

OCTOBER 2016

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 Association**

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 Phone: 403.283.0554 | Fax: 403.270.3130
 nicoleta.v@hscs.ca
 www.hscs.ca

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 FOR 8 YEARS!**





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

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Louisa Ferrel	Member at Large
Mariam Masud	Member at Large
David Brindle	Member at Large
Krista Wells	Member at Large

STAFF LISTING

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Sonia Woodman	Controller Ext. 222	sonia.w@hsca.ca
Hillhurst Sunnyside Daycare	Sunshine and Rainbow Rooms	403-270-9703
Bonnie Constable	Flea Market Coordinator Ext. 231 (drop in on Sundays, or leave a message - calls returned on Sundays only)	
Amanda Palmer	Neighbour Support Network Coordinator Ext. 247	amanda.p@hsca.ca

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

2016 HSCA Memberships On Sale Now!

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

To purchase online visit www.hsca.ca/about/membership or drop into the centre anytime between 8:30am-4:00pm Monday-Friday and check in with Nico at the front office.

HSCA thanks you for your continued support. We look forward to a fantastic 2016.



Hillhurst-Sunnyside Community Association 2016 Good Food Box Dates

Order By Noon on:	Pick Up Date: THURSDAY
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**

CAPOEIRA CAMARA

REGISTER FOR CAPOEIRA NOW @ West Hill Beginner Classes

For More Information on this Brazilian Martial Art & Other Classes visit
www.camaracalgary.com or call 403.827.7917

Classes at Hillhurst Sunnyside & Richmond/Knob Hill Community Centres

→ **Learn Something New Today**

www.camaracalgary.com

Session runs Oct 5 to Nov 23 On Wednesdays at 6:30-7:30pm.



Monday Knitting Group and Yarn Donations

The Monday Knitting group will be back in the centre on September 12, in the morning. Come join them if you have time. Also they are looking for donations of yarn, especially baby yarn, so if you would like to get rid of some excess at your house and need a good place to donate then bring your yarn to the centre. The group is always on the lookout for more yarn to keep them busy.

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EVENTS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Flea Market 7:00 am - 3:00 pm	Knitting/Seniors Morning Group 9am-noon FoodFit 6-9pm Drop in Badminton 9:30 am - 12:30 pm Seniors' Drop-in 1:00pm - 3:30pm Fresh Food Basket 4-6pm Foxy Kickboxing 6:00 pm - 7:00pm Kids Karate 6-7pm, Youth Karate 6-7pm, CardioFit Karate Bootcamp 7-8pm	Jugando Spanish w/experience 3/5yo 9-10am Gentle Flow Yoga 11am-noon Kids Karate 6-7pm, Youth Karate 6-7pm Cardio Karate Bootcamp 7:00-8:00pm Drop In ESL Club 7:15-8:45pm	Intermediate Watercolour & Acrylics 9am-noon FoodFit 12:30-3:30pm Indoor Farmers Market 1st Wednesday, 3-7pm Starts Oct. 19 Outdoor Farmers' Market 3-7pm Wednesdays Ends Oct. 5 Jugando Spanish w/experience 4/6yo 4-5pm Foxy Kickboxing 6:00 pm - 7:00 pm Neighbour Support Network, 6-8pm Kids Capoeira 6:30-7:30pm Beginners Capoeira 7:30-8:30pm	Drop in Badminton 9:30 am - 12:30 pm Chair Yoga 11am-noon Neighbour Support Network 2-4pm Little Dragons Karate 6-7pm Adult Beginner Karate 6-7pm CardioFit Karate Bootcamp 7-8pm	Beginner & Intermediate Acrylics 9am-noon Sportball 10am-noon Co-ed Drop-in Soccer 6-7:30pm	Farmers' Market 9:30am-1:30am Ends Oct. 8

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

WALK WITH US TO END BLOOD CANCERS

Join us on Saturday, October 15 for an evening of inspiration and hope as we walk together to end blood cancers.

Sign up today
LIGHTTHENIGHT.CA

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	Nicoleta Vulcu	403-283-0554 ext 232 nicoleta.v@hsca.ca
Drop-in ESL Club Classes		
Art Classes		
Foxy Kickboxing	Jessica	1-888-974-FOXY (3699)
Kids Karate	Richard Fossey	403-203-8710
Neighbour Support Network	Amanda Palmer	Ext. 247 amanda.p@hsca.ca
Jugando Spanish	Guilliana	403-835-2650 www.jugando.ca
Drop-in Soccer	Jose	403-903-1467 jose@dozabo.com
Capoeira	Jacqueline	403-827-7917

Upcoming Events

- Outdoor Farmers' Market**
Wednesdays 3-7pm ends Oct 5th
- Neighbour Support Network**
Wednesdays 6-8pm, Thursdays 2-4pm
- Saturday Farmers' Market**
Saturdays 9:30am-1:30pm ends Oct 8th
- Flea Market Sundays**
7am-3pm
- New Age Market**
October 8 & 29, 10am-4pm
- Thanksgiving Monday (Closed)**
October 10
- HS Planning Committee Meeting**
October 11, 7-9pm
- Community Potluck**
October 14, 6-8pm
- Fibre Shindig**
October 15, 10am-4pm
- Comic Fair**
October 22, 10am-3pm
- Abstract Art Collective Show & Sale**
October 29, 11am-4pm



