

MARCH 2016

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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

CONTENTS

Events Calendar	5
Soccer season starts soon!	8
Casino	9
Community Planning Update	10
Senior Synergy	12-13
Art Classes for Kids and Teens	14

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Northern Flicker, photo captured by Susan Chalier in her back garden

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Hillhurst Sunnyside Community Association

Community Centre

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

BOARD OF DIRECTORS

Jeremy van Loon	Board Chair
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Louisa Lungu	Member at Large
VACANT	Member at Large
VACANT	Member at Large
VACANT	Member at Large

STAFF LISTING

Quentin Sinclair	Executive Director Ext. 221	quentin.s@hsca.ca
Nicoleta Vulcu	Front Office/Garden/Volunteer Coordinator Ext. 232	nicoleta.v@hsca.ca
VACANT	Rentals Ext. 223	rentals@hsca.ca
Lisa Chong	Community Planning Ext. 229	lisa.c@hsca.ca
Jessica Clark	Communications Lead Ext. 226	jessica.c@hsca.ca
Jaimie Hagman-Athom	Out of School Care Director OOSC	403-270-9703, jaimie.h-a@hsca.ca
Shannon Martel	OOSC Program Manager	403-270-9705, shannon.m@hsca.ca
Richard Kavanagh	Facility Coordinator Ext. 230	richard.k@hsca.ca
Debbie Olson	Seniors' Services Ext. 224	debbie.o@hsca.ca
Kate Stenson	Community Food Program Supervisor Ext. 228	kate.s@hsca.ca
Sonia Woodman	Controllor Ext. 222	sonia.w@hsca.ca
Hillhurst Sunnyside Daycare	Sunshine and Rainbow Rooms	403-270-9703
Bonnie Constable	Flea Market Coordinator Ext. 231 (drop in on Sundays, or leave a message - calls returned on Sundays only)	
Amanda Palmer	Neighbour Support Network Coordinator Ext. 247	amanda.p@hsca.ca
David Wartman	Encore Fellowship	david.w@hsca.ca

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

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.

EVENTS CALENDAR

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

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

Program Phone Numbers

Flea Market	Bonnie Constable	Ext. 231 (drop in on Sundays, or leave a message - calls returned on Sundays only)
Drop in Badminton		403-283-0554 ext 232
HYDRA Taekwondo	Brad	403-809-8856
Foxy Kickboxing	Jessica	1-888-974-FOXY (3699)
Drop-in ESL club	Nicoleta Vulcu	403-283-0554 ext 232
Life Drawing Class	Susanne	susanne.gies@yahoo.ca
Book Club	Anisa	hsca_outreach@msn.com
Jugando Children Spanish Classes	Guilliana	403-835-2650
Kids Karate	Richard Fossey	403-203-8710
Art Classes	Nicoleta Vulcu	403-283-0554 ext 232
Capoeira		baianoprofessor@gmail.com
Neighbour Support Network	Amanda Palmer	Ext. 247 amanda.p@hsca.ca



Upcoming Events

- Flea Market Sundays** 7am-3pm
- Indoor Farmers' Market** 1st & 3rd Wednesday of the Month 3-7pm
- Local 301 Urban Agriculture Workshop** March 2, 7-9pm
- Hillhurst Sunnyside Planning Committee Meeting** March 8, 7-9pm
- Calgary Abstract Art Collective** March 12, 11am-4pm
- New Age Fair** March 12, 10am-4pm
- Rocky Mountain Folk Club** March 18, Doors @ 7:30pm
- Seedy Saturday** March 19, 10am-3pm
- Save the Date, AGM** April 19 @ 7pm

FREE COMMUNITY PROGRAMMING FOR FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 1-2:30pm Parenting Group WINS 325 10 St. NW 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	2 11-2pm Food Fit 1227 Kensington Cl. NW	3 6-8pm Neighbour Support Network WINS 325 10 St. NW	4
7 1-2:30pm Expressions Art & Craft WINS 411 14 St. NW 4-6pm Fresh Food Basket HSCA 1320 5 Ave. NW 6-9pm Food Fit 1227 Kensington Cl. NW	8 1-2:30pm Parenting Group WINS 325 10 St. NW 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	9 11-2pm Food Fit 1227 Kensington Cl. NW	10 6-8pm Neighbour Support Network WINS 325 10 St. NW	11
14 1-2:30pm Expressions Art & Craft WINS 411 14 St. NW 4-6pm Fresh Food Basket HSCA 1320 5 Ave. NW 6-9pm Food Fit 1227 Kensington Cl. NW	15 1-2:30pm Parenting Group WINS 325 10 St. NW 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	16 11-2pm Food Fit 1227 Kensington Cl. NW	17 6-8pm Neighbour Support Network WINS 325 10 St. NW	18
21 4-6pm Fresh Food Basket HSCA 1320 5 Ave. NW 6-9pm Food Fit 1227 Kensington Cl. NW	22 1-2:30pm Parenting Group WINS 325 10 St. NW 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	23 11-2pm Food Fit 1227 Kensington Cl. NW	24 6-8pm Neighbour Support Network WINS 325 10 St. NW	25 GOOD FRIDAY
28 EASTER MONDAY 6-9pm Food Fit 1227 Kensington Cl. NW	29 4-6pm Fresh Food Basket HSCA 1320 5 Ave. NW 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	30 11-2pm Food Fit 1227 Kensington Cl. NW 5-8pm Income Tax Clinic* 1320 5 Ave. NW *Appointment required	31 6-8pm Neighbour Support Network WINS 325 10 St. NW	

If you are a community group or business offering free community-based programming in Hillhurst Sunnyside and would like to see it added to future monthly calendars, contact Amanda at 403-283-0554 ext. 247 or amanda.p@hsc.ca to discuss.

FREE COMMUNITY PROGRAMMING

Free Community Programming for March 2016

For more information on Expressions Art & Craft or Parenting Group, 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 Income Tax Clinic, contact Amanda at HSCA, by calling 403-283-0554 ext. 247 or by email at amanda.p@hsc.ca.

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

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

Expressions: Sharing Your Story through Art and Creativity

Mondays, 1:00 p.m. to 2:30 p.m. at WINS' Hillhurst (411 14 St. NW, 10th floor)

Come in and have fun expressing your creativity! Light refreshments will be provided.

Call Michelle at 403-270-7283 or drop by!

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! For more information, contact Amanda at 403-283-0554 ext. 247 or at amanda.p@hsc.ca.

