

SEPTEMBER 2016

DELIVERED MONTHLY TO 7,700 HOUSEHOLDS

HILLHURST SUNNYSIDE VOICE

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



**HARVEST
FAIR 2016**

**WEDNESDAY
SEPTEMBER 21, 3-7PM**

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sait.ca/100 #SAIT100



Hillhurst-Sunnyside Community Association

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

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NEWSLETTER AD SALES



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



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



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

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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
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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- 📘 Montessori School of Calgary



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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.

IN & AROUND SCHOOLS

Sunnyside School

Annual Fall Fair

We extend an invitation to you; help us celebrate our annual fall fair at Sunnyside School. Our themed event this year is "World Fair"! Come join us for a day of fun, where your child can obtain a passport to many fun activities that will magically whisk them around the world. Try out our "Mount Everest Climbing Wall", a game of Poppin' Penguins of Antarctica, take a pony ride on the "Inca Trail", wander through our "Grand Bazaar" for a unique gift, or enjoy a quiet moment in our "French cafe"! We hope to see you there on Saturday, September 24th, 2016 from 10 am to 3 pm.

Samaritan Garage Sale

Saturday, September 24

9:00 – 1:00 pm

We regret that we are unable to accept donations from the community due to our limited space at the Hillhurst Sunnyside Community centre. Thank you for your past support, and we look forward to seeing you all on sale day: Saturday, September 24, at 9:00 am.

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 Beginner to Advanced Watercolour & Acrylic Art Classes 9am-noon Beginner to Advanced Watercolour & Acrylic Art Classes 12:30-3:30pm Pandamonium Workshops 1-2pm or 2-3pm 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	Beginner to Advanced Watercolour & Acrylic Art Classes 9am-noon Beginner to Advanced Watercolour & Acrylic Art Classes 12:30-3:30pm Pandamonium Workshops 1-2pm or 2-3pm Kids Karate 6:00-7:00pm Kids Karate 6-7pm, Youth Karate 6-7pm, CardioFit Karate Bootcamp 7-8pm Cardio Karate Bootcamp 7:00-8:00pm Drop In ESL Club 7:15-8:45pm	Baby/Toddler Drop 9-11am Intermediate Watercolour & Acrylics 9am-noon FoodFit 12:30-3:30pm Indoor Farmers Market 1st Wednesday, 3-7pm Outdoor Farmers' Market 3-7pm Wednesdays starting May 18 Foxy Kickboxing 6:00 pm - 7:00 pm Neighbour Support Network , 6-8pm	Drop in Badminton 9:30 am - 12:30 pm Neighbour Support Network 2-4pm Little Dragons Karate 6:00-7:00pm Little Dragons Karate 6-7pm Adult Beginner Karate 6-7pm CardioFit Karate Bootcamp 7-8pm HYDRA Taekwondo 7:00 pm - 8:00 pm	Beginner & Intermediate Acrylics 9am-noon	Farmers' Market 9:30am-1:30am
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Drop in Badminton Mon / Thu • Pay to Play Minimum \$3.00 • 9:30 am-12:30 pm

Program Phone Numbers

Flea Market	Bonnie Constable	Ext. 231 (drop in on Sundays, or leave a message - calls returned on Sundays only)
Drop in Badminton		403-283-0554 ext 232
Foxy Kickboxing	Jessica	1-888-974-FOXY (3699)
Drop-in ESL club	Nicoleta Vulcu	403-283-0554 ext 232
Classes		
Kids Karate	Richard Fossey	403-203-8710
Neighbour Support Network	Amanda Palmer	Ext. 247 amanda.p@hsca.ca christinareeb2@gmail.com
Baby/Toddler Drop In	Christina	christinareeb2@gmail.com

Upcoming Events

- Outdoor Farmers' Market**
Wednesdays 3-7pm
- Neighbour Support Network**
Wednesdays 6-8pm
- Saturday Farmers' Market**
Saturdays 9:30am-1:30pm
- Flea Market** Sundays 7am-3pm
- Antique & Collectible Market**
September 3, 10am-4pm
- Salsa Market** September 7, 3-7pm
- Community Potluck**
September 9, 6-8pm
- Bike Market**
September 10, 9:30am-1:30pm
- New Age Market**
September 10, 10am-4pm
- Calgary Abstract Art Show & Sale**
September 10, 11am-4pm
- HS Planning Committee Meeting**
September 13, 7-9pm
- Rocky Mountain Folk Club** September 16
- Harvest Fair** September 21, 3-7pm
- Samaritan Sale** September 24, 9am-1pm