2016 NATIONAL SPONSORS





October 2016 FREE COMMUNITY PROGRAMMING



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 1:00-2:30pm Parenting Group 1000 - 411 14 St. NW 4:00-6:00pm Fresh Food Basket HSCA 1320 5 Ave. NW 6:00-9:00pm Food Fit HSCA 1320 5 Ave. NW	4 1:00-3:00pm WINS ESL class WINS 325 10 St. NW 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	5 12:30-3:30pm Food Fit HSCA 1320 5 Ave. NW 6:00-7:00pm Seniors' Group 1000 - 411 14 St. NW 6:00-8:00pm Neighbour Support Network HSCA 1320 5 Ave. NW	6 2:00-4:00pm Neighbour Support Network - Norfolk 1118 Kensington Rd. 6:00-7:30pm WINS Finding Beauty in Community WINS 325 10 St. NW	7
10 THANKSGIVING	11 1:00-3:00pm WINS ESL class WINS 325 10 St. NW 4:00-6:00pm Fresh Food Basket HSCA 1320 5 Ave. NW 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	12 12:30-3:30pm Food Fit HSCA 1320 5 Ave. NW 6:00-7:00pm Seniors' Group 1000 - 411 14 St. NW 6:00-8:00pm Neighbour Support Network HSCA 1320 5 Ave. NW	13 2:00-4:00pm Neighbour Support Network - Norfolk 1118 Kensington Rd. 6:00-7:30pm WINS Potluck WINS 325 10 St. NW	14 6:00-8:00pm Community Potluck HSCA 1320 5 Ave. NW
17 1:00-2:30pm Parenting Group 1000 - 411 14 St. NW 4:00-6:00pm Fresh Food Basket with WINS HSCA 1320 5 Ave. NW 6:00-9:00pm Food Fit HSCA 1320 5 Ave. NW	18 1:00-3:00pm WINS ESL class WINS 325 10 St. NW 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	19 12:30-3:30pm Food Fit HSCA 1320 5 Ave. NW 6:00-7:00pm Seniors' Group 1000 - 411 14 St. NW 6:00-8:00pm Neighbour Support Network HSCA 1320 5 Ave. NW	20 2:00-4:00pm Neighbour Support Network - Norfolk 1118 Kensington Rd. 6:00-7:30pm WINS Finding Beauty in Community WINS 325 10 St. NW	21
24 1:00-2:30pm Parenting Group 1000 - 411 14 St. NW 4:00-6:00pm Fresh Food Basket HSCA 1320 5 Ave. NW 6:00-9:00pm Food Fit HSCA 1320 5 Ave. NW	25 1:00-3:00pm WINS ESL class WINS 325 10 St. NW 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	26 12:30-3:30pm Food Fit HSCA 1320 5 Ave. NW 6:00-7:00pm Seniors' Group 1000 - 411 14 St. NW 6:00-8:00pm Neighbour Support Network HSCA 1320 5 Ave. NW	27 2:00-4:00pm Neighbour Support Network - Norfolk 1118 Kensington Rd. 6:00-7:30pm WINS Bingo Night WINS 325 10 St. NW	28
31 1:00-2:30pm Parenting Group 1000 - 411 14 St. NW 4:00-6:00pm Fresh Food Basket HSCA 1320 5 Ave. NW 6:00-9:00pm Food Fit HSCA 1320 5 Ave. NW				

FREE COMMUNITY PROGRAMS

Community Potluck

Friday, October 14 from 6:00 p.m. to 8:00 p.m. at HSCA (1320 5 Ave. NW)

All are welcome! Bring something without nuts to share if you can.

For more information, call Amanda at 403-283-0554 ext. 247 or send an email to Amanda.P@hsc.ca.

Drop in ESL Club

Tuesdays, 7:15 p.m. to 8:45 p.m. at HSCA (1320 5 Ave. NW)

Join us in an informal setting and learn to improve vocabulary, pronunciation and idiom use; organize thought and express an idea effectively; discuss current events, community and other relevant topics; and appreciation Canadian history, literature and music.

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

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

Food Fit

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

Participants build cooking skills, learn new recipes, share healthy meals with new friends, and participate in a thirty minute physical activity each week over the 12 week program! Our Fall program is currently underway, but contact Jenae at foodfit@hsc.ca or 403-283-0554 ext. 228 about future opportunities.

Fresh Food Basket

Mondays, 4:00 p.m. to 6:00 p.m. at HSCA (1320 5 Ave. NW)

Are you facing financial barriers to accessing good, fresh food? Drop by and pick up a small bag of produce! Please bring your own bag! For more information, contact Amanda at 403-283-0554 ext. 247 or atamanda.p@hsc.ca.

Neighbour Support Network

Wednesdays, 6:00 p.m. to 8:00 p.m. at HSCA (1320 5 Ave. NW)

Join us for dinner & conversations here at HSCA! Come make new friends and have a free weekly evening of fun. Children of all ages welcome!

Thursdays, 2:00 p.m. to 4:00 p.m. at Norfolk Housing Association (1118 Kensington Rd. NW)

Join your neighbours for coffee & conversations at Norfolk Housing Association's new community space!

For more information call Amanda at 403-283-0554 ext. 247 or email Amanda.P@hsc.ca.

Parenting Group

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

If you are interested in learning about Ages & Stages, Positive Discipline, Safety, and Building Self Esteem in our Children, join this weekly group! Sign up with Michelle at the 14th St. WINS location, or call 403-269-4670.

Seniors' Group

Wednesdays from 6:00 p.m. to 7:00 p.m. at 14 St. WINS (10th floor, 411 14 St. NW)

Interested in meeting and spending time with other adults that are 50+? Come see Michelle at the 14th St. WINS location, or call 403-269-4670.

WINS ESL Class

Tuesdays from 1:00 p.m. to 3:00 p.m. at 10th St. WINS (325 10 St. NW)

The Women in Need Society's Family Resource Centre on 10th St. is hosting a free English as a Second Language learning group. All levels of English are welcome. Childminding available. Contact Michelle at 403-269-4670 for more information.

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

Thursdays from 6:00 p.m. to 7:30 p.m. at 10th St. WINS (325 10 St. NW)

The Women in Need Society's Family Resource Centre on 10th St. is hosting evening programming on Thursdays. Twice a month will be an arts-based evening program called Finding Beauty in Community, with a Potluck and Bingo happening the other weeks. Contact Michelle for more information at 403-270-7283.

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

Located at 325 10 St. NW and 10th floor, 411 14 St. NW

Client Goal Management: Is there something you want to do, and don't know how? Come in to the WINS office to talk to someone who wants to help you reach your goals...

WINS can also help you find resources in the community that you can use, can help you access some agencies, and provide some referrals.

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

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

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

COMMUNITY PLANNING & DEVELOPMENT UPDATE

About the Planning Committee

The Hillhurst Sunnyside Planning Committee (HSPC) meets on the second Tuesday of every month at from 7-9pm at the Hillhurst Sunnyside community centre. All residents, whether your rent or own your home are invited to attend. The door is also always open to residents who would like to hear more about what's going on in the community or to anyone who would like to volunteer. Our next meeting will take place on **October 11th**, agendas and minutes are posted online at www.hsca.ca/meetings.

Planning Education

Are you interested learning more about planning and development or how your feedback can make a difference to your neighbourhood? The Federation of Calgary Communities offers free Partners in Planning courses designed for newcomers to community planning. You can learn more about the planning process at City Hall and about our role at the community level. The next course, *Basics of Implementation Planning* will be held on Saturday October 15 from 8:30am to 12pm at the Kingsland Community Association.

Find out more or register online at <https://calgarycommunities.com/our-services/urban-planning/edu>.

Kensington Legion Redevelopment (1910 Kensington Road NW)

As of August 25th, Calgary Planning Commission has approved the Development Permit (DP2015-4956) for Phase 2, the mixed-use residential/retail-commercial midrise building. Since the Land Use (rezoning) was approved by City Council on February 8, 2016, revisions have been made to the original application in response to the City's review comments and to Councillor Druh Farrell's Motion Arising.