Food Fit

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. Food Fit is currently at capacity, but we will begin accepting registration for the next program cycle soon! Contact Jenae for details at 403-283-0554 ext. 228 or at foodfit@hsc.ca.

Parenting Group

Tuesdays, 1:00 p.m. to 2:30 p.m. at WINS' 10th St. (325 10 St. NW)

If you are interested in learning about things like Ages and Stages, Positive Discipline, Safety, and Building Self-Esteem in our Children, join us! Contact Michelle at WINS or at 403-269-4670 for more information.

Drop in ESL

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

Neighbour Support Network

Thursdays, 6:00 p.m. to 8:00 p.m. at WINS' 10th St. (325 10 St. NW)

Interested in meeting new people? Looking for something free and fun to do? Want to learn more about issues important to you? Join us! For more information call Amanda at 403-283-0554 ext. 247, Amanda.p@hsc.ca or check out our website at www.hsc.ca.

Income Tax Clinics

Wednesday, March 30 from 5:00 p.m. to 8:00 p.m. and Thursday, April 14 from 5:00 p.m. to 8:00 p.m. at HSCA (1320 5 Ave. NW). HSCA is helping to organize two free income tax clinics for individuals who have a total household income of \$30,000 or less with no dependants or \$50,000 or less with dependents. The Clinics operate by APPOINTMENT ONLY, so call today to book your spot! Contact us at 403-283-0554 ext. 233.

HSCA Flea Market

◆ Crafts • Furniture • Antiques • Books • CDs
◆ Household Items • Treasures Galore
◆ and much, much more!

◆ **Sundays 7:00 am to 3:00 pm**

◆ 1320 – 5th Avenue NW

◆ **Free Admission**

HALL RENTALS

HILLHURSTSUNNYSIDE.ORG | 403-283-0554

EVENT, MEETING & RECREATIONAL SPACES

WEDDINGS, BIRTHDAYS, CONCERTS, MARKETS, AND MORE!

Soccer season starts soon!

HSCA Community Soccer Registration is open! Soccer is a team sport that promotes fair play and confidence while building social skills and making new friends! The season runs from mid-April to the end of June. Fees are \$70. There are various leagues available for 3 year olds up to 18!

Looking to volunteer? We have many different positions for you to help out in! Please email us at shannon.m@hsc.ca if interested. We are specifically looking for coaches for our soccer season! We offer a free Coach Info Night and Coaches Clinic – so there is no need to worry about 'not knowing' about Soccer!

We are also looking for referees! This position is paid, and requires only a two hour training course prior. Children 12 and up can apply. Please contact Shannon at Shannon.m@hsc.ca or 403-270-9705 for more details.

Sun Fun Registration now open!

Sun Fun Registration is open! Our summer program runs from July 4 until September 2 and caters to children 5-12. Please note your child must have completed Kindergarten to attend. Registration is available for the whole summer or on a week by week basis. Our days are packed with a wide range of activities that meet the physical, social, intellectual, creative and developmental needs of your child – while being fun of course! This includes but is not limited to: organized sports (inside and out), arts, crafts and building, science and dramatic activities, private classes (tennis, Lego, dance and swimming), field trips and weekly outings. Fees and program outlines can be found on our website at www.hillhurstsunnysidechildcare.com. Come join in on the fun!

Lions Park
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

Save The Date! Annual General Meeting

April 19, 2016 at 7pm

All residents of Hillhurst Sunnyside are invited and encouraged to attend. Come spend the evening with us and learn what the HSCA Board of Directors and our various committees are up to. What did we achieve in 2015? What are our plans moving forward in 2016?

Members must have their 2016 membership purchased and paid by March 18, 2016 in order to vote for Board of Director positions. Members of the community association who are in good standing are permitted to vote and run for board positions during the meeting.

Resident participation in the voting and nominations process is highly encouraged. Our Board of Directors at HSCA has an active involvement with numerous programs, events and activities in the facility. The Board also operates critical task forces and committees, such as the Planning Committee and the Sustainable Centre Task Force, which help shape long-term planning goals for the community of Hillhurst Sunnyside.

Please contact our Board President Jeremy van Loon, or our Executive Director Quentin Sinclair for details: jeremy.vanloon@gmail.com or quentin.s@hsc.ca.

Now accepting nominations for the Community Service Awards!

Are you or someone you know making a difference in Hillhurst Sunnyside? Nominate your choice to receive a Community Service Award! Nominations will be accepted until April 1, 2015 @ 4pm. Please email nicoleta.v@hsc.ca with the name of someone in Hillhurst Sunnyside who you feel has made a positive impact in the community. Please provide a brief explanation as to why the nominee is an outstanding member of our community, along with his/her contact information. Nominations will be reviewed by April 8, 2016, and you and your nominee will be notified of the results. If your nominee is successful, we will present an award at the AGM.



2016 CASINO

HSCA has been scheduled for a Casino on Wednesday and Thursday May 18, and 19, 2016. We have been moved by gaming to Casino Calgary for this event (1420 Meridian Road NE) which is approximately located on the corner of Barlow and 16th Ave.

As in previous years, there are 3 shifts each day, two in the casino proper and one for the count room. Volunteers can work more than one shift, but cannot work more than one position.

The day shift is from approximately 11:00 am to 6:00 pm, with the evening shift starting from approximately 5:30 to 3:00 am when the casino closes. Some of the positions during this shift, may end earlier than 3:00 am. The Count Room shift starts between 9:00 and 10:00 pm and ends around 3:00 am. Times will be confirmed closer to the date.

Key positions / general manager; banker; cashier and count room supervisor, require the completion of a worker application form that needs to be sent to Gaming 90 days prior to the event.

Please call Debbie at 403-283-0554 ext 224 if you would like more information or would like to sign up for a position. The sooner you connect with me the more likely you will be able to work the position and shift you would prefer. We will also need some back up volunteers who would be able to come out last minute if something comes up and a volunteer is unable to make their commitment.

This is an important fundraiser for the community centre so please come out and support us if you are able.

Hillhurst-Sunnyside Community Association

2016 Good Food Box Dates

Order By Noon on:	Pick Up Date: THURSDAY
Apr. 1	Apr 14
Apr 29	May 12
May 27	Jun 9
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

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Give Kim Kennedy a call 403-249-5560

COMMUNITY PLANNING & DEVELOPMENT UPDATE

The planning committee is comprised of a group of dedicated volunteers in Hillhurst and Sunnyside who have a keen interest in the way that our community is redeveloping. Our comments to the City and to developers are based on our local planning policy, the Area Redevelopment Plan (ARP). HSPC meets regularly on the second Tuesday of each month from 7pm to 9pm at the community centre.