FREE COMMUNITY PROGRAMMING FOR SEPTEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 5:30-6:30pm Sunnyside Garden Memorial Dr. & 9 St. 6:00-7:30pm WINS Potluck WINS 325 10 St. NW	2
5 LABOUR DAY	6 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	7 6:00-8:00pm Neighbour Support Network HSCA 1320 5 Ave. NW	8 6:00-7:30pm WINS Expressions WINS 325 10 St. NW	9 6:00-8:00pm Community Potluck HSCA 1320 5 Ave. NW
12 4:00-6:00pm Fresh Food Basket with Calgary Public Library HSCA 1320 5 Ave. NW	13 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	14 6:00-8:00pm Neighbour Support Network HSCA 1320 5 Ave. NW	15 2:00-4:00pm Neighbour Support Network 1118 Kensington Rd. 5:30-6:30pm Sunnyside Garden Memorial Dr. & 9 St. 6:00-7:30pm WINS Bingo Night WINS 325 10 St. NW	16
19 4:00-6:00pm Fresh Food Basket HSCA 1320 5 Ave. NW	20 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	21 6:00-8:00pm Neighbour Support Network HSCA 1320 5 Ave. NW	22 2:00-4:00pm Neighbour Support Network 1118 Kensington Rd. 6:00-7:30pm WINS Expressions WINS 325 10 St. NW	23
26 4:00-6:00pm Fresh Food Basket HSCA 1320 5 Ave. NW	27 7:15-8:45pm Drop in ESL Club HSCA 1320 5 Ave. NW	28 6:00-8:00pm Neighbour Support Network HSCA 1320 5 Ave. NW	29 2:00-4:00pm Neighbour Support Network 1118 Kensington Rd. 5:30-6:30pm Sunnyside Garden Memorial Dr. & 9 St. 6:00-7:30pm WINS Potluck WINS 325 10 St. NW	30



Hillhurst Sunnyside Community Association

Saturday September 3, 2016

10am until 4pm
\$2 admission



Hillhurst-Sunnyside Community Association - 1320-5 Ave. NW Calgary, AB • 403.283.0554
www.hsca.ca

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About the Planning Committee

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

Would you like to get involved and/or learn more about what’s happening in our community? All community residents, whether you rent or own your home, are welcome to join or sit in as guests. Planning committee meetings are held on the second Tuesday of every month. Our next meeting will be on September 13th from 7-9pm at the HSCA. Meeting agendas and past minutes are posted online at <http://bit.ly/hspcmeetings>.

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

Planning/Development News

We provided a huge update on all the new developments in our July 2016 newsletter. Ongoing projects include the Kensington Public Realm Improvements, the Fifth Avenue Bikeways project, the Crowchild Trail Study and more. Stay tuned to HSCA news for more information as it becomes available on the other building projects in our community!

Planning Process

Our article last month provided a brief overview of the land use process. Development Permits are required for most construction projects. This includes new buildings, additions to existing buildings, large signage, change of land use and more.

Development plans for most of the above are circulated to community associations for comments. Affected neighbours can also comment on proposed develop-

ments near them. The City posts signs (blue for DPs) on the site for a period of one week so neighbours know who to contact for more information or to send comments, including support, any concerns or suggestions on how the developer can make improvements to their proposals.

Individual applications are reviewed against relevant policies (Land Use Bylaw, ARP, etc) and with good planning principles. Applications are reviewed by City Administration, who then provide their recommendation to the Development Authority to approve or refuse applications for smaller proposals. Larger proposals (such as the mixed-use condo buildings in our community) or policy changes go through Calgary Planning Commission who then provide their recommendation to City Council for final decision. Residents can again get involved in the public hearing component at City Council.

Community association planning committees are run by dedicated volunteers and residents like you! HSPC does not have the authority to approve or reject developments and can only allocate resources where we can make a difference. Hillhurst Sunnyside has seen changes both big and small on from the larger mixed-use buildings on the main streets to the redevelopment of single- and multi-family homes.

Any questions, concerns or complaints regarding construction or anything City-related must be directed to the City of Calgary by calling 311. Calls are directed to the appropriate party or City department (e.g., inspections, parks, planning & development, etc.) for action. The nature of these calls are documented to establish persistent trends and forwarded to the ward councillor’s office. You may have also seen the orange posters posted on construction sites with the contact information for the builder. Remember that you can always reach out to your new neighbour(s).

