writing, planning committee members are reviewing the rezoning and DP application and the comments received at the recent development open house. The plans are available at the HSCA for public viewing during office hours. Please visit the applicant's website for updates at facebook.com/sunnysidegrocery.

Hillhurst Sunnyside Community Amenity Fund

As of April 11, City Council has approved of the ARP amendment to create the HSCAF (replacing the Hillhurst Sunnyside Parks Improvement Fund for Bow to

Bluff, which was fully funded by Council's Enmax Legacy Fund). The contribution rate for development within the Transit Oriented Development study area remains at \$17.85 per square metre above the "base" density. The draft Terms of Reference for the administration of this fund is being discussed prior to its approval at City Council this month (June 2016). For more information, please contact the City planners, Morgan.Huber@calgary.ca or Jen.MacLaren@calgary.ca (or call 311 to be directed to the appropriate contacts).

Kensington Public Realm Improvement Project

The City of Calgary has started construction on improvements to the pedestrian experience in the Kensington shopping area. The project spans Kensington Road (from 10 St to 14 St) and 10 Street (between Memorial Dr to 5 Ave). Work includes replacement of sidewalks, street trees, new lighting and street furniture. More information including an up-to-date construction schedule will be posted on calgary.ca/kensington or you can call 311 for information.

Fifth Avenue NW Bike Lanes

The construction of the bike lanes is expected to start in May. The City will be installing new bike lanes and curb extensions on 5 Ave between 10 St and 14 St, which will connect to the existing bike network on 10 St and where 5 Ave becomes 6 Ave past 14 St NW. The City is also removing on-street parking from the north side and moved to the south side of 5 Ave, east of the HSCA. Please call 311 and/or visit www.calgary.ca and search 5 Avenue N.W., Bikeway for more information.



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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.

your COMMUNITY business of the month

Alberta Guide Dog

Hillhurst-Sunnyside Community

Imagine being able to transform someone's life! This is what a professionally trained Guide Dog or Autism Support Dog can do for someone who is blind or visually impaired or for a child with moderate to severe autism.

Take a moment and visualize the benefits these service dogs give their recipients on a day-to-day basis; increased safety, enhanced mobility, facilitated safe navigation and freedom and confidence to explore for blind/visually-impaired individuals.

For a child with autism, improved safety, positive changes in behaviour, improved social skills, more predictability in social situations, increased security and support for the child, and much more are possible. The entire family benefits. Having an Autism Support Dog means being able to do simple things the rest of us take for granted, like going to the supermarket, the mall or the park as a family. In essence, it means being able to experience childhood, instead of missing out.

Alberta Guide Dogs is a division of the registered charity British Columbia Guide Dog Services. Our mission is to meet the growing demand for professionally trained Guide Dogs and Autism Support Dogs for citizens of British Columbia and Alberta.

Although often viewed as a dog organization, BC & Alberta Guide dogs is actually an organization about people. When evaluating applicants' suitability for Guide Dog or Autism Support Dog training, we see ability rather than disability. All individual training programs are tailored to the needs of each individual, which includes domiciliary (at-home) training in the client's familiar environment.

Each puppy born through our in-house breeding program has the potential to grow up to change someone's life. While our services are provided at no cost to recipients, it takes two years and up to \$35,000 to breed, raise and train one of these furry heroes-in-the-making. We rely on the generosity of donors, as well as special events for funding.

To date, in BC and Alberta, 116 guide dogs have significantly changed the lives of their owners in a myriad of ways, including safe and enhanced mobility. Thirty-five children and their families, all of whom are living with autism, are enjoying the diverse and wide-ranging benefits of an Autism Support Dog. Demand for our services continues to rapidly grow and our goal is to graduate 220 service dog teams by the year 2020.

You can help! Consider puppy raising, hosting a fundraising event on our behalf or making a donation today.

Puppy Scholarships: For less than the cost of a cup of coffee a day, you can support a puppy from birth until they graduate by participating in our Puppy Scholarship program for only \$15 per month/ongoing. The scholarship includes a welcome letter about your sponsored pup, a framed photo and then regular personalized 'pup'dates and updated photos as your puppy grows up! You can watch a puppy change from a loveable bundle of fur into a life-changing dog and feel good about supporting him or her along this journey!