Our community is going through significant redevelopment and change – if you or your neighbours are affected by construction projects near you, you may be interested in attending our next meeting. We are pleased to welcome **guest presenters from City of Calgary's Coordinated Safety Response Unit team** to speak about safety issues during residential infill construction at our March meeting. Please read the next section for details! (See article on p. 14)

Active Development Updates

321-331 9A Street > A Land Use Amendment (or rezoning) and Development Permit proposal is expected for this site. The ARP permits a height of 26 metres (or ~8 storeys) with a Floor Area Ratio of 5.0 (this means the building volume can take up to 5x the area of the site). The developer is expected to engage with the HSCA - please keep a look out for news on this possible redevelopment project.

1134-1160 Memorial Drive > The community is expecting to see a Development Permit for a ground-oriented midrise (4-5 storey) building on this site. For background on this project, please visit us online at hscaplanning.com > Circles > Memorial Drive Project.

Grace Hospital Redevelopment Site > This is a major redevelopment project that is located on the northeast corner of 8th Ave and 14th St. The owner is looking to submit applications to amend the Area Redevelopment Plan and to rezone the site. An open house was held in September last year; we will post any news about this project as it becomes available.

Hillhurst Sunnyside Community Amenity Fund > This is a development density bonusing fund which collects a levy from developments in the Transit Oriented Development Area at \$17.85 per square metre above the base density. This fund is meant to support public amenities and improvements as the community densifies and more new community residents are added to apartments and condos. An ARP amendment is required to implement

this fund. For more information, please contact Morgan.Huber@calgary.ca.

LifeSport Site at 1110 Gladstone Road > This is a future redevelopment that includes the former Hillhurst Baptist Church (the blue building) and the multi-family buildings near it. This project is only in its initial stages and we expect to hear more about it in the months to come.

Sunnyside Grocery at 802 2nd Ave NW > the owner of the historic Sunnyside Grocery building is looking to redevelop the site to accommodate a mixed-use residential development. Sunnyside residents can look forward to seeing community engagement on this project very soon. You can read up on the project on their Facebook page at www.facebook.com/sunnysidegrocery.

Sunnyside Triangle Site at 1020 2nd Ave > This is a vacant City-owned parcel that has been slated for future development. Throughout December, the City's public engagement team asked community residents, "in addition to affordable housing and mixed-market housing, what kind of activities you would like to see happen on the Triangle Site?" If you have any ideas to share, please contact Susan.Sanderson@calgary.ca!

West Hillhurst Kensington Legion Site at 1910 Kensington Road NW > The City of Calgary has set up a website for this development application at www.calgary.ca/legion; you can also visit the project website at www.engage264.ca. The rezoning of the entire site and the Development Permit for the Legion/office building will have gone to City Council by the time this article is printed; the decision will be posted to www.agendaminutes.calgary.ca.

Stay Informed / Get Involved

In person: The Hillhurst Sunnyside Planning Committee meets on the second Tuesday of each month. Our next meeting is on March 8th - meetings are open to all community residents and we hope to see you there! Meeting agendas are posted before each meeting on our website at www.hsc.ca/meetings-2.

Online news forum: Visit the HSCA's community planning website by going to hsc-community-planning.mightybell.com. Click on Circles on the left-hand side to read more about the individual projects in the community and comment or ask questions!

The City website has a section on our community at www.calgary.ca/hillhurstsunnyside - you can find a copy of our local planning policy, the Hillhurst Sunnyside Area Redevelopment Plan.

Newsletters: Sign up for our monthly email newsletter at www.hsc.ca.



Hillhurst Sunnyside Fresh Food Basket!

Do you have financial difficulties accessing fresh, healthy foods like fruits and vegetables? HSCA is now offering drop-in initiative on Mondays from 4:00 p.m. to 6:00 p.m. at the Hillhurst Sunnyside Community Centre (1320 5 Ave. NW) where residents can come and pick out a small bag's worth of fresh produce! No proof of income, registration or name required, we just ask that you bring your own bag if possible.

If you have questions or concerns, contact Amanda at 403-283-0554 ext. 247 or at amanda.p@hsc.ca.

Donations needed! Do you have a lot of reusable or plastic grocery bags collecting dust at home? Consider donating them to the Fresh Food Basket! New or gently used games like UNO? Donate them to the Neighbour Support Network! Contact Amanda at 403-283-0554 ext. 232 or at amanda.p@hsc.ca.

Thank You Volunteers!

Without our great volunteers much of what we do here at HSCA would not be possible! Ali is instrumental in making Fresh Food Basket - without him we would not have any produce to distribute! Sarah, Jennifer and Jonathan are the friendly faces who help get the food ready for Fresh Food Basket and who welcome and assist patrons each week. They make these events happen! A big thank you also to Tatiana, Allie, Lavanya, and Justine - these ladies help with child minding during Neighbour Support Network so that parents can participate more fully. We really couldn't do it without you!

If you are interested in getting involved and joining our fantastic volunteer team, contact Amanda to find out what opportunities are currently available! You can reach her at 403-283-0554 ext. 247 or amanda.p@hsc.ca.

Hillhurst Sunnyside Fresh Food Basket



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

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

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

If Monday is a holiday, Fresh Food Basket will take place the next day on Tuesday

This program is intended for anyone who is facing financial barriers to accessing food. No proof of income required.



Join us on **Friday, April 15**

for a...

COMMUNITY POTLUCK!

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

Hillhurst Sunnyside Community Association
1320 5 Ave. NW



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



SENIOR SYNERGY

Anything special you would like to know about or see in this part of the Voice? Give Debbie a call. I would love to use your ideas and suggestions. Check out the community website for past and upcoming information for and about seniors.

CARYA (Formerly Calgary Family Services)

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

We've Got Your Mondays Covered: Seniors Monday Morning Group

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

Seniors Monday Afternoon Group

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

Community Assistance For Seniors

This program is committed to providing supports to seniors in HSCA and 11 other communities to help seniors remain in their homes for as long as possible or as long as they choose. Currently the program's main supports are housekeeping, snow removal and yard work. More information is available on the website or you can call Debbie at 403-283-0554 ext 224 to learn more about these programs.

Did You Know?