Major changes include (but are not limited to):

- A reduction of building height at 1.5 metres overall outside of the ancillary structures (elevator overrides, etc.); now 29.45m
- An off-site improvement to 18th Street to improve pedestrian walkability and calm traffic
- Improved interface at the street level, including landscaping, street furniture and human scale additions to the ground-level retail areas
- Design revisions to minimize traffic impact on 18th Street (more details in the online document below) and vehicular loading and circulation improvements onsite.

Please read <http://engage264.ca/pdf/summary-of-development.pdf> for Truman's *Summary of Development Permit Design Revisions and Enhancements* for a more complete list or contact the Project Planning Team Lead, David White at david@civicworks.ca or call 403-852-8921.

Construction is underway on the Phase 1 building, the new home of the Kensington Legion and office space. The plans for both buildings are available at the community planning office at the HSCA. Please visit www.engage264.ca or www.calgary.ca/legion for more information.



City of Calgary's Kensington Public Realm Improvements

In addition to the larger developments on the main streets these past few years, there has been an injection of public investment into our community. City Council approved \$4.5 million in 2012-2013 surplus parking revenues for public realm improvements in the Kensington BRZ on 10th Street NW between Memorial Dr. to 5th Ave and on Kensington Road from 10th St to 14th St.; the planning for this project happened between 2014-2015.

Construction took place during the summer and should be nearing completion this month. Work included the replacement of public sidewalks, curb extensions (sidewalk

bulb-outs), street trees, new lighting and street furniture (including waste bins, benches, media pillars and bike racks).

A detailed construction schedule, including background and more information on the project can be found at calgary.ca/kensington or by calling 311.

5th Avenue Bike Lanes

The City of Calgary recently constructed bike lanes on 5th Avenue NW between 10th Street and 14th Street, which connects to the existing bike lanes on 6th Avenue west of 14th Street. Construction included new curb extensions that shortens the distance for pedestrians to walk across the street and to help with traffic calming. On-street parking has been moved from the north side and to the south side of 5th Ave, east of the HSCA. The westbound bike lane will become a shared car/bike lane between 11a and 12th Streets while construction is happening for the Ezra on Riley project.

Please call 311 and/or visit www.calgary.ca and search *5 Avenue NW Bike Lanes* for more information.

Questions or Concerns?

Any questions, concerns or complaints about construction, graffiti, noise, nuisances or other issues should be directed to the City of Calgary by calling 311, submitting a request on 311online.calgary.ca or via the City's *YYC 311* app on a smartphone. If the concern is parking-related, please call Calgary Parking Authority at 403-537-7000.

Contact community planning at the HSCA by emailing lisa.c@hsca.ca or by calling 403-283-0554 x229.

Learn More and Get Involved!

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



Our first month back to school has been filled with excitement and adventure for our little ones. Thanks to Miss Allie, Miss Sandy, and Miss Anthea, the children are settling into a routine of free-play, circle time, daily crafts and so much more.

Don't forget to check our preschool's internal website – www.westhillhurstpreschool.com – the website is a great tool to stay informed with the daily calendar and special events, important documents, parent-helper sign ups via volunteer-spot, and more.

WHCA Preschool still has limited openings in our afternoon programs.

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

Gentle Flow Yoga

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

Every Tuesday at 11:00am.

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

Chair Yoga

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

Every Thursday 11am – 11:50am.

SENIOR SYNERGY

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 / Back September 12, 2016

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

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

Seniors Monday Afternoon Group

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

Community Assistance For Seniors

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

as they choose.

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

Did You Know?

Alberta Seniors Benefit Changes:

In July 2016 a change was made to the financial assistance program of Alberta Seniors Benefits around financial support for items such as furnace replacement, hot water tank or bathroom repairs. Financial supports for these and other home repairs or adaptations are now being provided through a new program called SHARP (Seniors Home Adaptation and Repair Program).

The main part of this program is a low-interest home equity loan for home repairs, adaptations or renovations that address safety, continue independence, improve mobility or accessibility or energy efficiency in seniors' homes. There is a long list of examples of items that fall under this category for the loan.

Requirements for qualifying for this program are:

- You are 65 or older (one spouse needs to be this age)
- You are a Canadian Citizen or permanent resident of Canada
- You are an Alberta Resident and have lived in Alberta for at least three months
- You are the registered owner in the Land Titles Office
- it is your primary residence (you live there);
- you have home insurance coverage at full replacement value;
- You have sufficient equity.
- You as a single seniors or you and your spouse/partner's income combined (line 150 of 2015 tax return) is less than \$75,000

Residential properties are the only ones which qualify and mobile homes and manufactured homes owned by and the primary residence of the senior are eligible as well. Interest on the loan is variable (set every six months) and is simple interest, not compounded interest.

If you are not eligible for a loan (you do not have enough equity in your home for example) and you income as a single senior is below \$26,965 or below \$43,785 for a couple, you may be considered for a grant.

There is a lot of information available on the website <http://www.seniors-housing.alberta.ca/seniors/home-adaptation-repair.html>

I will do my best to update the information on the website as soon as possible for this information which replaces the old format, which was limited in what you could apply for to replace or repair. This new program provides a much larger array of repairs, adaptations and renovations than before.

Do not hesitate to call me if you have any questions.

Alberta Seniors Benefits Eligibility thresholds for Special Needs Assistance

The new numbers for accessing Special Needs Assistance for seniors from July 2016 to June 30, 2017, have been posted.

Seniors	Annual Total Income	Funding Level
Singles:	Less than \$22,565	Primary and secondary items
	\$22,566 - \$26,965	Primary items only
Couples:	Over \$26,965	No funding
	Less than \$35,585	Primary and secondary items
	\$35,586 - \$43,785	Primary items only
	Over \$43,785	No funding

If you need more information about what is available as a primary and secondary item, please check out the website below or call me and I can send you more information. <http://www.seniors-housing.alberta.ca/seniors/SNA-income-levels.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 www.hsc.ca and click on the seniors tab. I try to put new material and information onto the site for seniors and caregivers every couple of months.



Fall 2016 Out of School Care Registration

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

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

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



Calgary First Spiritualist Church
Ethical Mediumship Spiritual Growth and Healing

Fundraiser
Victorian Seance

Saturday October 29, 2016
7 to 10 pm

Classic Seance, Table Tipping, Psychometry,
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www.CalgaryFirstSpiritualistChurch.ca
1603 6 Ave NW, Calgary AB T2N 0W1
403.283.1102

Karate Classes at Hillhurst

Available Classes

1. Little Dragon's Karate (Age 5 – 7)
2. Children's Sparring (Karate) (Age 8 – 13)
3. Youth Sparring (Karate) (Age 14 – 16)
4. Adult Beginner Sparring (Karate)
5. Adult/Youth CardioFit Karate

DESCRIPTIONS

1. Little Dragon's Karate (Ages 5 – 7)

Description:

Research has shown that young children learn well through motion and the use of games. By being actively engaged they'll remember the concepts and lessons of Karate. Even at an early age, Karate trains the body, mind, and spirit. The physical training involves good conditioning; keeping kids active and off the couch. The mental training involves discipline, confidence, teamwork, and leadership skills. And certainly, feeling good about yourself and finding your place in the world helps engage the spirit. Building a strong body, mind, and spirit at an early age helps all students prepare for life's challenges.

