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ANNUAL GENERAL MEETING

25th of April 2017 7-9pm





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YOUR COMMUNITY BUSINESS OF THE MONTH: EVOLVED HEALTH

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for the following month's publication.

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*The information contained in this newsletter is believed to be accurate, but is
not warranted to be so.*

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

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



Community Centre
1320 5 Avenue NW, Calgary, AB T2N 0S2
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BOARD OF DIRECTORS

Buki Akinlade	Interim Board Chair
Ken Uyeda	Vice Chair
Michelle Duxbury	Secretary
Tyler Chalmers	Treasurer
Kerri Treherne	Chair Community Vitalization Committee & Chair Emergency Planning & Response Committee
Robert McKercher	Chair Hillhurst Sunnyside Planning Committee (HSPC)
Andrew Kuzma	Member at Large
Louisa Ferrel	Member at Large
David Brindle	Member at Large
Darren Anderson	Member at Large
Vacant	Member at Large
Vacant	Member at Large

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.

STAFF LISTING

Quentin Sinclair	Executive Director Ext. 221	quentin.s@hsca.ca
Nicoleta Vulcu	Front Office & Rentals ext 232	nicoleta.v@hsca.ca
Lisa Chong	Community Planning Ext. 229	lisa.c@hsca.ca
Jessica Clark	Communications Manager Ext. 226	jessica.c@hsca.ca
Jaimie Hagman-Ahtom	Daycare Program Manager	403-270-9703, jaimie.h-a@hsca.ca
Michelle Pierce	OOSC Program Manager	403-270-9705, michelle.p@hsca.ca
Karl Kingsley	Facility Services Manager Ext 223	karl.k@hsca.ca
Debbie Olson	Seniors' Services Ext. 224	debbie.o@hsca.ca
Kate Stenson	Community Food Program Supervisor Ext 247	kate.s@hsca.ca
Sonia Woodman	Controller Ext. 225	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 Wednesdays and Sundays only)	
Amanda Palmer	Neighbour Support Network Coordinator Ext. 247	amanda.p@hsca.ca
Kelsey Schiavon	Farmers' Market Coordinator Ext 228	farmersmarket@hsca.ca
Jenae White	Food Fit Program Coordinator Ext 233	foodfit@hsca.ca
Brianna	Tax Clinic Ext 233	taxclinic@hsca.ca
Jennifer	Volunteer Soccer Coordinator Ext 222	soccer@hsca.ca

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



EVENTS CALENDAR

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Flea Market 7:00 am - 3:00 pm	Knitting/Seniors Morning Group 9am-noon Drop in Badminton 9:30 am - 12:30 pm Seniors' Drop-in 1:00pm - 3:30pm Fresh Food Basket 4-6pm FoodFit 6-9pm Foxy Kickboxing 6:00 pm - 7:00pm	Jugando Spanish w/experience 3/5yo 9-10am Kids Karate 6-7pm Youth Karate 6-7pm Cardio Karate Bootcamp 7:00-8:00pm Taekwondo 7:15-8:15pm Drop In ESL Club 7:15-8:45pm	Intermediate Watercolour & Acrylics 9am-noon Indoor Farmers Market 3-7pm Jugando Spanish w/experience 4/6yo 4-5pm Foxy Kickboxing 6:00 pm - 7:00 pm Neighbour Night 6-8pm Capoeira 7:30-8:30pm	Drop in Badminton 9:30 am - 12:30 pm Chair Yoga 11am-noon Little Dragons Karate 6-7pm Adult Beginner Karate 6-7pm CardioFit Karate Bootcamp 7-8pm Taekwondo 7:15-8:15pm	Beginner & Intermediate Acrylics 9am-noon Sportball 10am-noon	
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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 Coordinator	Bonnie Constable	Ext. 231 (drop in on Sundays or leave a message, calls returned on Wednesdays and Sundays only)
Drop in Badminton	Nicoleta Vulcu	403-283-0554 ext 232 nicoleta.v@hsca.ca
Art Classes		
Drop-in ESL Club Classes	Chuck Churchill	esl@hsca.ca
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
Capoeira	Jacqueline	403-827-7917

Upcoming Events

Comic Fair

April 1, 10am-3pm

New Age Market

April 8, 10am-4pm

H-S Planning Committee Meeting

April 11, 7-9pm

HSCA Facility Closed Friday

April 14 & Monday April 17
(Open Easter Sunday April 16 for Flea Market)

Community Potluck

April 21, 6-8pm

Fibre Shindig

April 22

HSCA Annual General Meeting

April 25, 7-9pm

Rocky Mountain Folk Club

April 28, Doors at 7:30pm

Antique & Collectible Market

April 29, 10am-4pm



Save the Date! Annual General Meeting

All residents of Hillhurst Sunnyside are invited and encouraged to attend. Come spend the evening with us and learn what the HSCA Board of Directors and our various committees are up to. What did we achieve in 2016? What are our plans moving forward in 2017?

Members must have their 2017 memberships purchased and paid for by March 25, 2017 in order to vote for Board of Director positions. Members of the community association who are in good standing are permitted to vote and run for board positions during the meeting.

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

Please contact our Board Vice Chair Ken Uyeda, or our Executive Director Quentin Sinclair for details: k.uyeda@me.com or quentin.s@hsca.ca

Now accepting nominations for the Community Service Awards!

Do you know of someone making a difference in Hillhurst Sunnyside?

Nominate your choice to receive a Community Service Award! Nominations due April 7, 2017.

Please email: jessica.c@hsca.ca with the candidate's name and a brief explanation as to why the nominee is an outstanding member of our community. Please include the contact information for yourself and the nominee. Nominees may be resident or non-resident, member or non-member provided their community service experience had positive impact in the neighbourhoods of Hillhurst and Sunnyside.