Vulnerable Persons Self-Registry

The Calgary Police Service has created a vulnerable persons database. This is a self-registry, so that individuals or their caregivers can provide information about a physical, mental or medical condition that may require special attention in an emergency. Privacy is protected and the information will only be used by first responders (EMS, fire, and police) to help when you or a loved one is in danger. There is no cost to this registry, only first responders will have access in an emergency situation and it will not be used to assist with criminal investigations. If this is something that you believe could be of benefit to you or a loved one, check out our website under seniors and safety or email vulnerablepersons@calgarypolice.ca or check out their website at www.calgarypolice.ca (key word Self-Registry), or call me and I will provide you with the information that I have.

Did You Know?

Misconceptions on Ageing and Health:

Tying into last month's information about Calgary's Age Friendly Strategy, here are a few things to consider from the World Health Organization (www.who.int/ageing/features/misconceptions/en/). There are several misconceptions, negative attitudes and assumptions about older people that create barriers. Older people make many contributions to society but are often stereotyped as dependent, frail or a burden. Check out the website above for more detailed information and read below for some thoughts about how many individuals viewing ageing. Older persons should not be painted with the same brush as they are just as individual and distinctive as any other group of individuals.

1. There is no typical older person: Just as society is a diverse entity, so are older persons.
2. Diversity in old age is not random: We are all subject to the impact of the advantages or disadvantages that we have faced over a lifetime.
3. Only a small proportion of older people are care dependent:
4. Population ageing will increase health-care costs but not by as much as expected.
5. 70 is not yet the new 60
6. Good health in old age is not just the absence of disease

7. Families are important but they alone cannot provide the care many older people need
8. Expenditure on older populations is an investment not a cost
9. It's not all about genes
10. Mandatory retirement ages do not create jobs for youth

If you have any questions regarding information


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BY APPOINTMENT ONLY!

Wednesday, March 30
5:00 p.m. to 8:00 p.m.
&
Thursday, April 14
5:00 p.m. to 8:00 p.m.
at
Hillhurst Sunnyside Community Association
1320 5 Ave. NW

Must meet the following eligibility requirements:

- Must have a household income that does not exceed:
- \$30,000 or less with no dependant
- \$50,000 or less with dependants
- Must not have interest or investment income above and beyond the \$30K/\$50K threshold
- Must not have earnings from self-employment income, rental income or real estate holdings

To book an appointment, contact us at 403-283-0554 ext. 233


Hillhurst Sunnyside Community Association

above, other seniors' services or need to find out who to contact to help a senior, whether in our community or somewhere else, call Debbie (403-283-0554 ext 224) and I will do my best to help point you in the right direction. Just give me a call. Also check out our website www.hillhurstsunnyside.org and click on the seniors tab. I try to put new material and information onto the site for seniors and caregivers every couple of months.

It's a Party!

We are 5 years old.

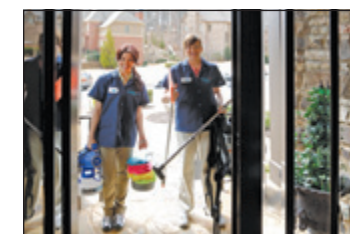
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Coordinated Safety Response Unit (CSRT)

The CSRT represents a multi-departmental approach to resolving ongoing issues that involve properties that create an unsafe condition for the community. CSRT provides a coordinated approach to identifying potentially unsafe conditions within Calgary and conducts comprehensive joint inspections and investigations of these sites. The team works collaboratively to mitigate the risks found on identified sites and advocates improvements to applicable legislation.

Within the past year CSRT2 was launched to specifically manage safety issues that relate to infill construction. Partnered agencies include but are not limited to City of Calgary Safety Response Unit, Community Standards, Roads, Traffic and Occupational Health & Safety (OHS). Last year CSRT2 conducted several joint inspections throughout infill affected communities in an effort to ensure that the sites were safe and that they were compliant with all applicable regulations.

An additional CSRT2 program is currently being developed and implemented that will involve proactive inspections of infill construction sites. With that in mind please join us for a presentation by the Chief Building Official Marco Civitarese and CSRT – Coordinator Wayne Brown and to discuss and offer suggestions as this project moves forward.

We will be presenting to the community on Tuesday March 8 at 7:00 pm at the HSCA building.

SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

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safetysync.com
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

Flood Task Force Update: Now is the time for community action

Yes the flood was over two years ago but the Flood Task Force has been meeting monthly with City and other Government officials. We have a list of recommended changes and upgrades that our community needs in order to reduce the likelihood of future flooding. All of the needed improvements require funding to proceed. We have solicited all levels of government for assistance in building this flood mitigation infrastructure. Our prioritized list of items is as follows:

- (1) Separate the upper plateau (eg. Banff Trail) storm water drainage from the Sunnyside community. Now when the river is high and the outfall gates are closed the upper plateau storm water floods residents of Sunnyside. The city has conducted an engineering study (the Northwest Inner City Drainage Study - NWICDS) that identifies a bypass tunnel as the best option to correct this problem. This project is "shovel ready".
- (2) Provide Hillhurst and Sunnyside with the ability to drain rainfall when the river is high. Today when the river is high and the outfall gates are closed any rain that falls in Sunnyside has nowhere to go and floods residents. The Northwest Inner City Drainage Study (NWICDS) has identified four pump stations (three new and one major revamp) and minor piping as the best solution to this problem. This work is also "shovel ready".
- (3) Increase the Sunnyside berm height to provide 1:100 + 0.5m freeboard capability. The existing berm performed very well in 2013 even though it was tested beyond its capability (ie. berm was overtopped



Photo by Adam Huygen

but not damaged). The height must be increased accordingly. As part of this work ground water infiltration must be considered and below grade barriers installed as required.

(4) The Bow River Working Group will assess options to improve upstream mitigation on the Bow. This work should be expedited and all practical options implemented ASAP. As a minimum this must include a guarantee that upstream (of Ghost) TransAlta reservoirs will be managed as well as they were in 2013 and that the management of Ghost will be improved. Capital should be allocated to permit the safe and rapid lowering of Ghost which is the key to achieving a balance between flood mitigation, drought mitigation and recreational uses. Other new options will of course require lots of

Albert Einstein was often asked to explain the general theory of relativity.

"Put your hand on a hot stove for a minute, and it seems like an hour," he once declared. "Sit with a pretty girl for an hour, and it seems like a minute. That's relativity!"

capital. Our understanding of the available opportunities is that they will still not provide adequate protection to Calgary and that is why barrier improvement is also on this list as number three above.