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SENIOR SYNERGY

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

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

CARYA (Formerly Calgary Family Services)

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

WE'VE GOT YOUR MONDAYS COVERED:

Seniors Monday Morning Group

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

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

Making or helping to make decisions and planning for future possibilities is not something that many people want to address. We think we have lots of time, we don't want to bother our family and sometimes we don't know what to do. Sometimes the only thing we do is complete a Will that lets our family know how we want our "Estate" to be distributed between our family and friends, but this does not help with other decisions that may be made while we are still here.

Having discussions and planning for possibilities will decrease a lot of worry, concerns and what ifs. We cannot plan for every possibility but we can put some processes into place that we can adjust and adapt as things change down the road. Having plans and decisions reduce our stress levels and allow us and our families to focus on what is important at the time, caring, supporting, and being there and not worry about major decisions because the decisions have been talked about and everyone knows the wishes of the individual. We generally just need to follow the plan.

There are four areas (not including wills) that are important to have discussions about and make decisions on. Over the next couple of months I will try to give you information about each of the areas that hopefully will help you to make the planning journey a little easier. I am not an expert in these areas but I hope that the information will help start the thinking process and you will see the importance of learning more. (It is suggested that everyone over the age of 18 have these in place)

Supported Decision Making:

One of the easiest steps we can make is around supported decision making. This option supports adults who need assistance making personal and/or financial decisions. This does not mean that we give up our ability to make decisions but it provides help with complex decisions. If we are ill or don't want to go through the health care process alone, we can have up to 3 "supporters" who can attend a doctor's appointment, share our concerns and questions and help us to keep track of information that can sometimes be overwhelming

when we are facing challenges and receiving a lot of information about our situation.

A supporter that you trust can access personal information about your health care, work with you to think through a decision and even communicate your decision. This is a process for now and/or for the future. Having someone you trust support you when needed (for example if you are undergoing a treatment that leaves you feeling unwell) your supporter can talk to your medical team and then share information with you later when you are feeling better. Without this type of support agreement, the doctors and other care providers cannot share personal information about you or discuss information about your situation or treatment. You do not lose your ability to make decisions but your supporter can help you to make decisions, ask questions and communicate (especially if language skills are challenging for you).

There is no cost to this type of support document and you do not need a lawyer. You complete the document and you can change the supporter and who can access the information at any time. If a personal directive comes into effect than the supported decision making authorization ends.

For more information, check out the website below. There are forms on the site for setting up a supporter and for changing your supporter if necessary. You decide how people will support you. There is also a video about supported decision-making.

<http://www.humanservices.alberta.ca/guardianship-trusteeship/supported-decision-making-how-it-works.html>

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://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.

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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



CONTAINER ART PARK

What are we?

containR is a pop up arts and culture hub for people of all ages – championing a 100-mile diet of creative community ideas – developed by Springboard Performance. Together with partner Hillhurst Sunnyside Community Association we brought containR to the Triangle site on the corner of 9th Street and 2nd Avenue NW.

containR is the first city permitted Art Park in Calgary and the land it sits on the first brownfield (empty lot) to be returned to community use in the city.

containR has grown. We have more shipping containers, an open air theatre, a courtyard made of re-purposed rig mats, solar power, moveable seating, sculpture, a little library, permaculture gardens and bee keeping.

With the community we enjoyed the first Stampede Hangover picnic with Lemon Bucket Orchestra and 400 local music lovers, developed bi-weekly music and market Thursdays, presented partner events like Sled Island, Africadey and Beakerhead. We showcase stellar dance artists and embed artists residencies and community arts programming such as Springboard Performance's Front Lawn Dances (hyperlink for Front Lawn Dances: <https://vimeo.com/141242448>) and Body of Water performances along the Bow River. We have developed a good neighbour policy and developed policy with the city around arts placemaking on city-owned land.

Springboard Performance's artistic director, Nicole Mion, received the Mayor's Arts Champion arts placemaking award in 2015. She has been invited to Toronto, Montreal and Italy to speak about containR and arts placemaking in the community.

For details about our 2016 programming, visit our web-

site (hyperlink: <http://springboardperformance.com/containr>) or follow us on: Twitter (hyperlink: <https://twitter.com/springboardyyc>) | Facebook (hyperlink: <https://www.facebook.com/springboardYYC>) | Instagram (hyperlink: <https://www.instagram.com/springboardperformance/>)

containR wants you and your terrific ideas!