Planning and development can be confusing. As this is only a general overview, more information can be found on the Federation of Calgary Communities’ Community Guide to the Planning Process, which can be accessed online (search their website below). The Federation also

offers free Partners in Planning courses on Saturday mornings throughout the school year. Any potential planning committee volunteers or interested residents are strongly encouraged to take these courses. Check out their website at www.calgarycommunities.com for more details including the 2016-2017 schedule when it becomes available.

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

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



West Hillhurst Preschool still has openings in our afternoon programs for the 2016/17 School Year. Register now for the opportunity for your child to participate!

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



Thinking of Buying a Home?

Whether you’re a first time buyer or buying your next home, the first step is getting the right mortgage advice. Meet with a CIBC Mobile Mortgage Advisor when and where it’s convenient for you.

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- ✓ A mortgage solution that fits your lifestyle
- ✓ Fast, easy mortgage pre-approval*

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cibc.com/mortgages



*All mortgages are subject to credit approval. Certain conditions and restrictions apply.



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.



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:

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
	Over \$26,965	No funding
Couples:	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>

REQUEST FOR HELP:

I had a call from a disabled senior living in Montgomery who is looking for someone who could provide her some help for a couple of hours on occasion to help with food preparation and getting ready for dialysis. This is paid help. If you think this is something you would like to help with, please give me a call and I will connect you with the senior.

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.hsca.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.



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!

IN & AROUND CALGARY


Mandatory bylaw for building maintenance approved by City Council

What goes up shouldn't come down.

In the last few years, there have been several incidents of materials and debris falling off tall buildings, particularly in the downtown core. City of Calgary investigations into these events revealed that there's more to be done to prevent potentially hazardous situations and protect public safety. That's why the Building Maintenance Bylaw was developed.

It will require buildings that are five storeys or higher and 10 years and older to complete visual exterior assessments every five years.

The bylaw comes into force on Jan. 1, 2017. To learn more, visit calgary.ca/buildingmaintenancebylaw.



WALK FOR THOMAS

**Please join us for the
6TH ANNUAL WALK FOR THOMAS!
Sunday, September 25th
in support of Neuroblastoma Research.**

**Queen Elizabeth Elementary School, 402 - 18th St. NW.
Registration and refreshments at 9:30 am.
3km Walk starting at 10 am.**

A tasty barbecue lunch for all participants will follow. We are so grateful for the continued financial and in-kind support of all of our sponsors and hope you and your family will be there to share in this worthwhile cause. This year will see the event partnered with the Alberta Children's Hospital Foundation, in support of the Thomas Mueller Phage Display Project. Donations will be accepted at the event and lots of great merchandise will also be available.

Please find us on facebook or go to peloton65.com for more information.



Farmers' Market UPDATE



September is one of our favourite farmers' market months! The sun is (usually) shining, vendors' tables are bursting with the season's bountiful harvest, leaves are changing colour and this year, we have THREE special markets for you all packed into one month!

Salsa Market – Wednesday, September 7th from 3-7pm

An annual celebration of all things salsa! At this market we ask vendors to wear their most creative chef's hats and make their own spin on salsa to enter into a competition where you are the judges. The winner will earn some serious bragging rights, so be sure to join us and come hungry! We will also be encouraging other expressions of 'salsa' –think dancing, music, outfits or anything else you can dream up!

Bike Market – Saturday, September 10, 9:30am-1:30pm

From bike art to a bike wash to bike powered sound, we will be celebrating these two-wheeled wonders! Ride your bike to market to be entered in a gift basket draw full of market goodies. Bring you kiddos and their bikes too for some bike-themed kid's activities and a prize for every kid who bikes to market! Last but not least we'll have a bike decorating contest, so get creative and dress up your bike!

Harvest Fair – Wednesday September 21, 3-7pm

In conjunction with the farmers' market, we are bringing back this traditional horticultural fair! With the early warmth and all the rain we've had we can't wait to see what prize veggies show up in the harvest fair this year. Whether you are a gardener, baker, canner, fermenter or artist we have a category for you! All skill levels are welcome and there are categories for all ages. Come and celebrate the harvest with us! See our website for all categories and rules. www.farmersmarket.hsca.ca

HARVEST FAIR

WEDNESDAY
SEPTEMBER 21, 2016
3:00-7:00 PM

ENTER TO WIN
THE RED RIBBON AND
LOCAL BRAGGING RIGHTS
FOR BIGGEST PUMPKIN,
TASTIEST TOMATO,
UGLIEST VEGGIE AND MORE!