2. Children's Sparring (Karate) (Ages 7 – 13)

Description:

All levels including beginners welcome! Students will start with sparring basics and progress to more advanced levels. Training will include drills for sparring basics, line-work, freestyle sparring and strength building/cardio workouts. Sessions will also focus on the mental skills such as discipline, self-confidence and control (anger & temper management) required to practice safe sparring. Sparring skills also support a deeper understanding of self-defense and anti-bullying. Kumite gloves are *strongly* recommended and available for purchase through the club.

3. Youth Sparring (Karate) (Ages 13 – 16)

Description:

All levels including beginners welcome! Students

will start with sparring basics and progress to more advanced levels. Training will include drills for sparring basics, line-work, freestyle sparring and strength building/cardio workouts. Sessions will also focus on the mental skills such as discipline, self-confidence and control (anger & temper management) required to practice safe sparring. Sparring skills also support a deeper understanding of self-defense and anti-bullying. Kumite gloves are *strongly* recommended and available for purchase through the club.

4. Adult Beginner Sparring (Karate) (Ages 14+)

Description:

If you have been off the floor for a while or you're a beginner, this class is perfect for you! Students will start with sparring basics and progress to more advanced levels. Training will include drills for sparring basics, line-work, freestyle sparring and strength building/cardio workouts. Sessions will also focus on the mental skills such as discipline, self-confidence and self-control required to practice safe sparring. Sparring skills also support a deeper understanding of self-defense and anti-bullying. Kumite gloves are required and available for purchase through the club.

5. Adult/Youth CardioFit Karate (Ages 14+)

Description:

All levels including beginners welcome! Burn calories and learn self-defense at the same time with the CardioFit Karate Bootcamp. This class uses Karate basics (kicking, blocking, and punching) blended with basic cross-training elements to make you stronger, with deeper endurance and more flexibility. Classes incorporate the latest in fitness elements including body-weight training for strength, cardio movements for stamina and yoga basics for increased flexibility. Join us for this great class; no equipment or uniforms necessary.



UPDATE

WOW! What a great season of markets we've had this year! Although there have been some particularly rainy markets over the last 4 months, overall it's been a wonderful time filled with the freshest local produce around! Be sure to join us for the very last markets in the first week of October.

Saturday, October 1st, 9:30am-1:30pm

Wednesday, October 5th, 3-7pm

Saturday October 8th, 9:30am-1:30pm

We are in the midst of finalizing the indoor market schedule, but be sure to stay tuned for details and pencil us in for Wednesdays 3-7pm!

Questions, concerns, or suggestions? Interested in volunteering?

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

For the full vendor lists and information about special markets visit www.farmersmarket.hsca.ca.

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 Brad Currie, Broker/President

YOUR COMMUNITY BUSINESS OF THE MONTH

Kensington Wine Market

Hillhurst-Sunnyside Community

Our History

Our doors opened on Friday, May 15, 1992, two-and-a-half years before the provincial government fully privatized the sale of alcohol. Local businesswoman Nancy Carten, with the help of her investors, formed the partnership which became the Kensington Wine Market.

Nancy, an experienced retailer, gathered together our first small but eager staff and began to establish the level of knowledge and service which has made the Wine Market an award winning retailer. The ensuing years have been both challenging

and rewarding as we grew from a small family of 4 employees to a larger one of 20 dedicated beer, wine and whisky experts. Our Wine Market has evolved from a modest neighborhood corner store to one of the most dynamic and unique stores in the country. The addition of our e-tail website (we were pioneers in web design and service for wine, beer and spirits in Canada) has added another milestone to our growth.

On April 1 2015 Nancy sold KWM to long time employee Andrew Ferguson. Andrew is KWM's scotch expert and has been an integral part of the business for 13 years. Andrew has built Canada's largest and most interesting collection of single malts and has a reputation as one of Canada's most trusted whisky experts.

KWM offers much more than meets the eye! For over a decade our web site has set the standard for e-commerce in the liquor industry. Product information, tasting registrations, Scotch Malt Whisky Society membership, Gift Club, Winetimes News Letter and weekly email offerings keep us all very, very busy. Our product mix for both wine and single malts is now over 50% exclusively sourced. What this means is that you can get a great bottle of wine or whisky, at a terrific price, and one not available in every other store! Our customers appreciate our product knowledge and the care we all take in helping you find that perfect bottle.

Calgary's corporate community is a huge part of our business, especially during the holiday season. We have been in the "gifting" business for 24 years providing elegant, tasteful and beautifully presented gifts for our corporate customers. Our web department looks after all the details. It's that easy!

KWM is also very proud to present our 2016 Whisky Advent Calendar. We have hand crafted this calendar for three years now and we sell out every year! Check the ad in this issue for Advent Calendar details.

We look forward to welcoming you this holiday season.