Summertime Fun

It's time to register for Camps!
Ages 3-12

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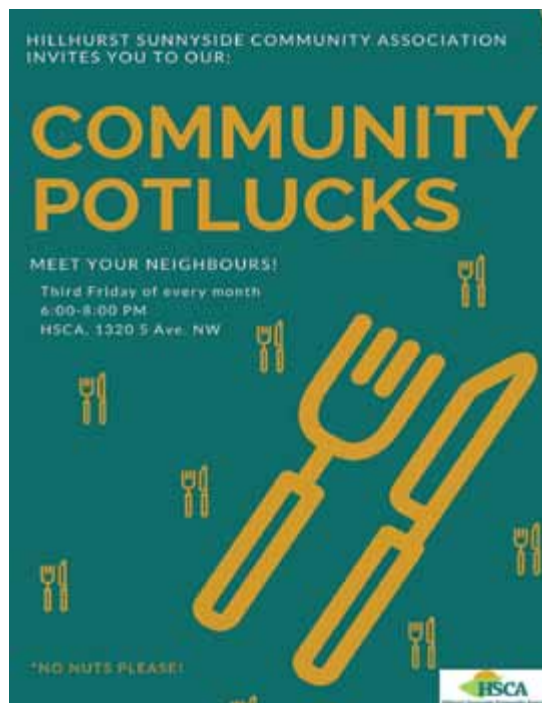
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Get Involved! FREE Community Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 4:00-6:00p.m. Fresh Food Basket HSCA 1320 5 Ave. NW 6:00-9:00p.m. Food Fit HSCA 1320 5 Ave. NW	4 6:00-9:00p.m. Income Tax Clinic* HSCA 1320 5 Ave. NW 7:15-8:45p.m. Drop in ESL Club HSCA 1320 5 Ave. NW	5 6:00-8:00p.m. Neighbour Night HSCA 1320 5 Ave. NW	6	7
10 4:00-6:00p.m. Fresh Food Basket HSCA 1320 5 Ave. NW 6:00-9:00p.m. Food Fit HSCA 1320 5 Ave. NW	11 7:15-8:45p.m. Drop in ESL Club HSCA 1320 5 Ave. NW	12 6:00-8:00p.m. Neighbour Night HSCA 1320 5 Ave. NW	13	14 GOOD FRIDAY
17 EASTER MONDAY	18 4:00-6:00p.m. Fresh Food Basket HSCA 1320 5 Ave. NW 7:15-8:45p.m. Drop in ESL Club HSCA 1320 5 Ave. NW	19 6:00-8:00p.m. Neighbour Night HSCA 1320 5 Ave. NW	20	21 6:00-8:00p.m. Community Potluck HSCA 1320 5 Ave. NW
24 4:00-6:00p.m. Fresh Food Basket HSCA 1320 5 Ave. NW 6:00-9:00p.m. Food Fit HSCA 1320 5 Ave. NW	25 7:00-9:00p.m. HSCA's Annual General Meeting HSCA 1320 5 Ave. NW 7:15-8:45p.m. Drop in ESL Club HSCA 1320 5 Ave. NW	26 6:00-8:00p.m. Neighbour Night HSCA 1320 5 Ave. NW	27	28

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

*The Income Tax Clinic is by appointment only. Contact Brianna at taxclinic@hsca.ca or 403-283-0554 ext. 233.

NSN UPDATES

Community Potluck

Friday, April 21 from 6:00 p.m. to 8:00 p.m. at HSCA (1320 5 Ave. NW)

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

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

Drop in ESL Club

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

Practice and improve your English speaking and listening skills in an informal, conversation-based club. Class size is limited. We welcome residents of the Hillhurst Sunnyside community, and residents of the rest of Calgary if space is available. Private tutoring for IELTS and TOEFL exams is also available outside of class hours. No charge!

Just come. It's free. It's informal and it's fun. You will be warmly welcomed. Bring a friend. Make new friends. To register, please email esl@hsca.ca.

Food Fit

Mondays, 6:00 p.m. to 9:00 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! Contact Jenae at foodfit@hsca.ca or 403-283-0554 ext. 228 for information on future sessions.

Fresh Food Basket

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

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

Volunteer Income Tax Clinic

Thursday, March 30 6:00 p.m. to 9:00 p.m. at HSCA (1320 5 Ave. NW)

By appointment only. Must meet CPA criteria.

For more information call Brianna at 403-283-0554 ext. 233 or email taxclinic@hsca.ca. Note that Brianna is only in the office twice a week, and will respond to inquiries in order of receipt.

Neighbour Night

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

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!

HSCA ANNUAL GENERAL MEETING

WHETHER YOU RENT OR OWN YOUR HOME
IN HILLHURST SUNNYSIDE, YOU'RE
INVITED!

MEMBERS OF THE COMMUNITY
ASSOCIATION WITH CURRENT*
MEMBERSHIP CAN VOTE.
ALL OTHERS INVITED FOR UPDATES

25th of April 2017 7-9pm

WWW.HSCA.CA



PLANNING COMMITTEE AND DEVELOPMENT UPDATE

As one of Calgary's original suburbs north of the Bow River, our vibrant inner city community is now going through a state of transition and renewal. The **Hillhurst Sunnyside Planning Committee** (HSPC) is a volunteer group that meets to discuss, respond to development applications and communicate the community's vision (through the **Hillhurst Sunnyside Area Redevelopment Plan** or ARP) to the City of Calgary, developers, and decision-makers at City Council. HSPC works with stakeholders to promote sensitive development that is compatible with the surrounding neighbourhood.