We invite everyone to enjoy and take part in animating containR the first designated Art Park in Calgary located in the heart of Sunnyside.

With Calgarians we are forging neighbourly engagement through arts and culture placemaking. containR Art Park serves as an incubator, pollinator, and breeding ground for art, culture, placemaking, green design, gardening, community activities and programming. It is multigenerational and multicultural. It is a place for anyone who wants to join our creative play - performers, artists, makers, community builders, neighbours, innovative thinkers, placemakers, permaculture enthusiasts, and urban growers. containR is a place for people to be experimental and share what they are doing. We support a DIY format featuring entertainment, innovation and outstanding community engagement.

We are calling on neighbours to share ideas and get involved on site. If you have a brainstorm that you would like to stage at containR we want to hear from you!

We welcome your arts programming, gardening and community activation ideas that will make containR a convivial fun place for all people.

Please send your ideas to containR@springboardperformance.com

Website: <http://springboardperformance.com/containr>

Family Picnic @ Riley Park



Join us for a BYOP
"Bring Your Own Picnic" Picnic

Meet other families
in the neighbourhood

Let's Hope for Sunshine!

Contact: Anna anna.nguyen3@gmail.com
Joleen jitterbugjoleen@gmail.com

Rainbow friendly

Sunday, June 5
12-3pm

Riley Park Playground, West Entrance



COME MOVE WITH US

DJD's Summer Camp sessions are still accepting registrations!

DJD summer dance camps are designed to instill a love of dance in your child! With an emphasis on FUN and CELEBRATION, students are encouraged to explore challenges, demonstrate creativity, expand movement vocabulary, build confidence and develop friendships with other students.

JULY SCHEDULE:

JULY 4-8, HIP HOP CAMP, AGES 8-18
JULY 11-15, FINE ARTS CAMP, AGES 6-13
JULY 18-22, ADVANCED JAZZ CAMP, AGES 8-18
JULY 25-28, DANCE CAMP, AGES 4-18

AUGUST SCHEDULE:

AUGUST 2-5, DANCE CAMP, AGES 4-9 & FIERCE GIRL CAMP, AGES 10-13
AUGUST 8-12, HIP HOP CAMP, AGES 8-18
AUGUST 15-19, DANCE CAMP, AGES 4-18
AUGUST 22-26, DANCE CAMP, AGES 4-7, WORLD DANCE CAMP, AGES 8-10,
HIP HOP CAMP (MOVEMENT WITH A MESSAGE), AGES 11-18

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- ★ Street Hockey, Sporting Contests and Games
- ★ Talent Show Open Mic Hosted by the Sadlier-Brown Band, Register: gerald.wheatley@gmail.com
- ★ Bring your patio furniture and make yourself at home!
- ★ Thanks to the Kensington Lions, HSCA, Sunnyside Natural Market, The Calgary Foundation, The Red Cross and Susan Harrigan