1257 Kensington Road, NW | 403.283.8000 | kensingtonwinemarket.com

2016 FALL TASTING SCHEDULE

Tastings start at 7 pm unless otherwise indicated

Rare Malts	Thr Oct 13	Only the rarest whiskies, those 20+ years of age, those from closed distilleries and/or the exceptionally rare qualify for this tasting.	\$85
Canadian Harvest	Fri Oct 14	Just in time for Thanksgiving, a lovely wine tasting of Canada's best kept secrets. Enjoy a delicious tray of Peasant Cheese's finest Canadian producers. Stand up format.	\$30
Italian Wine Festival!	Fri Oct 21	Mama Mia, it's going to be a feast! The food, the wines, the music... all Italian!	\$40
Le Coeur du Cognac	Tue Oct 25	Cognac is one of the world's finest spirits and the world is now turning its attention to some of the smaller family owned producers. We'll sample a very fine range from Montifaud, Bouju, Delain and others!	\$60
Colouring Outside the Lines	Thr Oct 27	Some of the most notable beers are off those found well off the beaten path. We'll examine the strange, interesting, and outlandish beers that straddle style guidelines and challenge palates!	\$25
Cheese Please	Fri Oct 28	Peasant Cheese, our next door neighbor in Kensington, will guide us as we explore the world of Argentina, Chile and Patagonia wines. Stand up format.	\$30
anCnoc, Balblair, Old Pulteney & Speyburn	Thr Nov 3	We'll sample selected whiskies from these 4 Highland & Speyside distilleries, with Brand Ambassador Lukasz Dynowiak. Expect more than a few gems!	\$40
Kilchoman, 100% Islay	Fri Nov 4	Distillery founder Anthony Wills will be on hand for a Kilchoman Master Class featuring a new KWM exclusive cask, the new Sanaig release and a range of other very peaty malts!	\$30
Bordeaux vs Tuscany	Tue Nov 8	Consistently challenging each other for the title of the "Greatest Red Blends of The World". Let the battle begin!	\$50
Intriguing Piedmont	Fri Nov 11	"Nebbia" is Italian for fog and the hills of northern Italy, Piedmont, are often shrouded in mist. Nebbiolo is the grape for the most famous red wine of the region, Barolo. But Piedmont is much more diverse. Join us for a tour of this amazing wine region and his famous -and less famous- grape varieties.	\$40
Red Wine Icons	Tue Nov 15	La crème de la crème! Don't miss a great opportunity to taste some dream wines side by side, in a comparative tasting from the best wine regions and top producers of the world. Bordeaux, Piedmont, Barossa, Napa, to name only a few.	\$75
An Introduction to Craft Beer	Thr Nov 17	Looking to dip your toe into the world of Craft Beer? We'll visit the origins, production and terminology surrounding different styles of craft beer all while sampling some of the best examples!	\$25
Fall Wine Fest!	Fri Nov 18	We clear the floor to make room for a "store wide" tasting of our best. Food, wine, music; don't delay as it sells out quickly. You'll also enjoy "early bird" pre-Christmas sale prices! Our sale runs to Sun Nov 20	\$40
Cheese Please	Tue Nov 22	Sherry and Port! With the holidays approaching and entertaining revving up this tasting will explore the many Sherry and Port styles with some delicious cheese pairings	\$30
Master Malt	Thr Nov 24	Only the rarest and very special whiskies are showcased at this tasting which always highlights some of the most exciting new whiskies in the world!	\$125
Champagne & Bubbly Festival	Fri Nov 25	What more fitting wrap up for our fall tasting schedule than a mini bubbles walk about! The holidays will soon be upon us so now's the time to taste test your holiday favorites.	\$40
KWM 25th Anniversary Port Launch	Thr Dec 1	2017 will mark KWM's 25th Anniversary and to help commemorate this milestone we will be launching our very own KWM 1992 Vintage Port as well as our very own 20 Year Tawny Port both blended and bottled just for us! Join us for an early bird taste! Stand up format.	\$25

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Hillhurst Sunnyside's Fresh Food Basket

HSCA is taking a dignified approach to emergency food provision!

Fresh Food Basket is a drop-in market-style initiative held each week at HSCA to support residents who self-identify as having difficulties accessing fresh food.

At HSCA we believe all people should have access to good food and this includes fresh fruits and vegetables. Unfortunately, not all people in the community can afford to purchase what they need for a healthy life, which is why we developed Fresh Food Basket.



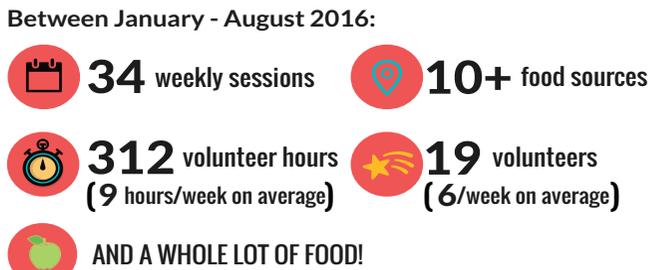
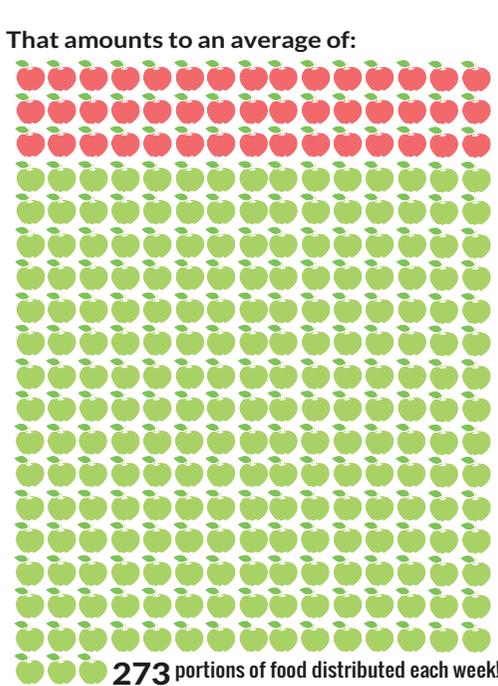
*(Calgary Foundation, Vital Signs 2015)



For the 13 weeks in April-June 2016, we saw on average per week:



That amounts to an average of:



What participants tell us about Fresh Food Basket:

"Supportive of families."

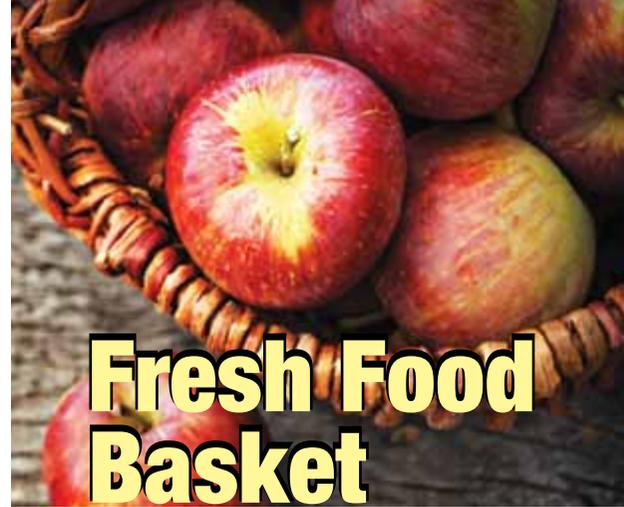
"I'm grateful. It helps a lot."

"This is the best food program in Calgary."

"If I wake up hungry in the night now, I go and eat lettuce instead of chips."

Non-Judgmental Quality
Healthy Trying new foods Friendly
Fresh Helpful Variety

If you would like to contribute to Fresh Food Basket please visit <https://www.canadahelps.org/dn/8205> or contact Kate at kate.s@hsca.ca or 403-283-0554 ext 228. In addition to financial donations, we welcome grocery store gift cards. If you are interested in making a donation of food, please contact us to discuss your idea.