DURING THE
FARMERS' MARKET

SEE OUR WEBSITE FOR ALL CATEGORIES AND RULES | WWW.FARMERSMARKET.HSCA.CA |
1220 S AVE NW | 403-263-0554 EXT. 228 | FOLLOW US | @HSCA.FARMERSMARKET

SALSA MARKET

SEPTEMBER 7TH, 2016
OUR ANNUAL SALSA COMPETITION IS BACK!

FARMERS' MARKET
HILLHURST SUNNYSIDE MARKET

In between the special markets, we still have our regular weekly market (which we think are pretty special too!)
Wednesdays 3-7pm and Saturdays 9:30am-1:30pm

*note there is no market on September 17th or 24th, but CSA pick-ups will continue as scheduled.

Questions, concerns, or suggestions? Interested in volunteering? Contact Beth at farmersmarket@hsca.ca or at 403-263-0554 ext. 228

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

IN & AROUND CALGARY

Alberta Health Services EMS

Back to School safety

Alberta Health Services EMS would like to remind parents and children about a few road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on a cell phone, texting, or any other behaviour that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school, or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- When activating overhead crossing lights, pause and make eye contact with all drivers before stepping off the curb. This is to ensure that motorists in both directions have seen you and come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the "walk" sign and only when all vehicles have come to a complete stop;
- If you are with young children, or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



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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

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 ba-

sics, 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.

		1257 Kensington Road, NW 403.283.8000 kensingtonwinemarket.com	
2016 TASTING SCHEDULE Tastings start at 7 pm unless otherwise indicated			
Classic Single Malts	Tue Sep 13	This is our "classic" introduction to the world of single malt Scotch whisky. You'll discover a little history, how it's made and sample six distinct styles.	\$35
Cabernet Franc	Thr Sep 15	One of the most interesting and tasty red varieties and sadly often overlooked. Grown primarily in Bordeaux and the Loire Valley. Let's explore the secrets of Cab Franc together.	\$40
Agave Spirits	Fri Sep 16	When most people think of Agave Spirits they immediately think of Tequila, but there is so much more to it than that... Hunter Sullivan will walk you through a range of ages/styles of Tequila & Mezcal.	\$35
Canadian Single Malt Whisky	Tue Sep 20	It's time to have another look at Canadian single malt whisky. Showcasing expressions from Glen Breton, Stalk & Barrel, Yukon Brewing & Distilling and Shelter Point, including the oldest Canadian single malt!	\$40
Lagavulin @ 200	Thr Sep 22	200 years is quite a milestone, so we're celebrating everything Lagavulin. We'll sample four distillery expressions including the 200th Anniversary bottling.	\$40
Raucous Rums	Fri Sep 23	We'll round up some of the finest sipping rums the world has to offer. Come sip a sampling of new, old and rare offerings, including unique independent rum bottlings.	\$50
Gin Glorious Gin	Tue Sep 27	Is Gin your secret weakness? Don't worry, you aren't alone! Gin is experiencing a "Ginissance" and this revival of interest means there are new gins to explore. Join us for an exciting tasting.	\$30
The "Alberta" Frontier	Thr Sep 29	Two years after the "beer" rules changed in Alberta, there was an explosion of Craft Brewing. We're going to taste some of the best new beers that Alberta has to offer in a no-holds-barred battle royale!	\$25
Cheese Please	Fri Sep 30	Our Spanish shipment has just arrived and we're eager to pull some corks! Come drink and taste a fine range of Spanish wines and cheeses! Stand up format.	\$30
Rediscovering Aussie Wine	Tue Oct 4	After being relegated to the back benches for a few seasons Australian wine is back. Come taste some of our new and old favorites, all exclusive to the Kensington Wine Market.	\$40
Hoptical Allusions	Thr Oct 6	Think the IPA is a passing style? Hops go so much further than pale ale and this tasting is going to get to the bottom of it. From pilsner to stout, hops give the rhythm to the song that's beer.	\$25
Tight Wad	Tue Oct 11	Great tasting wine doesn't have to be expensive. This hugely popular tasting searches for high quality/low price ratios. We always find'em!	\$15
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
Spirit of the Speyside	Tue Oct 18	The heart of Scotland's whisky industry is home to more than half of the country's distilleries. We will journey from Elgin, through Rothes, Aberlour, Dufftown and Keith on a tasting of discovery.	\$40
En Français! Édition Vallée du Rhône	Thr Oct 20	Join our resident francophone, Christine Parent, for a tasting of the best of Rhône valley wines. Joignez-vous à notre francophone en résidence, Christine Parent, pour une dégustation de vin conviviale, en français! Région à l'honneur: Vallée du Rhône. This tasting will be conducted in French.	\$45
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 producers. We'll sample a very fine range from Montifudat, Bouju, Delamain 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!	\$40
Cheese Please	Fri Oct 28	Peasant Cheese, our next door neighbor in Kensington, will guide us as we explore the world of wine from Argentina, Chile and Patagonia. Stand up format.	\$30

Fall Art Classes at HSCA

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

Sam Baillie course description

Course will include:

- The Basics
- Covering students materials;
- Paints, brushes, paper/canvases.
- Basic Color Theory;
- Color wheel and mixing colors.