KENSINGTON WINE MARKET

2016 TASTING SCHEDULE

Tastings start at 7:00pm unless otherwise indicated

Rare Cadenhead Malts Batch 11 & 12	Thr Jun 2	We are saving the oldest, rarest and most obscure Cadenhead releases for this tasting with a range distilled between 1976 and 1989. It will include BenRiach, Royal Brackla, Dufftown, Tomintoul and more	\$150
Spring Single Malt Festival	Thr Jun 9	Our biannual festival sells out very quickly. Sign up now for an opportunity to taste over 100 of the finest whiskies in Alberta	\$60
Everything's Coming Up Rosé!	Fri Jun 10	Used to be you couldn't give away a bottle of Rosé. My, oh my, how times have changed! Get ready for summer and taste some of our global best. Stand up format.	\$20
Lost in Translation	Tue Jun 14	There is no mystery to our love of Japanese whisky, and the tale of how the Japanese came to be one of the world's finest whisky producers, is a worthy one!	\$60
Christmas in Spain	Thr Jun 16	Who said Christmas has to be in December? Our Spanish shipment of fabulous new offerings is in. Let's open them up together!	\$35
Wine Festival: France	Fri Jun 17	We close shop early so we can open the floor for our French Wine Festival. We'll showcase all the regions you know about and promise a few surprises. Cheese and nibbles from Peasant Cheese, mais qui	\$40
Closed Distilleries	Tue Jun 21	Scotland lost a huge chunk of its distilling heritage between 1983 and 2000. The whiskies from many of these distilleries are getting older, rarer and more expensive with every passing year.	\$225
Jean Baptist's Favorite Brews	Thr Jun 23	Ok, we're a day early celebrating Jean Baptist's feast day. But, why wait! Join us for a tasting of some of Quebec's best brews.	\$20
Cheese Please	Fri Jun 24	Join us as we sip and nibble our way through the French Rivera, Cotes d'Azur and the Mediterranean crescent discovering who makes the best Rosé. Crystal promises des fromages exceptionnel! Stand up format	\$30
Brandy, Armagnac and Cognac	Tue Jun 28	Beer is to whisky as wine is to brandy, and not all brandies are alike. We'll sample a range of spirits from Spain, Italy and France including Brandies, Armagnac and Cognac.	\$40
Border Wars – Canadian v. American Rye	Thr Jun 30	It may surprise many to learn that Canada is not the world's only producer of rye whisk(e)y! The Americans make a load of it too, and are giving Canadian producers a run for their money!	\$35

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

Volunteer in Profile:



Ara Shimoon managed to capture the unique, & constantly changing landscape of Hillhurst Sunnyside over the course of a year

At this year's AGM we recognized two outstanding volunteers for their commitment to the Hillhurst Sunnyside community.

J.F. Bellemare & Ara Shimoon have continued to demonstrate strong leadership and dedication to their neighbourhoods. Please read the glowing nominations for these two and let us know if there is someone in Hillhurst Sunnyside who you feel deserves recognition in our new Volunteer in Profile feature.

J.F. Bellemare

J.F. Bellemare, a.k.a. "Rusty" has demonstrated ongoing commitment over the last year and a half to curating our farmers' market's Sweet Beet Stage. He strives to be inclusive, by seeking out musicians who may not have a lot of performance experience, allowing them to build their skills in the supportive environment of the farmers' market. In addition to selecting the performers and coordinating the schedule, Rusty attends the market each week to set-up and manage the sound equipment. –Kate Stenson, Community Food Program Supervisor

Caption – Many Calgary musicians perform on the Farmers' Market Sweet Beet Stage thanks to Rusty's hard work & dedication

Ara Shimoon #sunnyside365

Since June 21, 2015, Ara has been taking a photograph a day of the interesting events, people, sites, and personalities in the Hillhurst and Sunnyside communities. Every day, he posts the picture online. #Sunnyside365 is helping to build community through visual storytelling.

Ara and his photo project have been featured in news media throughout Calgary. The HSCA has also used Ara's pictures on the cover of the monthly newsletter. #Sunnyside365 has united the community by bringing a focus on the beautiful (and not so beautiful) images that we see every day in our neighbourhood.

Ara seeks out the people that give their time and energy to the community, not as a means of recognition per se, but as a way to bring awareness that our little part of the world is curated and cared for by a collection of diverse, fascinating people. He has committed to this task, every day, for an entire year. That commitment has been challenging at times. But, every single day, Ara seeks out something wonderful or noteworthy in our community, in order to tell a story about the "specialness" that is Hillhurst & Sunnyside. See www.glorified.ca/sunnyside365 for more details. – Debbie Mazurek, Hillhurst Sunnyside Resident.

If you'd like to suggest a community volunteer to be featured as a Volunteer in Profile, please contact our Communications Lead, jessica.c@hsc.ca

And to volunteer at HSCA please visit our website www.hsc.ca/volunteer for current positions.

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the **HAPPY BIRTHDAY** project

Made by Momma has some BIG news to share with the community!

Join us for our **FIRST ANNUAL NEIGHBOUR DAY BLOCK PARTY** to celebrate the launch of our two latest initiatives: **The Happy Birthday Project** and a **Free Little Library!** Come see what we are all about, what we do and how you can be a part of the village that supports families in need.

WHEN Saturday, June 18th, 2016 Time: 11:30am to 1:30pm

WHERE MBM Resource Centre 66 21st Street NW – parking along Westmount Road and Bowness Road

Enjoy delicious pizza from the Avatara Food Truck, our very own delectably decadent Made by Momma bake sale and a refreshing lemonade stand! Bouncy houses, face painting, music and much more!