Fresh Food Basket

THANK YOU!

We wanted to take a moment and thank the many people who have made Fresh Food Basket a possibility over the past many months. Between January and August, we were able to distribute around 8454 portions of mainly fresh, healthy food to residents, with an average of 47 households a week coming to the program.

This wouldn't have been possible without the generous support of many people. Our volunteers are crucial for program delivery – from weekly food bank runs by Ali Javad Zadeh, Bob Davies, Tessa Veikle, and now Graham Kent, to food preparation by Doug McInnes, Jonathan Colnett, Phillip Grant, and Tammy, and of course the friendly faces who are your market assistants– Jennifer Smith, Sarah Padget, Carly Lawrence, Océane Kacoutie, Michaela, Francesca Davenport, and most recently Iman, Deep, Abdul, Anna Wingenbach, and Brenda Hillis.

There are also many people to thank for providing us with the food itself! The Calgary Food Bank has been an essential resource for ensuring families in need are able to access fresh food, and we cannot thank them enough. Throughout the summer months St. Barnabas Community Garden, and in particular Anna Wingenbach, and Ben, Peter and Francesca Davenport, have ensured that they have contributed freshly harvested food on a weekly basis. Several of our Farmers' Market vendors have made donations throughout the season, including the Apple Lady and Shirley's Greenhouse. Sunnyside Natural Market through LeftoversYYC generously donated bread products for a few weeks during the winter. We have also received incredible donations from the gardeners at Hillhurst Sunnyside Community Garden and Sunnyside Shared Garden, as well as some

delicious snap peas from Grow Calgary, fresh herbs from the Mroch Family, CSA shares from Graham Kent, and donations from several Fresh Food Basket patrons themselves. Without these incredible people, associations and organizations, there would be no fresh food to share with our neighbours in need.

We are very excited to announce that starting this month, we will be adding a new partner to that list: COBS Kensington! This will allow us to get fresh bread and buns that would otherwise go to waste into peoples' homes who can really use it! The timing is particularly gratuitous as we move into the winter months when produce becomes more scarce and many of our local sources of food become unavailable.

Support Us!

If you are interested in supporting Fresh Food Basket, please get in touch! We are currently looking for support in the following areas:

- Financial donations to help us buy produce during the harder winter months
- Fresh produce donations from your own gardens
- Or you can help us make connections to access fresh produce or dairy!

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MAKING SENSE OF INVESTING

Fall Art Classes at HSCA

Spring art classes at HSCA

To register please contact Nico at 403-283-0554 ext 232, nicoleta.v@hsca.ca

Intermediate Watercolour and Acrylics

Wednesdays 9am to Noon – Fall – Winter - Spring Sessions
Hillhurst Sunnyside Community Centre 1320 5 Ave NW
Course Instructor: Joy Kaitman

In these instructional and open studio sessions you will paint in the Watermedia of your choice. We will explore creativity, paint application techniques, colour harmony, drawing, composition and design. It's a great opportunity to use play and experimentation to explore and develop your own personal style, have the encouragement of other artists and take your painting skills to the next level. By using fun and informative demonstrations, experiments and open studio sessions this class will create an opportunity for developing your ability to see, express yourself and paint in your own style.

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ART CLASS Fall 2016

Intermediate Watercolour and Acrylics

Instructor Joy Kaitman
Wednesday 9 AM – 12 PM (12 weeks)

- Sept 28
- Oct 5, 12, 19, 26
- Nov 2, 9, 16, 23, 30
- Dec 7, 14

COST: \$160 HSCA community member
\$175 non- member

*The price does not include the supplies, please ask the Front Office for the supplies list. Please bring the supplies to the first class.

Acrylic Painting Class for Beginner & Intermediate Painters

Friday 9am to Noon – Fall – Winter - Spring Sessions
Hillhurst Sunnyside Community Centre 1320 5 Ave NW
Instructor: Joy Kaitman

Acrylics are a versatile and exciting medium making them fun and easy to work with. Each semester will touch on the building blocks for creating successful paintings, such as colour harmony, techniques, composition and drawing. A combination of instruction, demonstrations, one on one and open studio sessions are used throughout the program to help each artist develop their individual expression. This course is a wonderful opportunity to express your creativity using Acrylic paint.

ART CLASS Fall 2016

Beginner and Intermediate Acrylics

Instructor Joy Kaitman
Friday 9 AM – 12 PM (11 weeks)

- Sept 30
- Oct 7, 14, 21, 28
- Nov 4, (No Class on Nov 11), 18, 25
- Dec 2, 9, 16

COST: \$150 HSCA community member
\$165 non- member

*The price does not include the supplies, please ask the Front Office for the supplies list. Please bring the supplies to the first class.

Five ways to build a legacy

The Water for Riley (W4R) organizing committee is restructuring for W4R's last stages of activity. Here are five exciting volunteer contributions you can make to this legacy project.

Special Events Coordinator: short term organizing a function at ACAD, long term organizing celebrations leading to conclusion of project, coordinating with Fundraising Committee.

Duties for this position include:

- Logistics and plan the event to announce the winner of the drinking fountain design challenge (October, 2016)
- Logistics and plan the event unveiling the finished product (summer 2017 ideally)
- Recruit volunteer support
- Work with Project Manager to create guest list and set tone for the events
- Write blog posts leading up to events and follow up posts detailing the experiences had/felt/enjoyed
- Work with Project Manager, Fundraising volunteers, PR/Marketing volunteers to set budget and ensure continuity of the W4R brand

PR/Marketing-Communications: short term planning how to get W4R better known in the community and City-wide, long term build the brand

Duties for this position include:

- Craft marketing & communication strategy for the next phase of Water for Riley focusing on engaging businesses as sponsors –individual donors and community organizations to support the fundraising activities
- Recruit and engage individuals to activate the PR/Marketing-Communications strategy
- Update blog post as aligned with Marketing-Communications strategy and/or work with Project Manager to help with blog posts

Social Media: short term coordination of various SM platforms for consistent branding, long term operation of those SM

Duties for this position include:

- Assist the Marketing-Communications volunteer with developing the strategy (if skills are relevant)

- Execute the SM strategy developed with the Marketing-Communications volunteer
- Recruit others to help with social media
- Seek and execute opportunities to post and tweet about W4R

Fundraising: short term goal to organize a committee, long term goal to bridge the gap between money already raised and cost of the drinking fountain

Duties for this position include:

- Recruit and build an engaged, high functioning fundraising committee
- Use the straw outline of the fundraising concepts to develop a comprehensive plan targeting three groups:
- Community leagues, organizations, and informal groups that use Riley Park

Corporate:

- Develop a corporate sponsorship pitch for names on plaque dedication on the fountain
- Develop a corporate sponsorship package for the Kensington/Hillhurst/Sunnyside business community (lesser donation than a named sponsor)
- Individuals, both users and non-users of Riley Park
- Hyper-localized
- Broader
- City-wide
- Implement the plan with financial goals to hit \$70K
- Work with Special Events volunteers, Marketing/Communications volunteers and Project Manager to ensure continuity of messaging and W4R brand
- Write a blog post monthly sharing the updates on fundraising and other relevant information

Donors: W4R is a citizen driven sub-committee of the Hillhurst Sunnyside Community Association. All donations of \$10.00 and greater get tax receipts from Place2Give Foundation.