The instructor will touch on techniques each dependent on medium used and establish level of experience. From that point this will equip students in their endeavors to work towards their own independent painting projects.

Students will work at their own pace and be given one on one instruction on a rotational basis in an easy going manner. It's all about having fun!

ART CLASS Fall 2016

Watercolor & Acrylic
Beginner to Advanced
Instructor Sam Baillie
Tuesdays 9:00 am – 12:00 pm (10 weeks)
Oct 4, 11, 18, 25
Nov 1, 8, 15, 22, 29
Dec 6

COST \$ 140 HSCA community member
\$155 Non- member

*The price does not include the supplies. Please check our website for the supplies list or ask for a copy at the Front Office. Please bring the supplies to the first class.



SUNNYSIDE ART SUPPLIES

"Come visit us for all your Art Supply needs!"

10% Discount for Students & Seniors

132 10th St. NW 1 and 1/2 blocks south of Sunnyside Station
403-475-0608

ART CLASS Fall 2016

Watercolor & Acrylic
Beginner to Advanced
Instructor Sam Baillie
Tuesdays 12:30 pm – 3:30 pm (10 weeks)
Oct 4, 11, 18, 25
Nov 1, 8, 15, 22, 29
Dec 6

COST \$ 140 HSCA community member
\$155 Non- member

*The price does not include the supplies. Please check our website for the supplies list or ask for a copy at the Front Office. Please bring the supplies to the first class.

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.

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 sup-

plies 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.



Animal Trivia

Sharks apparently are the only animals that never get sick. As far as is known, they are immune to every known disease including cancer.



FOODFIT GET A FRESH START THIS FALL!

ARE YOU READY TO...

- gain cooking skills and learn new recipes?
- join in a 30-minute walk/activity each week?
- share healthy meals with new friends and work as a team?
- make a 12 week commitment to learning to become a healthier you?

WHEN: START September 12 or 14, 2016 (for 12 weeks)
Group 1 – LUNCH WEDNESDAYS 12:30PM - 3:30PM
Group 2 – DINNER MONDAYS 6:00PM - 9:00PM

WHERE: Hillhurst Sunnyside Community Association – 1320 5 Ave NW

COST: FREE!
Call Jenae or email foodfit@hsc.ca to register

JOIN

A FREE 12-week program that combines good food and exercise.

HSCA Hillhurst Sunnyside Community Association
Contact Jenae foodfit@hsc.ca 403-283-0554 ext. 238
in partnership with community food centres



SERIOUS FUN

Adults • Teens • Kids 3+

- African • Tap • IndoJazz • Lyrical • Modern
- Ballet • HipHop • Breakdance • Jazz
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DIGITAL EXPLORERS

PANDAMONIUM EARLY LEARNING

OUR 4 WEEK WORKSHOP PROMOTES:

- fine and gross motor skills
- visual- spatial development
- resilience and problem solving skills
- collaboration and communication
- introducing the structure of coding as well as important coding principles
- engaging in technology and storytelling

WORKSHOP INFO:

- September 6, 13, 20, 27 1:00-2:00 or
- September 6, 13, 20, 27 2:00-3:00
- Ages 4-6
- Location: Tyler Boardroom- Hillhurst Sunnyside Community Association
- Cost \$100 per child

Pandamonium Early Learning

At Pandamonium Early Learning, we believe that developing a positive relationship with technology is critical during the early years. Technology should not be about “babysitting with an iPad” but rather about nurturing creativity, problem solving skills, resilience, and collaboration. Through storytelling and physical activity, we introduce the structure of coding as well as important computer science principles such as logic. Students will create digital stories, move robots around, and learn about the cause and effect relationship between instructions, mechanical properties, and outcomes.

We are bringing our 4-week workshops to HSCA in September for ages 4-6. Please see the attached flyer for information regarding dates, times, and costs. To register for these programs, please go to www.pandamoniumearlylearning.com and click on the registration button.

In order to maintain the highest quality of instruction, we limit the workshop to 6 participants (parents or caregivers are welcome to attend). Therefore, the workshops sell out quite fast.

Thank you very much!