(5) The Northwest Inner City Drainage Study (NWICDS) prepared by city engineers identifies a number of other cases in Sunnyside and adjacent neighbourhoods where local inadequacy of the storm water management system results in flooding of residents. A number of projects are identified to correct the identified problems. While the projects are relatively small the harm to affected residents is not. These projects are "shovel ready".

In order to get funding to make our changes happen the Municipal, Provincial and Federal governments need to hear from citizens. We encourage everyone to send letters highlighting the importance of reducing the likelihood flooding in our community and supporting our priorities to the following:

- Our Councillor: Druh Farrell ward07@calgary.ca
- Our MLA: David Swan calgary.mountainview@assembly.ab.ca
- Our Mayor: Naheed Nenshi themayor@calgary.ca
- Our MP: Len Webber Len.Webber@parl.gc.ca
- Our Minister of Environment (provincial): Shannon Phillips AEP.Minister@gov.ab.ca
- Our Minister of Infrastructure (federal): Amarjeet Sohi Amarjeet.Sohi@parl.gc.ca

We are looking for social media skilled people to help us with advocacy. To remember the strong community energy during the flood we will be organizing a community party in Sunnyside Saturday June 18/16. Please contact HSCAvitalization@gmail.com if you are interested in helping out with either of these activities.

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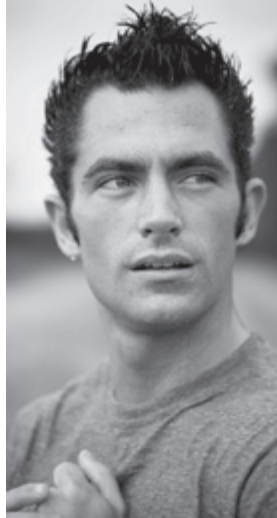
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An easy approach to yoga, which is slow and steady and will help improve strength, motion and flexibility. It's perfect for those who are new to yoga or have physical limitations and just want to have a less demanding and more calming practice.

Thursday 1:30 - 2:15



Albert Einstein was often asked to explain the general theory of relativity.

"Put your hand on a hot stove for a minute, and it seems like an hour," he once declared. "Sit with a pretty girl for an hour, and it seems like a minute. That's relativity!"

Walking Group

Parents of babies in the Hillhurst-Sunnyside Community: I am talking to you! I am a relatively new parent (have a child under 1 year old) and live in Sunnyside. While I love the community (the walkability and being close to the river especially), I have yet to meet any baby-parents who live in the neighborhood. You must exist!

Mark your calendars! Walking meet-ups for March/April:

Tuesday March 8, 15, 22, 29

Tuesday April 5, 12, 19, 26

10:30am at our very own New Edinborough Park 625 3 Ave NW

Will wait 10 minutes before starting and walk for one hour-ish

When the weather is warmer, I would like to see play-dates/picnics happen.

Any questions/ideas/greetings, contact me at jitterbugjoleen@gmail.com

Hope to meet you soon!

Joleen

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Baby Drop-In

Greetings Baby Parents!

I am happy to announce we now have a Baby Drop-In here in our neighbourhood.

The HCSA has graciously offered us baby-parents and babies a room to have a weekly drop-in. We are going to start off by running it April, May and June to gauge interest. Informal format. Bring your own blanket, snack and a few small toys, if you like. Older kids too? Feel free to bring them. Pregnant? Stop by. Hoping to see lots of drooly, roses-cheeked babies soon.

Baby Drop-In
Hillhurst-Sunnyside Community Association, North Social Hall
Wednesdays 9-11am
March/April/May

Spread the word!

Any questions?
jitterbugjoleen@gmail.com



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THE CALGARY WINTER CLUB FEATURES:

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- 5 Badminton Courts
- 7 International Squash courts
- 10 Curling Sheets
- Indoor skating rink
- 10 Lanes of Bowling
- Fitness Studio
- Running Track (172 m)
- Multi-purpose Gymnasium
- Gymnastics Centre
- Climbing Wall
- Child Care, Preschool & Summer Camps
- 55+ Lounge and Activities
- Music Centre

COST: \$300 per family member. This fee includes all of your drop in use of the club from June 1 – August 31st, 2016. There are additional fees for summer programs, camps, classes.

*Limited number of trial memberships available

SPEND TIME TOGETHER THIS SUMMER AT THE CALGARY WINTER CLUB.

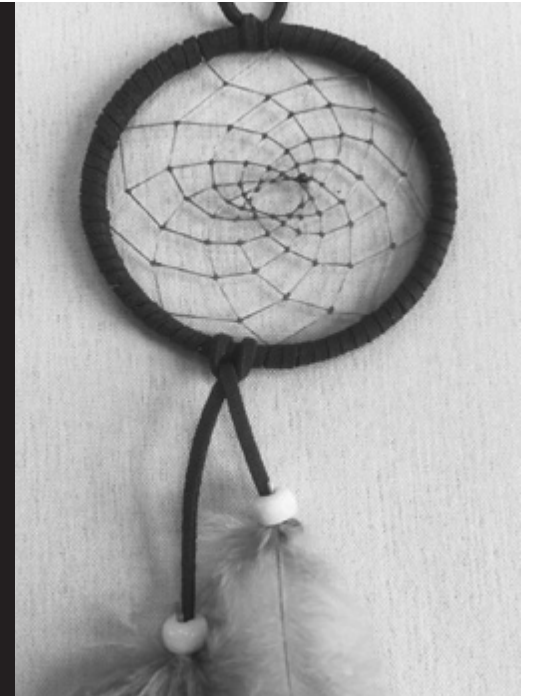
For more information or to book a summer trial membership, contact Rebecca Draper at 403.338.2416 or rebeccad@calgarywinterclub.com



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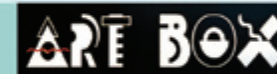
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IN & AROUND SCHOOLS

Queen Elizabeth Elementary Playground Replacement Project

Have you ever wanted to bring life back to an old park, put a smile on a child's face in your neighbourhood or be a huge part of an important community project? **Then now's your chance to do all three!**

Queen Elizabeth is one of three Elementary Schools located in Hillhurst Sunnyside. It serves all Hillhurst residents living between 14th and 18th Street W and is located at 402 18 St NW, Calgary, AB. The school was to have been closed 10 years ago due to a lack of kids – but now is busting at the seams. The neighbourhood has dramatically changed towards a demographic of young families in the past five years.