WE LOOK FORWARD TO MEETING YOU!

For more info visit: www.madebymomma.org



IN & AROUND SCHOOL

Hillhurst School

A standing ovation and a rousing round of applause to the cast and crew of **DOPPEL!** Doppel is a bizarre underground metropolis inhabited by four queens and their twinned citizens, who get an unexpected visit from two surface dwellers. These unknowing invaders are, unfortunately, without the required 'doubles', and are marched off to a murky Doppel prison. Sound intriguing? Beguiling? Darkly alluring? How about musical? For the 300 students at Hillhurst School, it was musical beyond all else. And to the eight hundred appreciative spectators of this outstanding **student opera**, it was pure magic.

This opera is the result of seven months hard work and a lot of imagination and determination. The students were the stars and the backbone of the whole production, and guiding them through were our two immensely talented and visionary music teachers, Ms. O and Ms. A. Bravo! We would also like to thank the librettist, composer, director and technical guru from Calgary Opera's **Let's Create an Opera** program, the program sponsor, Repsol, the Hillhurst Parent Council, and all the teachers, staff and parents who worked tirelessly on this main event. The goal of this program was to bring the entire school community together, joining voices, ideas, talents and opinions, and in this we surely succeeded.

For the third year running, our student **Marathon Club** is out in Riley Park for the month of May, stretching legs and lungs and attempting to cross the finish line with a marathon under their belts. The students run one to five kilometres a day, hoping to accumulate the 42.2 km and build up their endurance for long-distance running. We are cheering you on!

Also in May, our Grade 4/5 classes attended **Open Minds**. These week-long field courses move the classroom into the community, and expose students to curriculum through hands-on experiences. Last year our Grade Six classes were immersed in Zoo School, and this year our students will be delving into the fine arts at **The Hub for Inspired Learning** at the Arts Commons. Students will work with a variety of different writers, painters, installation and performance artists to expand the right side of their brains and take their learning to a new creative level.

An enormous thank you to all our Grandparents who participated in the **Grandparent Reading Program** this year, volunteering their time and love of learning to read, play games, and have meaningful conversations with our students. Your presence in our school exemplifies the spirit of community and the importance of intergenerational experiences, which are often overlooked in our busy and technological world. Thank you for being part of something so critical and rewarding. We look forward to seeing you all back in the fall!

And to our **Grade Six Students**, who are winding up their time here at Hillhurst School, we trust that your final grand adventure with us – **Outdoor School** in the Albertan wilds near Nordegg – gives you all the confidence and skills you need to move forward in your life, like compass-reading, fire-starting, edible plant identification, and mosquito-tolerance. With these newly acquired life skills, you will be able to survive anything, even junior high! A fond farewell to you all.

Upstream Forest School

From bridges, to string, to roller coasters, to pulleys to elevators. This may not seem like a natural progression, but in Forest School, it makes perfect sense.

Our youngest class, the Chickadees (aged 3-5) became interested in building bridges for the animals, and we examined the idea of wildlife corridors, a place for both animals and people to be safe. I brought a slack line so the children could experiment with what a bridge does; it wiggles, it swings, it gets tighter the closer to the anchor points you get...all things they discovered on their own through hands on learning. The next week I brought string for the children to make their own bridges and slack lines with, and soon a roller coaster was set up for the animal stuffies we have. The animals went from high to low (gravity) and certain lines could only hold stuffies of a certain size and weight. Yes, the 3 year olds are experimenting with mechanical engineering here!

In order to enhance and deepen their investigation of the bridges and the string, we brought pulleys for the children to play with. They discovered that by pulling down on one rope, the other end of the rope going

through the pulley went up! A flag pole was born, then a ride for the stuffies; soon, we were talking about how elevators work with weights and pulleys. Of course, we had to make one!

We brought buckets the next week, and used a harness and climbing equipment to pull children up using the weight of the rocks in the bucket on the other side. The children were thrilled, and truly understood the concept of how elevators work! We also experimented with weight; how many rocks would lift each child? How many rocks were needed for a perfect balance of bucket and child?