New Development Proposal at 613-621 9A Street

Minto Communities has submitted a new Land Use Amendment (rezoning) application and ARP amendment to increase the height and density from M-C2 (currently allows for a 4-storey building) to a Direct Control district based on M-H1 (to allow for a 26 metre or 8-storey building with approximately 70-90 condo

units). Minto is requesting the 26m height to match the allowable height on the lots to the south and slightly west of their development site, which is the same height/density as their other approved condo project at 327 9A Street. The Development Permit (or plans for the building) are expected to follow.

At the time of writing, Minto's open house will have already passed (March 23). HSPC representatives are planning to attend to learn more about this proposal – there, we will gather information to write in our formal comments to the City. Please go to www.mintoengagement.com for more information.

Because the applicant is requesting a change to bylaw, they will need approval from City Council. At this stage, the City Planning Department is taking in comments from affected parties to inform its recommendation. If you would like to provide your feedback, please contact the City File Manager at Steve.Jones2@calgary.ca or call 403-268-2523 and fill out the form on the developer's website (above). You can also copy the HSPC c/o Lisa Chong (lisa.c@hsc.ca) and the councillor's office c/o Dale Calkins (caward7@calgary.ca).



PLANNING COMMITTEE AND DEVELOPMENT UPDATE

CBC Site at 1724 Westmount Boulevard

At 0.98 hectares (2.42 acres), this is a large future redevelopment site in our community. While the site has not yet been sold, there has been an expression of interest from the development industry. Any new development will require a Land Use and ARP amendment. We expect to see more information over the next few months – stay tuned! You can view residents' input and their vision for the future of the site at this shortlink: <http://bit.ly/2jWLEOW>. If you are in the area and would like to receive updates from us, please email lisa.c@hsc.ca.

Other Active Development Proposals

- **Truman Memorial Drive project:** new 5-storey condo at 922, 926 & 928 Memorial Drive – see www.engagememorial.com for details.
- **Sunnyside Triangle Site:** City of Calgary's affordable/mixed market housing development at 1020 2nd Ave – check out <http://www.calgary.ca/sunnyside-triangle>
- **Grace Hospital Site:** at the northeast corner of 14th St and 8th Ave, this will be another large redevelopment site in our community. New information will be posted at <http://gracehospitalredevelopmentsite.com> when it is available.
- **We are expecting a new application on 2nd Avenue in Sunnyside** near Vendome soon – keep an eye out for onsite postings.

Learn More and/or Get Involved!

Do you see any projects you may be interested in? Residents can learn more and get involved by attending our monthly HSPC meetings. All residents (new and existing, renters and homeowners, guests and volunteers) are welcome! Our next meetings is on Tuesday April 11. Meeting agendas and minutes are posted at hsc.ca/meetings.

As newsletter content is written one month in advance of distribution, please stay tuned to HSCA media to learn about new building proposals and changes going on in the neighbourhood and how you can get involved. Follow us online at <https://hsc-community-planning.mightybell.com>, sign up for our e-newsletters at www.hsc.ca, and follow us at facebook.com/hillhurstsunnyside and twitter.com/HillhurstSunny.



Higher Level Sports Academy SUMMER CAMPS

Soccer Camp: Soccer skills and drills followed by an afternoon at the water park and a soccer game. 7 weeks to choose from. Monday - Friday 9am-4pm
1320 5 Avenue NW \$150/Week

Multi-sport Camp: A variety of sports and games. 8 weeks to choose from. Monday - Friday 9am-4pm.
1320 5 Ave NW \$150/week

Adventure Camp: Sports and Activities including soccer, bowling, trampolene park and swimming. 3 weeks to choose from. Monday - Friday 9am-4pm.
1411 33rd Street NE. \$195/week.

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Seeking Volunteers!

for Board of Directors

Want to get involved with your Community Association?

The HSCA Board of Directors is seeking members with background in

- Fund Raising / Fund Development
- Law or Legal
- Social Work / Programme Development
- Child Care / Day Care
- Public consultation / engagement
- Facility Management
- Architecture/Engineering
- Construction trades (electrical, plumbing, HVAC)

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

Board meetings are the 3rd Wednesday of each month @ 7:00pm – feel free to drop in for a visit and see if you would like to join the Board. For further information contact:

Ken Uyeda | ViceChair - Board of Directors
k.uyeda@me.com

Seeking Volunteers!

for Sustainable Centre Task Force

Want to get involved in Community Development Projects?

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

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

If you like to work collaboratively with others and have skills in architecture, engineering, environmental planning, landscape architecture, sustainable development or are technical program graduates in HVAC, CAD, Sustainability or have LEED Certification – Have a look at what we are doing at

<http://hsc.ca/sustainable-centre>

and give us a call:

Ken Uyeda | ViceChair - Board of Directors
k.uyeda@me.com



NEW!
2017 HSCA Membership

Beginning January 1, 2017 all memberships are available for purchase online at www.hsca.ca. If you need assistance purchasing your membership online, please call Nico 403-283-0554 ext 232 for assistance or drop by HSCA during administrative hours (Monday-Friday 8:30am-4:00pm).

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
- \$5 discount per swimming lesson set; discounted monthly pass at Bowview Pool for members only (open during the summer only)
- Free use of the tennis court

You can also 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.
- **Vine Styles Kensington:** 15% off total purchase. Show your HSCA membership to Vine Styles staff to create your customer profile with built-in discount. Not applicable to already existing discounted items and/or case discounts.
- **Midtown Kitchen & Bar:** 10% off regular priced orders
- **Flippn' Burgers:** 10% discount on all purchases
- **Marathon Ethiopian Restaurant:** save 10% on all regular priced purchase with your HSCA card
- **Kensington Riverside Inn:** 10% discount on breakfast/brunch, dinner or guest room accommodation
- **Pushing Petals Flowers:** 10% discount on any purchase with your HSCA card
- **Kensington Auto Pro:** 10% off on parts & labour
- **Framed on Fifth:** 10% discount on all framing
- **Float Life:** 30% off on a single float, 90 minute session
- **Rejuve your Body:** Get a 30 minute massage FREE when you book the next 30 minutes for \$49.00 for 1st visit clients only. Also 15% off on all other services at Rejuve.