*Akhila & Sandy, Cofounders,
Pandamonium Early Learning Ltd.*



Hillhurst-Sunnyside Real Estate Update

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

	Average Asking Price	Average Sold Price
July 2016	\$679,950.00	\$667,500.00
June 2016	\$819,450.00	\$800,000.00
May 2016	\$829,900.00	\$805,000.00
April 2016	\$999,900.00	\$980,000.00
March 2016	\$1,122,500.00	\$1,050,000.00
February 2016	\$692,400.00	\$672,500.00
January 2016	\$0.00	\$0.00
December 2015	\$899,900.00	\$865,000.00
November 2015	\$824,950.00	\$808,875.00
October 2015	\$634,900.00	\$623,500.00
September 2015	\$649,900.00	\$635,000.00
August 2015	\$874,700.00	\$850,000.00

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

	No. New Properties	No. Properties Sold
July 2016	7	4
June 2016	9	6
May 2016	5	7
April 2016	16	9
March 2016	7	6
February 2016	11	4
January 2016	5	0
December 2015	2	3
November 2015	8	4
October 2015	11	2
September 2015	9	3
August 2015	8	8

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



Calgary First Spiritualist Church

Ethical Mediumship Spiritual Growth and Healing

Sunday 7:30 pm Evening Service
 Monday 7:30 pm A.S.H.A. Healing
 Tuesday 7:00 pm A Course of Love
 Wednesday 6:30 pm Healing Service
 7:30 pm All Message Service
 Friday 7:00 pm Drop-In Trance Circle
 Saturday 9:45 am Advanced Energy Healing
 7:00 pm Meditation & Spirit Awareness

* Please see Website for more Information * All are Welcome

www.CalgaryFirstSpiritualistChurch.ca

1603 6 Ave NW, Calgary AB T2N 0W1 403.283.1102



Lions Park denture clinic

Diiren Bharadia, Denturist

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

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



Trivia

EDIBLE SIX-PACK RING

The first fully edible beer can packaging has been made from by-products of the brewing process such as wheat and barley, their six-pack holders are fully biodegradable and completely digestible. Rather than ensnaring curious animals in a corset of litter, the company's six-pack rings could serve as a satisfying snack. And if nothing is biting, the rings quickly decompose.

-Discover magazine

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



Whittier D Skaug
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 whittier.skaug@edwardjones.com

www.edwardjones.com
 Member - Canadian Investor Protection Fund

Edward Jones
 MAKING SENSE OF INVESTING

Drinking Water in Riley Park's

Past, Present and Future

The City Parks Department was first among Water for Riley's valued partners, helping every way it can. Parks officials acknowledge that Riley Park needs drinking water. The City of Calgary calls this an unfunded priority, meaning a drinking fountain's need is recognized as a priority and there are no funds for it.

The Present

A nozzle and bowl should protrude from the wall during the few months the wading pool is open. It's accessible only from the wading pool area. No dogs are allowed near it, it isn't close to the children's playground, and its location isn't accessible to the disabled. As the pool season started this year even this drinking bowl wasn't available.

The Past

According to officials in the City Parks Department, many years ago there was a concrete block drinking fountain southeast of the playground, like the one pictured below. The City removed that old fountain and, according to best memory, permanently sealed the water line to it.

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 SEPTEMBER 9
6:00 p.m. to 8:00 p.m. OCTOBER 14
Bring a nut-free dish and join the fun! NOVEMBER 18
Hillhurst Sunnyside Community Association DECEMBER 9
1320 5 Ave. NW

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

The future of drinking water in beautiful Riley Park is up to you.

Help get one of the three short-listed artistic drinking fountains installed in beautiful Riley Park. All donations greater than \$10.00 get a tax receipt from Place2Give Foundation. Please donate; call 403 862

1923 for more information.

Water for Riley thanks the City of Calgary for all its help with this project and for the site where the drinking fountain will be installed – once the funds are raised. And thanks to all donors on behalf of all Calgary, past, present and future.

Neighbour Support Network Update

Community Potluck

Friday, September 9 from 6:00pm to 8:00pm at HSCA (1320 5 Ave. NW)

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

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

Drop in ESL Club

Tuesdays, 7:15pm to 8:45pm 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.

Fresh Food Basket

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

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

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@hsca.ca.

Sunnyside Garden

Thursdays, 5:30pm to 6:30pm at Sunnyside Shared Garden (Memorial Dr. between 9 St. and 9A St. NW)

Drop by the community garden and help weed and harvest! Kids welcome.