Our study of bridges and simple machines has taken us many places; this is how Forest School works! Everything is hands on and begins with the children's questions and passions about what they are learning. If you have children in your life, leave a pulley and some rope in your backyard and see what creativity ensues!

West Hillhurst Community Preschool

**We have openings in our
afternoon programs for 2016/17!**

The children of West Hillhurst Community Preschool are having a great time wrapping up the year! They spent the year enjoying music, crafts, dancing, learning the alphabet and playtime with all their new friends. Come join the fun at our West Hillhurst preschool in September 2016!

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

Don't cry because it's over.
Smile because it happened.
-Dr. Seuss

Volunteer Opportunities at HSCA

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

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.

Fitness Instructor

Hillhurst Sunnyside Community Association (HSCA) runs a weekly (non-profit) FoodFit program teaching Nutrition, Kitchen Skills, and Active Living. We are looking for one-time GUEST VOLUNTEER INSTRUCTORS in Belly Dance, QiGong, Tai Chi, and/or Zumba!

We would run the fitness portion from 7:15pm-8pm. You are invited to join us for a healthy meal at the end of class (8-9pm). The group will include 12 participants.

We are looking for Instructors Monday April 4, 11, or 18. We are also looking for instructors for future sessions.

<http://cfccanada.ca/foodfit>



Neighbour Event

For many of us, ‘Spring Cleaning’ involves clearing out those never-used items from our attics and garages. Getting rid of clutter feels so good, and what better way to do that than with your WHOLE neighbourhood?!

On June 18th, a big part of our community will take part in what has become the 15th Annual ‘Hillhurst-Wide Yard Sale’. Visitors hit the ‘treasure-seeker jack-pot’ when they stroll from 10A Street to 11th, 11A, 12th & beyond to find yard after yard offering all sorts of toys, tools,

trinkets & more. Being a diverse neighbourhood, housing ‘Babies to Boomers & Beyond’, there’s always something for everyone!

The event started in 2001 by a few neighbours on 10A Street...someone put an ad in the newspaper and painted an old realtor sign (still cared for & updated each year) to advertise, and that was about all there was to it. A few years later, 11A Street organized a sale on the same day, too. Now, an area-wide event, neighbours representing each of the streets involved connect to share some plans, including organizing a donation truck (actually, TWO trucks!) to come through the area afterwards and take what’s left to charity.

If it all started with a few neighbours not wanting to have a yard sale by themselves, how did this turn into an event which spread to ALL the streets in the area, and manage to last for 15 years in a row?

As it’s turned out, the day is about so much more than just the things for sale on the lawn--it’s become a treasured social and community-building event that helps us to connect like nothing else. There is nothing quite like walking down all of the streets to see the interesting items (and treats...more than just lemonade stands!), meeting neighbour after neighbour along the way, sharing tips & stories of what you’ve seen. Talk extends far beyond the weather when you find out one of your neighbours is a collector of comic books, another is letting go of a great set of record albums, or someone simply has something perfect for your house.

We hope you’ll come visit on June 18th to ‘shop’, but we also hope you’ll say ‘Hello!’ and get to know us, too. Who knows? Maybe you’ll be inspired to rally your neighbours to do the same, and we’ll be visiting your event next!

-Becky Rock, 10A Street

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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)



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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.

Employment Program

Are you struggling in your search for employment?

If so...Please join us at WINS for the Employment Program starting on May 3, 2016 at 1:00pm

Topics included in the Employment Program are:

- Career Planning
- Identifying a Job Target
- Developing Your Resume and Cover Letter
- Job Search Techniques
- Applying for the Job
- Interview Skills
- Employment Maintenance

Come in to 325 10 St NW or call 403-269-4670 to register

*Child Care Provided



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

Expressions: Sharing Your Story through Art and Creativity



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

*May 5, 19 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.



Covenant Living
Evanston Summit

"It's where I'd live."

Brad,
Author, movie buff and wine aficionado.



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 pub afterwards.

Welcome to your life at Evanston Summit. Welcome home.

121 Retirement Suites Available For October 2016 Occupancy.

Visit us at evanstonsummit.com or call us at 587.538.7511 to schedule your appointment

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denture clinic

Dhiren Bharadia, Denturist

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

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



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The Development Levy: Next Steps

In February 2016, The City implemented new levies for development in both new and existing communities, marking a turning point in Calgary's approach to managing and paying for growth. As I shared in your March newsletter, the development levies are the outcome of The City and the development industry working together on an agreement for how to cover the full cost of growth.