Visit our website www.hsca.ca for news and updates about this program



SENIOR SYNERGY

SENIOR/COMMUNITY INPUT

With the anticipation of upcoming program changes for seniors in the HSCA community, don't forget to provide me with your input, thoughts, concerns or willingness to be a part of the community that steps forward to help connect with our senior members.

If you are 55 or older and would like to be heard, or have ideas, want to explore the possibilities or just talk, then I would like to hear from you. If you are a senior, connect with a senior or anticipate doing so in the upcoming years, I want to hear from you.

Help me explore the possibilities. Share your thoughts, ideas or just call me to talk. Let's work towards developing the potential of our community for the benefit of all the community, by connecting with all seniors. Together let's make Community Connections.

If you want to be involved in development, planning, or even if you want to be involved but don't know what you want to do or how, connect with me.

Call me 403 – 283 – 0554 ext 224 to talk.
Send me an email debbie.o@hsca.ca
Drop me a note or letter in my mailbox in the front office.

Connect with me and we can connect with others.

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

**WE'VE GOT YOUR MONDAYS COVERED:
Seniors Monday Morning Group**

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

for a new activity or just want to visit, join the group in the Hearth. See you on Mondays.

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

Seniors Monday Afternoon Group

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

Chair Yoga

The Chair Yoga program runs Thursdays, from March 2 to May 25, 2017, from 11:00 – 12:00.

Come join the fun and get some of the benefits of Yoga, while seated in a chair. Good for seniors or anyone who may lack the mobility to move easily into floor positions. Come and stretch, improve your muscle tone, relieve stress, improve your breathing and feel good.

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.



HSCA Emergency Planning And Response Committee (EPARC)

Update as of February 2017

1. EPARC

Chair: Kerri Treherne

2. Infrastructure sub committee

Lead: Charlie Lund

Meetings: approx. monthly (as required). Minutes posted on HSCA website for more information and updates.

3. Interim Mitigation sub committee

Lead: vacant

4. Community Emergency Planning sub committee

Lead: vacant

Achievements in the last 4 years:

- The sanitary lift station is being rebuilt
- <http://www.calgary.ca/UEP/Water/Pages/construction-projects/Construction-projects-and-upgrades/Sunnyside-Sanitary-Lift-Station-Replacement.aspx>
- Pump Station #2 is funded and well into detail design, with construction to start soon
- Pump Station #1 is funded and starting detailed design (this project is jointly funded by the City, Provincial and Federal governments)
- The North West Inner City Drainage Study recommends the Upper Plateau Separation project. This project is on the Calgary Drainage Improvement (CDI) list and will be funded by the City and built when it reaches the top of the CDI priority list. In addition the City has identified it for possible future Alberta Community Resiliency Program funding, which could accelerate it.
- Same for Pump Stations #3 and #4.
- The City is expected to recommend that local barrier (ie berm) improvements be built soon, without waiting for an upstream dam.

While much has been achieved there remains much more to do.

Future priorities (not necessarily in this exact order - a number can be concurrent):

1. Upper Plateau Separation project funded and built
2. Adequate berm improvements, including ground water protection, recommended, funded and built

3. Province/Transalta to armour the Ghost reservoir shoreline
4. Provincial approval, funding and construction of an upstream dam
5. Pump Station #3 funded and built
6. Pump Station #4 funded and built

Useful links:

- Government of Canada's \$180-billion+ infrastructure plan: <http://www.budget.gc.ca/fes-eea/2016/docs/themes/infrastructure-en.html>
- Federal infrastructure investments in Alberta: <http://www.infrastructure.gc.ca/map-carte/ab-eng.html>
- Provincial-Territorial Infrastructure Component - National and Regional Projects (PTIC-NRP): <http://www.infrastructure.gc.ca/plan/nrp-pnr-prog-eng.html>
- Alberta Community Resilience Program: <http://aep.alberta.ca/water/programs-and-services/alberta-community-resilience-program/default.aspx>
- The City of Calgary flood mitigation and recovery projects: <http://www.calgary.ca/UEP/Water/Pages/Flood-Info/Recovery/Flood-projects.aspx>

Public Onsite Recycling

Notice: HSCA Public Onsite Recycling Bins to be Removed This Spring

With the City of Calgary's changes to residential and business recycling pick up, effective end of April or beginning of May 2017, HSCA will no longer have a public onsite recycling drop off centre.

Avid users of the HSCA bins are encouraged to visit the City of Calgary website for alternatives and for more information on the residential program: <http://www.calgary.ca/UEP/WRS/Pages/Recycling-information/Residential-services/Blue-cart-recycling/Blue-Cart-Recycling.aspx>

We apologize for any inconvenience this may cause. Thank you for your cooperation and understanding.

Art Classes at HSCA

ART CLASS SPRING 2017

Instructor Joy Kaitman
Intermediate Watercolour and Acrylics
Wednesday 9 AM – 12 PM (8 weeks)

Apr 19, 26

May 3, 10, 17, 24, 31
Jun 7

COST: \$ 110 HSCA community member

\$ 125 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.**

Intermediate Watercolour and Acrylics
Wednesdays 9am to Noon – Fall – Winter - Spring Sessions
Hillhurst Sunnyside Community Centre 1320 5 Ave NW
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.

Beginner and Intermediate Acrylics
Instructor Joy Kaitman
Friday 9 AM – 12 PM (8 weeks)

Apr 21, 28

May (MAY 5 CLASS OFF SITE), 12, 19, 26

Jun 2, 9

COST: \$ 110 HSCA community member

\$ 125 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.