Half of the current school playground (the southern portion running along the 2nd Ave NW fence line) is coming to its end of lifecycle and will be removed by Calgary Board of Education in 2017. It is the most used playground in the neighbourhood – not just during school hours, but all through the day.

Through QEEPES (Queen Elizabeth Elementary Playground Enhancement Society), a society incorporated under the Alberta Societies Act, a group of dedicated parents have invested time and energy to rebuild the playground. This has the full backing of the Parks Foundation, Calgary. Fundraising and grant applications will proceed through the winter, and playground equipment will be ordered this fall. The playground build will then take place Spring 2017!

On site recognition will be offered for the following levels of commitment:

Personal donations:

\$500 (tier 1) up to \$999
\$1000 (tier 2) and greater

Community Partners (non-personal):

\$1000 (tier 1) up to \$2999
\$3000 (tier 2) and greater

The Parks Foundation Calgary (PFC) is a charitable organization that acts as the Project Gifts Administrator for projects such as this playground rebuild. The PFC is an entity with standing under the Income Tax Act identical to that of a registered charity. The PFC will issue (by mail, within 10 days) charitable donation tax receipts for charitable gift made to the Foundation. Further info regarding this umbrella organization can be found at www.parksfdn.com. Charitable donations in any amount are welcome and appreciated! However, only amounts of \$25 or greater are eligible for tax receipt purposes.

Please forward your donations (cheques only, no cash) directly to:

Queen Elizabeth School
402 18th St NW
Calgary, AB T2N 2G5

(Cheques must be payable to Parks Foundation Calgary and note on the face that it is for QEEPES)

Thank you on behalf of all the kids!

*Brent Alexander and Kirsty Sloper
Fundraising Chairs, QEEPES*

Hillhurst School

What can you make with a dowel, three Kleenex boxes, and a spool of Christmas ribbon? If you are a student at Hillhurst School, the answer is just about anything!

It all started with an idea for a Learning Commons, a space that incorporates our traditional school library, but then extends into a space for students and staff to gather for the sharing of resources and knowledge, a space for collaboration, research, reading and discussion. We also wished to integrate a MakerSpace into the Learning Commons, a space that is specifically designed for innovative projects, invention and creation.

This idea of creating has been an inspired focus for the school this year. We have a very enthusiastic committee of staff and students with a strong creative vision working to bring our MakerSpace to life. Students and parents have been seeking out recycled items from home – nuts and bolts, cardboard, wire, string, boxes, textiles and wood – and staff have been incorporating the idea of invention and re-invention into the curriculum. The reduce/reuse/ recycle mandate has been an important part of this, making it a creative process with an environmental edge.

To inspire and excite our students, we hosted Junkyard Symphony in January. These innovative musicians from Ottawa perform a junk-percussion and comedy show. They utilize old ordinary objects that would otherwise be destined for the junkyard, turning hub caps, garbage cans, bowls, and other junk into musical instruments and entertaining props. Garbage has never sounded so good!

Also in January we hosted a Kid Inventor's Day. It included a motivating student-led assembly, a week of individual invention, and a Gallery Walk, whereby students were able to showcase their prototypes to the entire school. Weeks of preparation went into the planning of this event, and the resulting inventions, all made out of recycled materials, were spectacular. Enabling our young people to rethink their world and to approach resource-use responsibly is of benefit to us all. We applaud our students for bringing thoughtfulness, artistic flair and a genuine inventor's spirit to this event.

It is our vision that our MakerSpace will become an integral and sustainable part of our school learning culture. Expect great things!

Sunnyside School

Over the course of the school year, Sunnyside School students enjoy a variety of Fine Arts activities that truly enhance their learning experiences. In January, our students were thrilled to participate in a week long Hip Hop Dance Residency with Sound Kreations. They learned a number of exciting routines and presented a wonderful performance highlighting their new dance skills for the families of Sunnyside School. It is truly amazing how quickly they learned the Hip Hop routines and how confidently they performed in front of a live audience.

Anna in Grade 5 and Rose in Grade 4 wrote the following reflection based on their experience: *"Hip hop is very fun and great exercise. We have learned a lot of new moves thanks to our great teacher, Ralph. We think that hip hop is awesome. Isn't it obvious? The whole school loves it. The awesome music Rocks! We sure hope that we get to do Hip Hop every year."*

We were also pleased to welcome the Calgary Opera to our school. Their stage presentation of Mozart's, "The Magic Flute" was an unforgettable experience for students and staff. This school tour is a unique opportunity that brings Calgary Operas' Emerging Artists into schools.

And not to be outdone, our students in Kindergarten to Grade 3 have embarked on an Inquiry Based Learning Project exploring the connections between music, math and science. These young mathematicians have been learning about repeating, growing and shrinking patterns and have created patterns using a variety of materials including rocks, plasticine, cotton balls, and buttons effectively creating visual representations of the patterns they've learned and explored. Students then identified the patterns on a piano keyboard and learned the musical alphabet, "A B C D E F G", which naturally led to creating musical patterns. They are thrilled that they can write their own music and are now moving on to making musical instruments. We can only wonder where their creative and innovative spirits will lead them next!

Upstream Forest School

Winter may be difficult in some ways, but it is the best season for tracking. Tracking is the art and science of reading the signs of animals. Our youngest class, the Chickadees, spent January finding tracks and learning to read their stories. Have a look around; are those dog tracks or cat tracks? There is one big difference – one leaves their claws out when walking, one tucks them in. Was a squirrel or a rabbit bounding through the snow? Look at the shape their four paws make, and that will tell you the answer! What kind of bird was here? Check to see if there is an extra trail of where their large tail was dragging. Some great questions to ask yourself about the tracks you find are: Are the tracks close together or far apart? How deep in the snow did the tracks go (weight, activity)? Did they stop to eat? Can you see signs of what they ate? Who else was there with them? Or,

as our kids are doing, make up your own story. They found a bird track and decided it was a baby who came down out of a tree to look for food and landed in the snow. Next time you see a track, stop for a moment, and try to read its story!

The two other classes had the chance to go skating at Samie's Park, where the highlight was making their own ice cream out of snow. Here's the recipe we like best! Fill a large mixing bowl with clean, fresh snow. Add one can of sweetened condensed milk, and about two tablespoons of vanilla. Stir it up and add your own toppings! You can even invent your own flavours – how would you make strawberry? Chocolate? Winter is to be enjoyed, not endured – head outside and eat snow!