So what has changed? Previously, The City covered the costs of major infrastructure upgrades like new wastewater treatment plants for greenfield development, which effectively amounted to a "sprawl subsidy". With the new agreement now in place, developers will pay for the full cost of critical municipal infrastructure.

I have been working to achieve fair development levies since before I was elected to City Council, and while the new levies are a major accomplishment, the work is not yet done. The ultimate goal is for the levy to help fund public realm and facility improvements in established neighbourhoods that are experiencing significant redevelopment.

How can the levy help? When property is redeveloped for higher density, The City collects an increase in property taxes. We call this phenomenon "uplift". The City plans to capture a portion of this uplift for reinvestment in local amenities and public realm improvements for neighbourhoods going through change.

Common examples of improvements could be upgraded sidewalks and lighting, preservation of heritage buildings, new or refurbished parks and green spaces, or renovations to recreation and community centres.

The City is just starting to research the process for identifying amounts available for community reinvestment projects. As we move into this important next phase, it is critical that we involve Calgarians. We want to tap into local knowledge to determine opportunities that can enrich your neighbourhoods. To that end, I brought together Ward 7 community associations and City staff to start thinking about what types of reinvestment they would like to see as their communities experience redevelopment. The needs and goals of each community will likely be different, and we will look to your community associations to help identify areas of improvement that matter to you.

There will be much more to come on this topic, so to stay up-to-date on this and other Ward 7 issues, please sign up for my email newsletter: ward07@calgary.ca.



MLA, CALGARY MOUNTAIN VIEW
DAVID SWANN

#102, 723 14th Street NW, Calgary AB
Tel: 403-216-5445

Greetings constituents of Calgary Mountain View:

I'm pleased to have the opportunity to share information and upcoming events with you via a monthly column here in the *Hillhurst Sunnyside Voice*.

Thank you to everyone who came out to join me for a few events recently, including the annual Calgary Pathway and River Cleanup—which took place in May at Tom Campbell's Hill Pathway in Bridgeland—and my March 23 town hall event on *Strengthening Our Provincial School Nutrition Policy*.

Upcoming Events:

On June 9th all constituents are invited to attend my free talk, *Valuing Mental Health*, which will summarize findings of the Alberta Mental Health Review Committee; audience Q & A will follow. This talk will be held at the Hillhurst-Sunnyside Community Association, 1320 – 5 Ave NW, from 7:00 to 9:00 p.m. Preceding this presentation—from 6:15 to 6:45 p.m.—my Constituency Association Board will host a brief Annual General Meeting, at which everyone is welcome.

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'd like to volunteer with us this year, please email Layne at calgary.mountainview@assembly.ab.ca.

A special thank you to the *Hillhurst Sunnyside Voice* for sharing regular updates on news, upcoming events, and more. I value your active involvement in our healthy political development and welcome the opportunity to discuss your interests and concerns.

All the best!

Bow Valley Lawn Bowling Club Open House

The Bow Valley Lawn Bowling Club is holding its annual **OPEN HOUSE** on

Saturday, June 4, 2016 from 1:00 to 4:00 p.m.

Come and try Lawn Bowling at our friendly neighbourhood club at 1738 Bowness Road N.W. Everyone is welcome.

- Join us and learn the fun of lawn bowling. No experience or special skills necessary.
- During the summer there is regular bowling in the evenings.
- It costs only \$100.00 per person to join for the whole year.
- Membership includes numerous social functions, other than bowling, throughout the year – Annual BBQ, Black & White evening, social activities during fall and winter. (e.g., games night and travelogue)
- For more information, check out our website www.bowvalleylawnbowling.com



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	18	403-402-3060	Yes
Grace	16	403-604-4366	No
Jake	14	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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CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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

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

YARDBUSTERSLANDSCAPING.COM: Weekly lawn mowing \$36, power-rake \$100, aeration \$50. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

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

ARE YOU LOOKING FOR A LOCAL, PROFESSIONAL ELECTRICIAN? FCC Electric is well established, insured, certified and happy to assist with all your residential and commercial projects. FCC Electric offers free estimates, home inspections, kitchen/basement/garage renovations, repairs/troubleshooting panel/service changes, retail development at fair rates with references. 65+ discounts. Call us 403-462-8801.