"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



Dhiren Bhargava, Denturist

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

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



Hillhurst-Sunnyside Community Association
2017 Good Food Box Dates

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

Apr 21 May 4
May 26 Jun 8
Jun 16 Jun 29
Sept 15 Sept 28
Oct 13 Oct 26
Nov 10 Nov 23

N.B. GOOD FOOD BOXES ARE NOT AVAILABLE 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 AT THE FRONT OFFICE, PLEASE & THANK YOU!

Water for Riley:

Is it art or a fancy drinking water dispenser?

Two brilliant new resources have come forward to help move Water for Riley towards the goal of a drinking fountain in Riley Park. Thank you; the community and City thrive with volunteers.

Michelle Vincent, who recently moved into the heart of Kensington, is the new genius behind W4R's fundraising efforts. Stay tuned for news about upcoming events.

Michelle is the new lead in phase four of the W4R process.

The other contact is Rachael Seupersad, Public Art specialist with the City of Calgary. Rachael offered wonderful ideas for achieving W4R goals.

Ideas flowed like water when Gena Rotstein, CEO of Place2Give Foundation and Rachael Seupersad, Superintendent of Public Art, met with W4R volunteers.

Rachael also asked a great question: Is the winning design public art or is it a public drinking fountain? We say it's both.

What do you think? Is the beautiful Reflective Blooms an art installation, or is it drinking water delivered in a pretty bowl, or is it more than both of those labels? Visit waterforriley.org to see the design and decide for yourself.

To get involved with W4R, call 403 862 1923. To help make the drinking fountain a reality, donate through the Parks Foundation Calgary, and designate your donation is to the Water for Riley project.

We want to hear from you!

At the Hillhurst Sunnyside Community Association it is important that the work we do reflects the strengths and needs of the residents in Hillhurst Sunnyside. We want to hear from the community about what we can do now and in the future to offer the right mix of programs and services and to create a welcoming space for community members. To do this, we will be gathering feedback from community members in the coming months.

If you are interested in getting involved in this work in some way, please get in touch. We will be looking for volunteers to help with door knocking (from approximately March-May)

No prior knowledge or experience with work like this is required, we welcome any community members who are keen to get involved!

For more information contact Kate Stenson
kate.s@hsca.ca • 403-283-0554 ext 247

KENSINGTON WINE MARKET

2017 SPRING TASTING SCHEDULE

Tastings start at 7 pm unless otherwise indicated

Tight Wad Oenophile \$20
Penny pinching for wines lovers! This tasting is all about value. Discover what the "experts" won't admit to taking home.

Tue Apr 18

Chateau Montifaud Cognacs \$35
Welcome our first exclusive bottling of this 1992 Cognac to mark our 25th Anniversary! Please join us for a master class directed by Sophie Cabanes from Chateau Montifaud.

Thr Apr 20

Whiskies of the Orient..... \$100
While the Japanese have been making world class whisky for nearly 100 years, India, Taiwan and Australia are recent arrivals to the game and deservedly gaining an international reputation too!

Tue Apr 25

Hidden Gems of the Highlands \$60
Blair Athol, Glenturret, Aberfeldy and Royal Brackla are but a few of the stalwart, little know, Highland distilleries we'll feature shedding light on some lesser known distilleries.

Thr Apr 27

Cheese Please \$30
Peasant Cheese, our next-door neighbor in Kensington, will guide us as we explore the world of Italian cheese and wine. These always sell out early. Stand up format.

Fri Apr 28

Chardonnay from Chablis to Cali \$50
Chardonnay is one of the most interesting and tasty white varieties, though sometimes sadly maligned. Let's revisit the classic regions and explore the "new" global Chardonnay.

Tue May 2

Cinco de Mayo \$40
Join us for a fête celebrating Mexican independence and their national drinks, tequila and mezcal! We'll sample a range of Blanco, Reposado and Anejo tequilas.

Thr May 4

Into the Bottle: Intro to Red Wine \$25
This "back to basics" will explore the universe of red wine from grape varietal to winemaking techniques to the importance of "terroir".

Tue May 9

American Whiskey..... \$35
There is more to American whiskey than just Bourbon. We'll explore a range of American whiskeys along with some exciting new craft spirits.

Thr May 11

Pretty in Pink \$30
Let's get Mother's Day weekend off to a Rosé start with a global tasting of our prettiest pinks, including bubbles. Stand up format.

Fri May 12

Italian Masterpiece \$85
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 in Italy. Brunello, Barolo, and Amarone will shine!

Tue May 16

25th Anniversary Wine Festival \$50
Let's celebrate KWM's 25th anniversary! The fun starts with a store-wide tasting and an early bird's peek at our anniversary sale which runs from Friday to Sunday.

Thr May 18

25th Anniversary Special Tasting \$25
Join us for a unique tasting to celebrate KWM's exclusive 25th Anniversary bottlings: Port, Whisky, Cognac and Armagnac, all bottled just for us. Special one night only discount of 25% on 25th Anniversary purchases! Stand up format; drop in between 6 and 9.

Fri May 19

Bubbles Galore \$50
Champagne isn't the only game in town. Join us for a tasting of the best of the best: Prosecco, Cava, Cremant, Espumate, Asti, and maybe a taste of the real thing just for good measure!

Tue May 23

Cheese Please \$30
Peasant Cheese, our next door neighbor in Kensington, will guide us as we explore the world of cheese and a global tasting of Pinot Noir. Stand up format.

Thr May 25

Glenfarclas with George Grant \$50
George Grant is coming to town to help us celebrate our 25th Anniversary and we'll have a stellar range of whiskies to mark the occasion, including some old Family Cask bottlings. Anniversary tasting glass included.