In Forest School, we are very interested in each child's emotional intelligence. It's not just the bush craft skills we are teaching, but how to be together in a group. When we were skating, two of our words for that day were 'patience' and 'independence'. They were very patient while waiting to put their skates on, and I encouraged them to take care of their skating gear and carry it all by themselves. The social skills they learn while being outdoors will stay with them for the rest of their lives!

The Squirrels class is delving into how animals stay warm in the winter; next month we'll learn about insulation and conduction!



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

How to make your order:

Place your order at the Hillhurst-Sunnyside Community Centre (1320-5 Ave NW). Include your name, phone number, order (\$35, \$30, or \$25) and money (cash only) in an envelope. Please call the Front Office to find out when the deadlines are.

Delivery might be available for Hillhurst-Sunnyside residents with challenged mobility, depending if we have a volunteer available to do that. Check with the Front Office for more information on delivery.

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THE HSCA IS LOOKING FOR DEDICATED VOLUNTEERS

Board of Directors Sustainable Centre Task Force

Want to get involved with your Community Association?

The HSCA Board of Directors is seeking members with background in

- Architecture/Architectural Design
- Structural or Electrical Engineering
- Environmental Planning
- Landscape Architecture
- Public Relations
- Social Work
- Child Care / Day Care
- Fund Development
- Computer Technology

to work on the Board Committees and Task Forces. We are a diverse group of motivated professionals working on interesting projects for a forward looking Community Association.

If you have time, energy and skills to offer contact us:

Jeremy Van Loon | Chair - Board of Directors
Co-Chair Sustainable Centre Task Force
jeremy.vanloon@gmail.com

www.HSCA.ca

Want to be involved in exciting community projects?

The Sustainable Centre Task Force (SCTF) is a special committee of the HSCA Board of Directors working on a 25-Year Plan for the future of the Hillhurst Sunnyside Community Association Centre.

We are looking for motivated individuals who want to participate in a multi-disciplinary team to direct the review, analysis and developmental direction for a re-imagined centre that is appropriate, sustainable and a gathering place for community residents to meet and interact.

If you like to work collaboratively with others and have skills in architecture, communications technology, building design, engineering, environmental planning, fund raising, landscape architecture, solar energy or waste management

Have a look at what we are doing and contact us:

Ken Uyeda | Vice Chair - Board of Directors
Co-Chair Sustainable Centre Task Force
k.uyeda@me.com

www.HSCA.ca

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IN & AROUND CALGARY

EMS: Burns and Scalds

Alberta Health Services EMS paramedics respond to a number of emergencies where a young child has sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include: a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;

2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;

3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean material to protect from infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- If able, have children avoid the kitchen area while appliances are operational.
- If you require immediate medical attention, call 9-1-1.

IN & AROUND CALGARY

I Am A Girl

Winner of Best Documentary and Director from the Australian Academy of Cinema Arts

Release Year: 2013

Runtime: 88 minutes

Director/Producer: Rebecca Barry

Trailer: www.youtube.com/watch?v=KaR-UcCpZfA

Synopsis: There is a group of people in the world today who are more persecuted than anyone else, but they are not political or religious activists. They are girls. Being born a girl means you are more likely to be subjected to violence, disease, poverty and disadvantage than any other group on the planet. As each girl moves closer to coming of age, I AM A GIRL reveals what it means to grow up female in the 21st century.

Guests: **Nadia Ramadan** is a counselor at the Calgary Immigrant Women's Association in the Family Conflict Program and works at the Wheatland Crisis Shelter in Strathmore, a domestic violence shelter for males and females. She graduated with a psychology degree in 2012 from Mount Royal University and has been working in the field of domestic violence since she completed her degree. She has focused on working with immigrant women, supporting them through the barriers that they may face.

Ashley Jellema manages Housing and Supports for the YWCA of Calgary including transitional housing, community-based supported housing and winter emergency response programs. Her expertise and extensive experience in the areas of women's homelessness, mental health, addiction, and sexual and domestic abuse coupled with her passion to see women thrive ensures she is an exceptional role model for her teams and positions Ashley as an advocate for women and the issues the YWCA actively addresses.

When: Tuesday March 8, 7:00pm

Where: River Park Church - 3818 14A St SW

Cost: Free

Website:
www.justicefilmfestival.ca



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YYC and NAV CANADA Open House Meetings December 2015 and January 2016

Several representatives from YYC and NAV CANADA hosted open houses this past December and January to communicate proposed changes to current flight paths at the north and south ends of the city (RNP Approaches). We would like to thank YYC, NAV CANADA and everyone who came out to learn and voice concerns.

These open houses were focused on RNP flight paths, but the key interest to many attendees was the original 2014 flight path changes, and seeking options to address the noise impact that high frequency, low flying planes are having on communities.

The following are two options that were frequently voiced, and ideas we would like to have further discussions with NAV and YYC to reduce the constant impact to West Calgary communities:

1. Spread the flights out across many communities rather than substantially impacting just some (similar to the previously spread out paths prior to 2014). As global aviation transitions to concentrated flight paths, this is the direction NAV CANADA is instructed to proceed. Therefore, the "spread out" solution is currently not being explored. We believe this is the fairest long-term solution to this issue, which is occurring in many cities across Canada and the world.
2. Utilize less populated areas for flights when possible.

NAV CANADA stated this is difficult for our area due to the conflict between arriving and departing flights. NAV CANADA's explanation was difficult to visualize and understand. We would like to see fully explored studies involving this.

Attendees brought up the topic of legal compensation if a solution was not identified. Lawsuits exist in the US over the introduction of concentrated flight paths, and legal settlements have been awarded in Europe. To avoid this, YYC is very open to hearing concerns and suggestions. A satisfactory outcome is more likely if **residents actively vocalize their concerns**. To do this, visit www.yyc.com or www.wcatc.ca.

A solution is required, as air traffic over West Calgary will increase in the future. This is not an easy issue, but it is not impossible to come to a fair compromise to solve the negative effects of air space change. This will require the aviation industry to listen to communities, achieve a better understanding of life under concentrated flight paths, to fully understand the effects on physical/mental health, and the real cost to property/domestic life. We encourage NAV CANADA to become world leaders in this and successfully find safe solutions for everyone in the air, as well as on the ground.

West Calgary Air Traffic Concerns
www.wcatc.ca

REG & OPEN HOUSE
Saturday, March 12, from 10am - 12pm



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IN & AROUND CALGARY

March is Community Association Membership Awareness Month!

Did you know that Mayor Nenshi declares the month of March as Community Association Membership Awareness Month?