Go to waterforriley.org to donate.

You can be involved with the drinking fountain for Riley Park. Call 403 862 1923 to volunteer, with questions or for more information.





Come meet your new friends!

FALL 2016

★ beginning September 7, 2016 ★

★ beginning September 15, 2016 ★

Neighbour Support Network

WEDNESDAYS

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

Dinner + childminding provided!

Hillhurst Sunnyside Community Association
1320 5 Ave. NW

Neighbour Support Network

THURSDAYS

2:00 p.m. to 4:00 p.m.

Refreshments + childminding provided!

Norfolk Housing Association
1118 Kensington Rd. NW



Monthly Community Potlucks

FRIDAYS

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

Bring a nut-free dish and join the fun!

Hillhurst Sunnyside Community Association
1320 5 Ave. NW

SEPTEMBER 9
OCTOBER 14
NOVEMBER 18
DECEMBER 9

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



Home Repair Red Flags

Don't be a victim of renovation rip-offs.

If someone comes to your door and offers a great price to spruce up your home — perhaps repairing the roof, or re-sealing the driveway — what should you do?

Recognize the warning signs and say “No!” to a potential home repair scam. If your home needs repairs or renovations, there are plenty of reputable contractors who can do the job. The Calgary Police Service shares the following tips to help you protect yourself.

Finding Great Contractors

- Do your research: know which repairs your home needs, and how much they're likely to cost. Obtain quotes from at least three different contractors for the job, and check their references carefully.
- Look for “known” names: for small jobs, “handyperson” services might be better than a contractor that generally deals with larger jobs. Ask for references from friends, neighbours and colleagues; check the telephone directory; and check out referral services from trusted sources such as retail building centres or the Calgary Region Home Builders Association.
- Always check the contractor's record with the Better Business Bureau of Southern Alberta. Also check that the contractor is properly licensed by calling the City of Calgary.
- Never agree to pay the contractor in cash: this means you have no help if the job goes wrong.
- Always use a written contract that covers the work that will be done, the estimated cost, and the time of completion.

Warning Signs for Potential Scams

- A door-to-door salesperson claims that your home needs urgent repairs.
- The price quoted for the repairs is only good for a limited time.
- The salesperson pressures you for an immediate answer.
- The salesperson tries to convince you that the price is low because the supplies are left over from another job.

- The contractor has no business license or insurance documents.
- The contractor's vehicle is unmarked or has out-of-province license plates.
- The contractor can't provide a local street address or phone number.
- The contractor wants you to pay in cash, or wants the money before they begin.
- The contractor refuses to provide a written estimate or a written contract.
- The contractor tells you that no city permits are required for work that involves electrical, plumbing or construction activities.
- The contractor won't provide any references.

Useful Resources

- Better Business Bureau of Southern Alberta: www.betterbusinessbureau.ca; 517-4222
- Calgary Region Home Builders Association's RenoMark: www.renomark.ca; 235-1911
- Calgary Police Service: www.calgarypolice.ca; 266-1234 (for non-emergencies)
- City of Calgary: www.calgary.ca; 311



Dr. Christine Lilge Dr. Lauren Vredenburg Dr. Jennifer Maguire

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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
- Flippn' Burgers: 10% discount on purchases
- Kensington Auto Pro: 10% off parts and labour
- Float Life: 30% off on a single float ninety minutes session with your HSCA card
- Visit our website www.hsc.ca for news and updates about this program

IN & AROUND SCHOOLS

St. Michael School Christmas Craft Parade

St. Michael School
 4511 8 Ave. SW
 (2 blocks South of Bow Trail – off 45 St. SW)

Saturday, November 26, 2016

10:00 am to 3:00 pm

- FREE Admission
- Huge Raffle!
- Fabulous Food!
- 40+ Amazing Vendors!
- Jewellery – Art – Wood Crafts
- Knitting – Crochet - Candles
- Pottery – Homemade Baked Goods & much more!

HSCA Flea Market

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

Sundays 7:00 am to 3:00 pm
 1320 – 5th Avenue NW

Free Admission

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WEDDINGS, BIRTHDAYS, CONCERTS, MARKETS, AND MORE!

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STEP INTO FALL

Are you thinking of becoming more active?
 The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact:

Research Coordinator
 403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944
 This study has been approved by the University of Calgary
 Conjoint Health Research Ethics Board.



Open House & Information Meeting
 November 16, 2016 from 7 – 8 PM

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Put Your Stamp on the Process

Times have changed since the first letter was sent in Canada in 1693. The postal service provided by Canada Post is no longer as dominant in our daily lives as it used to be. With cell phones, email, texting, paperless billing, e-transfers and courier services, Canada Post has seen its role in our daily lives diminishing annually since 2006. At the same time, an average of 169,000 new addresses are added each year to the existing 15.8 million existing addresses.

With more places to deliver mail each year and less mail being sent, this has had a dramatic effect on revenues and costs. Canadians need to take a good look at our postal system and figure out a way to make it both sustainable and affordable. It is a vicious circle - stamp costs increase to cover growing operating costs which, in turn, results in less mail being sent and revenue dropping even further.

However, we still have a critical need for a national postal system as many Canadians and businesses rely on it for many reasons. Last year alone, Canada Post delivered almost nine billion items to every corner of Canada.

The time has come for Canadians to look at the future of our postal system to ensure it is both sustainable and affordable for everyone. A review of Canada Post is now underway and you can participate.

Canadians are being asked to contribute their comments, concerns and, most importantly, their ideas on how we can achieve these goals. For example, the most common idea I have heard so far is the suggestion to make mail delivery every second business day. This would save money and the impact on the environment. Canadians are known for being a resourceful and creative bunch and I am sure there are many more ideas to come.

An independent Task Force is currently gathering facts and developing options for consideration. Next, a Parliamentary Committee will consult Canadians on the options and make recommendations to the Government on the future of Canada Post.

To share your input, please send your ideas to TPSGC.ExamendeSPC-CPCReview.PWGS@pwgsc-tpsgc.gc.ca, fax 1-844-836-8138, or even better, MAIL your comments to Canada Post Review, CP2200, Matane, QC, G4W 0K8. As your Member of Parliament, I am interested in knowing your views, and would appreciate being copied on your submission.