Fri May 26 Two sittings: 4PM or 7PM

Rare Malts 1992 Vintage Edition..... \$80
KWM opened its doors in 1992! To help celebrate 25 fabulous years, we'll be sampling a range of 1992 vintage single malts.

Tue May 30

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

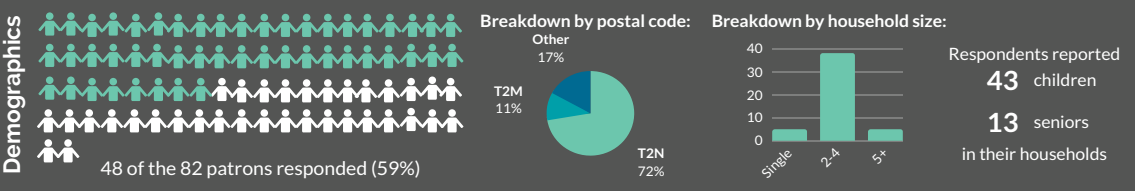


Fresh Food Basket 2016 Evaluation Results

Background In 2016 HSCA launched a free weekly food access program where residents who self-identify as struggling to access fresh food are able to drop by the market-style event to 'shop' for several portions of food. This program stems from our belief that meeting basic needs is a precursor to community engagement and reducing social isolation.

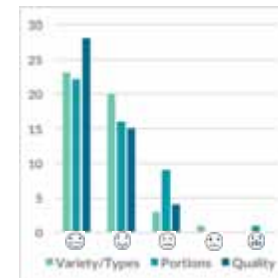
The intended impact is that **citizens are accessing sustainable, healthy food sources** and that **citizens have multiple social connections and supports in their community**, both of which contribute to an improved quality of life.

To complete this evaluation, a survey was administered during the program on December 5 and December 12, 2016.



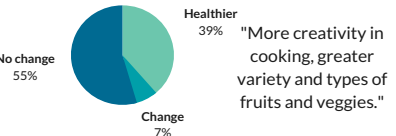
The FFB Food

Respondents' satisfaction with:



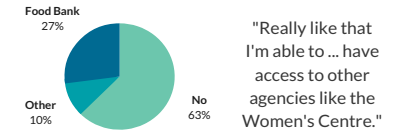
"Food varies each week, so satisfaction with options varies each week. Every week is different- a lot of variety, and portion sizes have improved."

Has your diet changed?



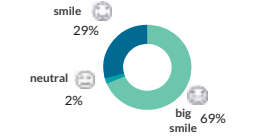
Additional Resources

Do you use other food supports?



The FFB Experience

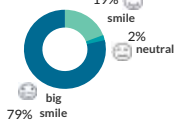
Respondents' FFB experience:



"Really good, supplemental, food prices rising and not everyone has access to grocery stores like Walmart, Costco, even Food Bank."

"Convenient, inclusive, friendly."

FFB is a safe, inclusive, non-judgmental environment:



"I feel like part of the community here."

"I just think everyone is really nice, nobody makes me feel bad or weird about it."

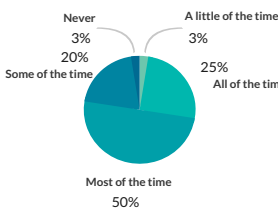
"Anyone can come ... no questions asked."

Social & Community Impact

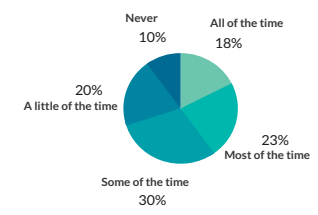
54% Said that FFB was or was somewhat of a social experience for them.

"[I've] gained a lot of friends since coming here"

I feel a sense of **belonging** in my community:



I feel like I can **influence what happens** in my community:



What does the community of Hillhurst Sunnyside mean to you?:

"It is hard to put into words. [I] come to the Flea Market every weekend. Became an important part of my life, a constant."

"Everyone's helping each other, sense of community makes me want to get involved and help out."

"Everything."

"Family. This is our second home, our second family."



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Visit www.hoffmaninstitute.ca to find out how you can,

- Gain better personal relationships
- Renew your enthusiasm for life and vitality
- Create greater emotional resilience
- Have relief from anger and depression and more...

Hillhurst-Sunnyside mybabysitterlist

Name	Age	Contact	Course
Luc	14	587-435-3896	Yes
Jake	15	587-832-3005	Yes
Millie	16	403-262-2272	No
Grace	17	403-604-4366	No
Erika	19	403-402-3060	Yes
Teaghan	19	403-560-0238	No
Briana	22	403-401-5571	No
Jordan	26	403-969-0165	No
Debbie	58	403-909-9382	No
Ann	66	403-270-7738	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.



Celebrate community, innovation, collaboration, and living a creative life. Films, performances, live experiences and more.

JOIN THE FUN!

Thursday evening music and markets, open mike performances, family friendly August movie, garden, dance, theatre and spoken word performances, Calgary Free Markets, jazz block party, pop up gallery, picnics, food trucks, sustainability block party, multi-cultural events, summer solstice gathering, public social dance, and more.

If you have ideas of what you would like to experience on site, or would like to get involved, contact containR folks at Info@springboardperformance.com

HSCA
Hillhurst Sunnyside Community Association

Saturday April 29, 2017
10:00AM - 4:00PM

ANTIQUE

ANTIQUE & COLLECTIBLE MARKET

Over 200 tables of Antiques,
Collectibles, Vintage Jewelry & More
Competition on site
Admission \$2
Children under 12 free
Free parking onsite

www.hisca.ca



The Lions Corner

NEW RESIDENTS IN OUR COMMUNITY
The Hillhurst Sunnyside community has grown significantly since the Lions Village replaced the old bungalows on the corner of Crowchild and Kensington.