WINS Evening Programming (Expressions, Potluck, Bingo)

Thursdays from 6:00pm to 7:30pm at 325 10 St. NW

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

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

Located at 325 10 St. NW and 10th floor, 411 14 St. NW
Client Goal Management: Is there something you want to do, and don't know how? Come in to the WINS office to talk to someone who wants to help you reach your goals...

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

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

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

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."

Enform IRP 9 (Revised)
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.

Calgary Abstract Collective

ART SHOW & SALE

Saturday, September 10, 2016
11:00 am to 4:00 pm

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

www.calgaryabstractcollective.com

Hillhurst-Sunnyside mybabysitterlist

Name	Age	Contact	Course
Ann	65	403-270-7738	No
Briana	21	403-401-5571	No
Debbie	58	403-909-9382	No
Elizabeth	15	587-227-7098	Yes
Erika	19	403-402-3060	Yes
Grace	17	403-604-4366	No
Jake	15	587-832-3005	Yes
Jordan	25	403-969-0165	No
Luc	13	587-435-3896	Yes
Millie	16	403-262-2272	No
Nicole	27	587-582-3431	Yes
Teaghan	18	403-560-0238	No

Calling All BABYSITTERS

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

Calling All PARENTS

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

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

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 27



COUNCILLOR, WARD 7 DRUH FARRELL

ward07@calgary.ca • www.druhfarrell.ca
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With rising household costs, a growing number of families are struggling to afford shelter and other basic needs such as food, medication, and childcare. Household incomes in Calgary have not kept up to housing prices. Over the past decade, prices have increased 156% while incomes have increased 34%.

Over 4000 households are currently on the qualified waiting list for Calgary Housing Company, but the actual need is far greater. In Calgary, over 38,000 renter households need affordable housing. These Calgarians require some extra assistance to ensure they have access to safe and affordable places to call home. Those in need include students, seniors, young couples, people with disabilities, people who are unemployed, low-income workers and their families, and new Canadians.

What do we mean by affordable housing? For housing to be affordable, The Canada Mortgage and Housing Corporation states a household should not spend more than 30 percent of its gross income on rent. That target is especially difficult for lower income Calgarians to meet and they must often spend larger percentages of their incomes on basic shelter.

Although increasing the affordable housing supply is one of City Council's priorities, the City of Calgary has not added a single affordable housing unit in the past three years. This is one of the reasons that Council unanimously passed the new Affordable Housing Strategy in July.

The strategy calls for the City to secure funding from the provincial and federal governments, to work with partner agencies and the development industry, and to prioritize private projects that include some affordable and accessible units. The strategy also calls for the City to build new rental units through Calgary Housing Company and affordable homes for ownership through Attainable Homes Calgary.

Learning from the past, the City no longer concentrates affordable housing in one area, but instead encourages smaller projects that better integrate into all neighbourhoods. Most Ward 7 communities already host at least one affordable housing development.

Proposed affordable housing projects will include public engagement to ensure that they integrate well with the surrounding neighbourhood. Should your neighbourhood be selected to host affordable housing, please ask how it can best be accommodated and welcomed into the community. Your new neighbours will certainly appreciate it.

IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT

TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided
Complimentary parking on site
Includes access to interactive sports,
Hall of Fame Gallery & Museum Tour

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NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen 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."

DO YOU NEED AN EXTRA SET OF HANDS? C & L Helping Hands can provide them! We offer handyman 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.

CAL-RES COATINGS LTD. RESIDENTIAL PAINTING: We are a full service painting company offering: interior and exterior painting, shop wood finishing/specialty finishing, elastomeric stucco coatings, kitchen cabinet refinishing, fully licensed and insured. No deposit required. Call for a complimentary estimate. Ask for Joshua 403-369-7534 or visit www.calres.ca.

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.

YARDBUSTERSLANDSCAPING.COM: Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

NORTHWEST ELECTRICIAN/PLUMBER: Affordable 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. Eighteen-year resident of Hidden Valley NW. <http://ca.linkedin.com/pub/nick-dabrensky/8/1b1/7b5/>. Call/text Nick 403-471-5553 or Nick@PlatinumElectric.net. "Bryan Baeumler Approved".

DESTINY PERFORMING ARTS: Integrated arts program for ages 5 to 12. Film and drama studies for youth to adults. Dance classes for all ages. Band development for youth. All sessions starting in September 2016 at 1903 - 19 Avenue NW, Calgary. For more information go to www.destinyarts.ca or call Evane at 403-922-4407.

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

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

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



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.