Did you also know that there are 150 community associations in Calgary that are run by your neighbours? In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

Are you a member of your community association? If not, you are missing out on numerous benefits, including sizeable discounts at local businesses. Membership is extremely affordable with most community association memberships averaging under \$30 a year!

Throughout the month of March we encourage you to "be part of it" and find out what your community association can do for you! It's easy and you may be surprised by the many benefits and options available to you as a resident.

Community associations are run by your neighbours, they bring residents together, they provide endless opportunities right in your backyard, and they act as a voice for your community. Most importantly, these hard-working volunteers are dedicated to making sure your community is a great place to live, work, and play. Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.

For example, this very community newsletter is just one of the many ways your community association works to keep you informed on events, topics and issues of interest close to home, written and compiled by your neighbours.

So take a minute during March Community Association Membership Awareness Month and find out more about your community association and how you can get involved!

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Saturday, March 12, 2016
11:00 am to 4:00 pm

Hillhurst Sunnyside Community Center
1320 – 5th Ave NW, Calgary, AB

www.calgaryabstractcollective.com

Calgary Abstract Collective

ART SHOW & SALE

Saturday, April 23, 2016
11:00 am to 4:00 pm

Hillhurst Sunnyside Community Center
1320 – 5th Ave NW, Calgary, AB

www.calgaryabstractcollective.com

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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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I have long been an advocate for managing the cost of Calgary's growth. After a decade of debate and billions of dollars added to The City's debt, City Council unanimously agreed to end the "sprawl subsidy" to ensure that growth pays for itself. I am extremely proud of this work.

Over the last year, The City worked closely with the urban and suburban development industries to establish an off-site levy to apply to all new developments. An important partnership emerged, one in which the industry agreed to become an enhanced steward of a growing City. The new rates took effect on February 1st of this year and will provide the City with a lot more financial flexibility.

As a result, levies paid by developers to The City will now cover the cost of infrastructure needed for new communities, as well as upgrades to infrastructure for established communities. Those costs have to be paid one way or another. With the new levy, the cost of necessary infrastructure is included in the purchase price, rather than hidden through property taxes or utility fees.

The key elements of the new off-site levy are:

Developers will pay for water and wastewater treatment in new and established communities city-wide;

Developer levies will cover the full cost of water distribution, wastewater collection, drainage, transportation (roads, intersections, traffic signals, bridges), and community services (libraries, police stations, fire halls) in new communities;

With this important policy established, the stage is set for the next steps. New development in established communities means real change for the residents who live there, and added wear and tear on public amenities. Increased density can also mean a dramatic increase in property tax revenue. As part of the levy discussion, The City agreed to work with the urban developers, and the communities experiencing redevelopment, to find ways to reinvest in aging infrastructure. Communities experiencing significant change will see a direct benefit, with improvements to valued amenities like parks, sidewalks, recreation centres, and libraries.

Over the next year, I will be meeting with Ward 7 communities to talk more about community improvements resulting from redevelopment.

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

VOLUNTEERS NEEDED: OneWalk to Conquer Cancer benefitting the Alberta Cancer Foundation is looking for volunteers! On June 25, participants will walk 25km through central Calgary and we need volunteers. Contact Kathryn for more info: kcoulter@conquercancer.ca or phone 403-775-4676.



Calling All BABYSITTERS
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Where's your Green Line station?

Station area workshops are coming to your neighbourhood starting in March!

You know your community best. Help us understand how to best fit the Green Line into your neighbourhood! How will you access your future Green Line station? Where will you travel to? Where are the missing pedestrian, cyclist, and feeder bus links?

Workshops will be held for stations on the north leg of the line in March, April and May.

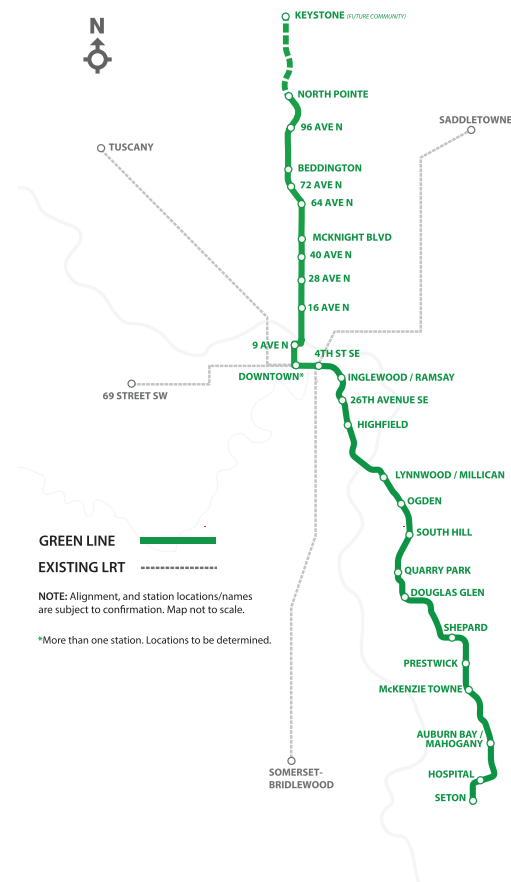
Visit www.calgary.ca/greenline for dates and locations.

The Green Line is Calgary's next light rail transit (LRT) line, and the highest public transit priority for The City. This new line will add 40 kilometres to the existing 59 kilometre LRT system.

End-to-end, the line will connect the Northern Hills communities and Seton to downtown, and is estimated to serve 41 million passengers annually.

The Green Line is more than just a transit project; it will connect people and places, integrate with new and mature neighbourhoods, and help build liveable, vibrant and sustainable communities.

Follow the Green Line conversation on Twitter: [@yyctransport](https://twitter.com/yyctransport) #GreenLineYYC



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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HILLHURST/SUNNYSIDE YEAR-TO-DATE STATS	# OF SALES	AVERAGE PRICE
Bungalow	10	\$775,525
One & Half Storey	4	\$657,625
Two Storey/Two Storey Split	54	\$924,324
Townhouse	7	\$636,231
Condo	61	\$356,751
TOTAL	136	
Average days on Market	46 days	

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TEXT T867101 TO 85377



\$429,900

724 - 20 Avenue NW

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TEXT T824363 TO 85377



\$989,900

2105 Broadview Road NW

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- South backyard, 2 car garage, upgrades

TEXT T829396 TO 85377



\$889,900

402 - 25 Avenue NW

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TEXT T934708 TO 85377



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