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.

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.

THE GUTTER DOCTOR: We install, repair and clean eavestroughs, and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with Quick-Books and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

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

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.

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

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Saturday, June 4, 2016 ~ 11:00 am - 4:00 pm
Hillhurst/Sunnyside Community Association
1320 - 5th Ave NW, Calgary, AB
Artists: Darlene Beck ~ Marie Gelinas Giles ~ Vanessa Kary
Original Abstract Art ~ Free Parking & Admission ~ Artists in Attendance
www.calgaryabstractcollective.com



Phone Booth

Changing times on the corner of Memorial Dr and 10th Street as phone booth is removed for local improvements...

Marlene Whyte

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Hillhurst-Sunnyside Community Association 2016 Good Food Box Dates

Order By Noon on:	Pick Up Date: THURSDAY
May 27	Jun 9
Aug19	Sept. 1
Sept 16	Sept. 29
Oct 14	Oct 27
Nov 10 (Thursday)	Nov 24

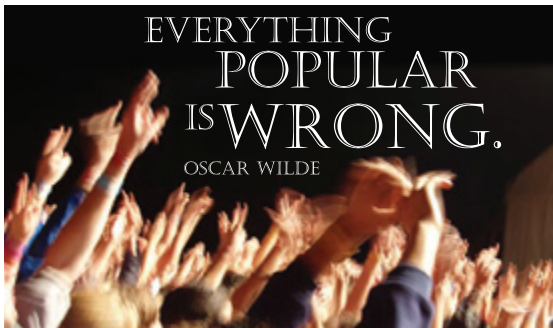
N.B. NO GOOD FOOD BOXES IN JULY, AUGUST & DECEMBER.

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: \$ 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
Kerby Centre for the 55 plus	403-265-0661
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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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

- ◆ 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.

JUNE 18TH 9AM-2PM: COMMUNITY-WIDE YARD-SALE: Stroll down multiples streets to find yard after yard offering all sorts of great items for sale! Between Kensington Road & 5th Ave NW, visit 10A Street, 11th, 11A, 12th and beyond...one day only, so don't miss it!

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WEDNESDAYS

Hillhurst Sunnyside Community Association
1320 5 Ave. NW

June 1 - Potluck & Cultural Diversity
June 8 - Spa Night
June 15 - Crocheting/Knitting & Parenting
June 22 - Paint Night
June 29 - Potluck & Reflections

Contact Amanda Palmer at amanda.p@hsca.ca or
403-283-0554 ext. 247



Join us for our monthly

COMMUNITY POTLUCKS!

Friday, May 20 Friday, September 9
Friday, June 10 Friday, October 14
Friday, July 8 Friday, November tbd
Friday, August 12 Friday, December 9

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

Hillhurst Sunnyside Community Association
1320 5 Ave. NW

Activities
for kids

Bring a
dish if you
can!

NUTS

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



CASINO VOLUNTEERS

I would like to send out a huge thank you to all the volunteers who helped out with the casino in May.

As many of you know this is a very important fundraiser for the centre and provides financial support with upgrades to the building and helps offset some of our costs. We would not be able to do many of the things we do without this funding and without your help working the casinos, the funding would not be available to the community centre.


So from the board, staff and community, thank you for the important role you play when you support us at the casino events. You are awesome.

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!



Membership Form 2016

Membership Year runs from January to December 2016

Name: _____

Address: _____

Postal Code: _____ Phone: _____

E-Mail: _____

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

Number in family: adults _____ children _____

Date of Purchase: _____

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

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

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

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

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

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

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

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

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

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

e: nicoleta.v@hsca.ca **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.hsca.ca for news and updates about this program



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ART FOR THE ARTIST IN YOU
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Sat. June 18 from 10:00 - 5:00

Join us for our Sidewalk and Backyard Festival

- **20** participating local artists making art - Showing you what they do and how they do it. Featuring Stone and Wood carving, Jewellery, Encaustic, Oil and Acrylic painting, Pastel and Venetian Plaster.
- Floral Artist re-creating famous paintings by the Masters
- Finalists for the Water for Riley Fountain contest
- Participating local art supply stores and community centers

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403-244-3688

www.framedonfifth.com