NEPTUNE PLUMBING & HEATING LTD: Qualified journeyman plumbers/gasfitters, very experienced in Hillhurst and Sunnyside. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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THE LOCAL ENTREPRENEUR: The Local Entrepreneur lives in Sunnyside and provides advice to entrepreneurs and co-founders thinking of starting or growing a new business idea. The Local Entrepreneur provides advice on lean start-up strategy, customer development, finding funding, understanding IP, and other start-up topics. Visit www.localentrepreneur.ca for more information.

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

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms. From cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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

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

YARD BUSTERS LANDSCAPING: Snow removal \$129.95. Christmas light installation \$175. Fall clean up \$129.95. Gutter clean \$99.95. Landscape construction and yard renovation. Some conditions. Licensed. Insured. Seniors' discount. Phone: 403-265-4769.

NORTHWEST ELECTRICIAN/PLUMBER: Affordable and professional installations/repairs. Install/repair lights, ceiling fans, switches and outlets, garage sub-panel, hot tubs, noisy bathroom fans, OTR microwave/hood fans. Renos and basement developments. Plumbing: toilets/sinks/faucets, garburator and dishwasher installs. Licensed, certified, insured. 18-year resident of Hidden Valley N.W. <http://ca.linkedin.com/pub/nick-dabrensky/8/1b1/7b5/>. Call/text Nick 403-471-5553 or Nick@PlatinumElectric.net. "Bryan Baeumler Approved".

DESTINY PERFORMING ARTS ACADEMY: New faith-based performing arts program; offering dance classes, reggae tone fitness, drama and creative arts painting for all ages. Give children and youth the opportunity to express their creative talents! All sessions start in September 2016 at 1903 - 19 Avenue NW, Calgary. For more information: info@destinyarts.ca or call Evane at 403-922-4407.

ELLIPSIS LANDSCAPING: Independently owned and operated Landscape/Handyman company specializing in lawn care, hedge trimming, snow removal, junk removal, window cleaning, tree planting/removal, gutter cleaning, painting, build and fix fence and decks and all other Handyman work. The one call that can do it all at very affordable rates. 403-282-8766, ellipsis2010@live.ca.

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HANDYMAN/CONTRACTOR: Hire-a-husband type of jobs performed; carpentry, drywall repair, repaints, 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 cleanup helpful hint: remove and replace obsolete garbage can enclosure with fencing. Contact Robert 403-606-8876, robziffle@gmail.com.



COUNCILLOR, WARD 7 DRUH FARRELL

ward07@calgary.ca • www.druhfarrell.ca
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As a large urban centre in a prosperous country, Calgary continues to mature and develop. To keep up with the pace of this perpetual growth, it is important for the City of Calgary to make investments in transportation infrastructure like streets and public transit.

Large projects like the Green Line LRT and the Crowchild Trail Study get most of the attention, since they will move many thousands of Calgarians across the city. It is important though that we don't forget about smaller investments that can make positive differences for local residents and their communities.

With this in mind, my staff and I joined the City's General Manager of Transportation and members of his team for a tour of Ward 7. The purpose of this tour was to identify

small transportation issues in communities across Ward 7, and to begin working on solutions. We identified certain fixes that could be implemented quickly, as well as more significant projects for the future.

We noted instances where the design of various intersections made it less safe for all road users. One example was at 19 St and John Laurie Bv NW in Triwood, where higher visibility crosswalks and better lighting were identified to improve the safety of people walking through the area. In Sunnyside, we saw that a new crosswalk at Memorial Dr and 9 St NW would improve walking and cycling access to the Bow River Pathway and Downtown. Work on that crossing will be complete in Fall 2016.

We also noticed that several stretches of sidewalk along 16 Av NW, from Mount Pleasant to Banff Trail, were patch works of uneven concrete and asphalt. Weed maintenance was an issue as well. These are cosmetic issues that can improve an area by making them more pleasant and accessible for local residents. The weeding was quickly completed and sidewalk repair was identified as future work. Elsewhere along 16 AV, between Rosedale and Capitol Hill, we saw a need to improve awareness between those driving and cycling at the busy 10 St NW intersection. Inexpensive green conflict paint was soon added across the turn lanes as a result.

In areas seeing redevelopment, we noticed several instances of construction projects impeding access for people walking. In East Village, we found construction hoarding blocking entire sidewalks. This is a serious concern for a community with high numbers of residents with mobility challenges. The hoarding issues were quickly corrected and we secured a commitment from city staff to ensure that sidewalks are more consistently kept clear and safe during construction.

These are just a few examples of issues we identified. If you see concerns such as these in your community, be sure to call 3-1-1 or go online to www.calgary.ca/311. To learn more about this and other Ward 7 topics, visit www.druhfarrell.ca. To sign up for updates on key issues, please email ward07@calgary.ca.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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

FOR SALE: Danby top load washing machine-small attaches to any sink tap and drain. Includes owner's manual and all hoses \$100.00, OBO. Ikea Folding white side table-attaches to chair, new \$10.00. Houseplants for home or office, all sizes,\$1-\$5.00 each. GIVEAWAY Tubular Chrome rocking chair, {1960 ish} needs re-upholstering. Lois 403-239-3419.

SEPARATED, DIVORCED? When a marriage ends, the holiday season is especially painful. Come to **"Surviving the Holidays"** to learn practical ways that will help. Saturday, Nov. 5, 7:00 p.m., 1920 13 Ave., N.W., Calgary Central Church. Free seminar, excellent advice, Holiday Survival Guides, gift bags. (403) 720-2048 or (403) 247-6673.

OCTOBER MOON CALENDAR

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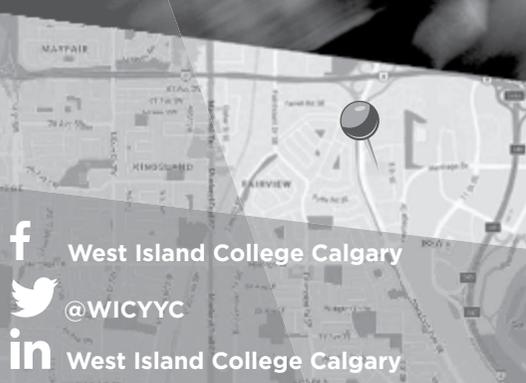
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**Magic
Ghouls AND
Wizardry**

**Trick or Treat
Monday, Oct 31
4pm to 6pm**

Our roving Team will be giving Harry Potter Bertie Bott's Beans – Flavoured Jelly Beans to those dressed as Harry Potter characters!

All ages are welcome!
Quantities are limited to 100.

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