STUDIO PARTY & ART IN THE GARDEN SHOW AND SALE: Sunday, September 18, 10:00 - 4:00 Naested Studio - irenenaested.com 1124 - 15 Street. N.W. Houndsfield Heights, Calgary. Paintings, prints, pottery, jewellery, fabric arts, local author books, tea leaf reading, music, food, beer tasting, wine tasting, and much, much, more!

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

BRAIN GAMES SUDOKU

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

100
1916-2016

Oct. 16
You're invited
sait.ca/100

Join the fun:
**SAIT turns 100
on October 16**

SAIT turns 100 on Oct. 16 and you're invited to the free party: barbecue lunch, car show, music, and fireworks. Learn more at sait.ca/100. To accommodate fireworks, 8 Avenue NW, east of 12 Street NW, will be closed 4 pm to midnight.

IN & AROUND CALGARY

Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.



MP. CALGARY CONFEDERATION LEN WEBBER

2020 10 St NW, T2M3M2
403-220-0888
len.webber@parl.gc.ca

No Opportunity Like It!

There is a way to get your post-secondary education for free. In fact, those eligible can also be paid a full-time salary, with benefits and a pension plan, while they get their free education and training.

This offer is available for careers that range from doctors and accountants to mechanics and air traffic controllers. These opportunities are available across Canada and offer the opportunity for travel.

The Canadian Armed Forces is one of Canada's largest employers and provides Canadians with hundreds of career options in every career field imaginable.

While many think of a career in the Forces as being a soldier, a pilot, or a sailor, the reality is that most in the Forces support these roles through jobs that resemble

the careers we see every day in our communities. There are accountants, lawyers, cooks, dentists, psychologists, social workers, welders, and every job in between. There are also careers that do not require any post-secondary education because specialized training is provided by the Forces.

If you are looking for part-time jobs, they offer those too through the Reserves. The Reserves provide a unique way for Canadians to serve their country while maintaining a professional career in their community. This is also a great option for those who are also working on completing their education.

The Forces offer many advantages to its members including three years of guaranteed employment following initial training and on-going career development. Given the size of the organization and its variety of roles, there are endless opportunities for growing or changing your profession while staying in the Forces in the years ahead.

Their competitive salary and benefit packages are often better than those offered in the private sector. In addition to an attractive pension program, members are provided with 20 vacation days per year and this increases to 25 days after five years. Qualifying veterans are also entitled to significant additional programs and benefits.

Do you have questions? Not sure where to start? Visit www.forces.gc.ca to see the hundreds of career opportunities available today. You can speak directly to a recruiter by calling the Canadian Forces recruiting center at 403-974-2900 or emailing info.calgary@forces.gc.ca. A recruiter will walk you through the entire process and answer any questions you may have.

In closing, I would like to thank those who have chosen to serve their country through the Canadian Armed Forces at home and abroad. Your professionalism and dedication is appreciated and respected by all Canadians.

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

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Hillhurst-Sunnyside Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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

COMMUNITY ANNOUNCEMENTS

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

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.

CAPOEIRA CAMARA

REGISTER FOR CAPOEIRA NOW @ West Kids Beginner Session

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.

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BIKE MARKET

SEPT 10TH

9:30AM - 1:30PM

FARMERS' MARKET
HILLHURST SUNNYSIDE MARKET

WIC

WEST ISLAND COLLEGE

Grades 7 to 12

Classes resume Sept. 7

Be Bold. Be Brave. Be Ready.

 West Island College Calgary

 @WICYC

 West Island College Calgary

westislandcollege.ab.ca

403.255.5300

7410 Blackfoot Trail S.E.

admissions@mywic.ca



Share the fun with your community!



FREE FAMILY BAZAAR

SATURDAY, SEPT 24TH 11:30-3:30
FALCONRIDGE/CASTLERIDGE COMMUNITY ASSOCIATION
95 FALSHIRE DRIVE NE

An afternoon of community spirit, bargains, and fun. Open to all! Photo booth, henna painting, free vending tables to sell used items, free coffee/tea, raffle, buttonmaking, bike activities, & live performers!

Book Your table to sell crafts, childrens items, housewares, clothing, or pre-packaged food or register to perform: Manager@calgarydollars.ca or 403-270-8882. To get involved contact focalgary@gmail.com or 403-616-8145.



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!




Hillhurst Sunnyside Community Association

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

SAIT Trojans Recreation Children's Programs

Red Cross Swimming Lessons • Teacher's Convention Camp •
PD Day Camps • Zumba Kids • Capoeira • Spring Break Camp
Bowling, Swimming, Zumba and Yoga birthday parties



sait.ca/recreation

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Recreation