The new building has 90 suites and the 100 – 150 individuals now living there are making their home in the Hillhurst Sunnyside area. The location is ideally located close to the local shopping plaza across the street and is making an economic impact in the community.

For the Lions Club of Calgary it has been a huge change. The cozy old bungalows were built in the 1950's and after 50 years of families living there, they were starting to have maintenance issues, so a vision to replace them started to take place. This vision soon became a plan and Lions with the help of Governments, Banks, Architects, Engineers and Contractors completed the project in 2012. Since then the now modern independent living facility is continuing to have full occupancy.

In addition to modern suites, tenants can enjoy meeting and exercise rooms. The building also has a commercial kitchen and dining room for up to 100 individuals.

For The Lions Club of Calgary providing this facility to Seniors in our community, has been a dream come true and we meet at the Village every second and fourth Tuesday of the month. To arrange a tour of the facilities or to get additional information about what more your Lions Club does in the community please visit www.e-clubhouse.org/sites/calgary and/or contact: thelionsclubofcalgary@gmail.com

CHAIR YOGA

YOGA FOR EVERYONE, NO MATTER WHAT YOUR ABILITY

THURSDAYS
11:00AM TO 11:45 STARTING MARCH 2ND

HILLHURST SUNNYSIDE COMMUNITY ASSOCIATION
1320 5TH AVE. NW

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. Not only does it feel great, it also reduces tension. No need to bring a yoga mat.

FOR MORE INFORMATION GO TO: HSCA.CA

Thinking of Separation or Divorce?
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IN & AROUND SCHOOLS

Hillhurst School

What are you doing with that wooden sled, icepick and bag of cheese curds? Could you be on your way to **le carnaval d’hiver** at Hillhurst School? C’est vrai!

On March 2, after a riotous assembly of fiddle-playing, francophone line-dancing and French-Canadian folk songs, we all headed outside for our second annual celebration of winter. Based on the famous Quebec Winter Carnival, our students participated in ice-fishing, icy river portage, smooch-racing, Aboriginal games, ice carving and poutine-eating. There was also a Bon-homme photo booth and face painting. This event was completely organized and run by our energetic and enthusiastic Grade 5/6 students, under the leadership of Mme. Watkins. C’était incroyable!

After recovering from *le carnaval*, two of our Grade 5/6 classes traveled west for an all-day **snow-shoeing expedition** in Kananaskis with CPAWS (Canadian Parks and Wilderness Society). This five kilometer hike enhanced their learning of **Trees and Forests**, including the history of the land and the impact of humans on the health of forests.

Our other two Grade 5/6 classes headed east for an overnight field study at **Tyrell Museum**. This journey back in time enhanced their study of **Evidence and Investigation**. They participated in a variety of workshops such as making a fossil cast, discovering Alberta’s geology, geography and industry through games, and exploring what makes dinosaur raptors unique while building a working-model raptor leg. Best of all, students and teachers got to sleep alongside the fascinating creatures in Dinosaur Hall. T-Rex snores something awful, but the trip was still a thrilling success.

Hillhurst School’s success in all areas is sure to continue under the leadership of our new principal. We would like to warmly welcome **Prem Randhawa** to our school. Ms. Randhawa has been an educator with the CBE since 2004, and prior to this was an educator in Vancouver. She has a wide range of teaching experiences across KG to Grade 7, and is currently completing her Doctorate in Educational Leadership. She is passionate about learning and encouraging the success of all students, every day. She is looking forward to working with staff,

parents and the community to make a vibrant learning environment for our students. Welcome!

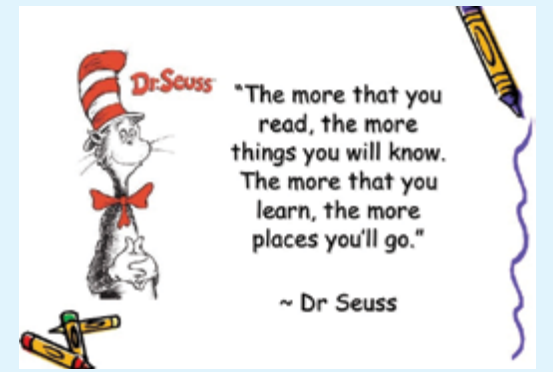
A reminder that we run a **monthly bottle drive** to raise money for school initiatives. We will be collecting drink container recyclables (unsorted) in front of our school between 8:15 and 9:00 am on April 20, May 18 and June 15. Please contact our school at (403) 777-6360 if you have any questions, and thank you in advance for your donations to this important fundraiser!



REGISTRATION FOR THE 2017/2018 PRESCHOOL YEAR IS NOW OPEN!!!

Did you know that WHCP tuition includes LOADS of fun activities? Weekly music classes, soccer, ice-skating, reptile visits, science experiments, parties and holiday events are just a few of the ways we round out our play-based programming. Visit our website to learn more!

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



Queen Elizabeth Elementary School

Playground Replacement Project Update:

The countdown begins ...we’re moving forward with our new school playground!

Our build dates are **May 3 – 6, 2017**

402 18 Street NW Calgary, AB

We need your help! Mark your calendars! Community helping community!

The playground design is finalized, the approvals are in, and the equipment is being manufactured ... now we need you! We are currently recruiting volunteers to help construct and assemble our new playground.

We will be using Sign Up Genius as a method to manage our volunteer sign up process.

Please email our volunteer recruiter at qevolunteers@gmail.com for a link to our Sign Up Genius schedule.

Please note, you do not need a police security check to volunteer at our project: consider recruiting a friend, community member or relative to volunteer for this project!

Thank you in advance,

Sheila Kilpatrick
Kristina Sherriff
qeplayground@gmail.com

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.

Neighbour Night!

HSCA

WEDNESDAYS

6:00 p.m. to 8:00 p.m.
Hillhurst Sunnyside Community Association
1320 5 Ave. NW

Dinner and FREE childminding!
Contact Amanda at amanda@hsc.ca or
403-283-0554 ext. 247 for more.

GREAT NEWS PUBLISHING 28 YEARS

Did you know that your restaurant can put a menu in our newsletter?

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91 Monthly Community Newsletters
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About Wine

by Nik Rasula

About Wine features wines not typically on one's shopping radar. Special wines – made from grapes or blends, regions or countries – that may not be common or well known. About a wine, or winemaker, with a story to tell; of place, process or style. Highlighting smaller artisanal producers making unique, reasonably priced (under \$50 retail) wines, all the while demonstrating careful earth stewardship.

2014, Franz Haas, Lagrein
Alto Adige (pronounced "Ah d.j."), Italy

ABOUT THE REGION: Located in northeastern Italy, the Alto Adige lies at the base of the Alps bordering Austria. Formerly known as South Tyrol, the region was annexed by Italy in 1926, German remains the region's first language. Featuring rugged topography with cultivation possible in only 15 per cent of the Adige Valley, the region is compelled to rely on quality as its wine trademark.

ABOUT THE MAKER: Established in the 1800s, the winery is run by the

7th generation of the Haas family. Winemaker Franz Haas brings a scientific yin to the winemaking; supported by wife and creative director Maria who brings an artistic yang.

ABOUT THE MAKING: Indigenous to the Alto Adige, Lagrein thrives at high altitude (here almost 1,000 feet a.s.l.). Low-yielding vines, planted at high density, contribute the wine's intense flavour profile.

ABOUT THE WINE: Elegant garnet in appearance, the bouquet hints of red fruit, violet, and spice. Elegance reflects on the palate as it pleases with medium-bodied notes of plums, rhubarb and cocoa.

With European demand for Lagrein (especially from Austria) exceeding production, supply for far-off markets remains limited.

ABOUT THE LABEL: Label artist Riccardo Schweizer painted with Picasso and Chagall

ABOUT PAIRING: Pair with charcuterie, sausages, or spice-rubbed poultry.

ABOUT DISTRIBUTION: Check liquorconnect.com (call the store to confirm availability).

CSPC # 766943

ABOUT PRICE: \$38

your COMMUNITY business of the month



Evolved
Health
Hillhurst-
Sunnyside

At age 50, Kirei Yas, owner of Evolved Health, noticed that she was feeling doughy and flabby. Despite being a former athlete and coach, she knew she needed to workout again. Her body was aching from old injuries and marathon training; she felt herself getting weaker and less confident. Big box gyms and group classes did not appeal, walking and yoga was not enough.

Then, while on a visit to the USA, a friend introduced her to a 15 minute weekly workout that changed everything.

The slow-motion strength training protocol came from Osteoporosis research and was shown to be very safe and effective at improving bone density, strength, reducing pain and healing the metabolism.

In 2013, Kirei opened the Evolved Health strength training studio in Kensington. In 2016, she opened the second location in Lake Bonavista. Her vision is four studios throughout Calgary so that everyone has a 15 minute workout within a 15 minute drive.

At Evolved Health, we reverse Mother Nature and defy gravity!

A huge issue we face in aging is the inevitable loss of muscle, around five pounds per decade on average that is replaced with 10-15 pounds of body fat! There are a variety of reasons that muscle is so important. It burns calories and fat, it protects our joints from injury. Strength training builds bone density, improves cardio health and reduces pain. And, of course, it looks and feels so much better to have tone and definition. Daily activities become easier and sports are more fun with muscle.

Do you either outright hate exercise or like most, are frustrated trying to fit it into your busy schedule? Do you have injuries or illness that has made it even more challenging to find a way to be strong, have strong bones and maintain ideal weight? Would you appreciate a private workout room and professional one-on-one coaching for every session? Do you want better posture and more energy?

Our clients feel excited to be taking charge of their health in a positive and sustainable way. The workout is challenging but over very quickly and clients feel proud of their results. Many of our clients tell us they have never stayed with any type of exercise program before Evolved Health.

What are your reasons for taking charge of your health? Do you want to travel? Do you have children or grandchildren that you would like to keep up with? Are you into golfing, skiing, or an activity that you want to continue through the years? Do you want to feel better about your appearance?

Kirei's reason is that running a business in her mid 50s requires energy and stamina.

"First, my own health and fitness is at its peak. Second, supporting clients to build their healthiest body ever is my passion and purpose. And third, I have the pleasure of working alongside my daughter, Alanna, in our Mother-Daughter, local family business," says Kirei.

To try our 15 minute workout, go to www.evolvedhealth.ca and book a complimentary consultation. You will be surprised how good you feel waking up those muscles. You can also call us at 403-244-1377. Be strong. Be healthy. You can live stronger, leaner and younger!

evolved
HEALTH

personal training studios

www.evolvedhealth.ca
403-244-1377

NORTH SOUTH
1414 Kensington Rd NW 380 Canyon Meadows Dr SE



SPRING

YARD

WASTE

LANDFILL

DROP-OFF



Between April 7 and May 28, bring your yard waste to any City of Calgary landfill for **free** composting.

- Before you leave for the landfill:**
- ✓ Your yard waste should be in a paper yard waste bag or left loose. Please cover and secure loads of loose material before transporting.
 - ✓ Make sure your load only contains yard waste like **leaves, branches and plants**. No sod – it is not accepted in this program.
 - ✓ This program is for residential customers only. Fees will apply if your load contains other items.

For more information visit calgary.ca/yardwaste

Landfill hours have changed

Landfills are open from 7:30 a.m. to 5 p.m. on the following days:

	Spyhill Landfill 69 th St. and 112 th Ave. N.W.	East Calgary Landfill 17 th Ave. and 68 th St. S.E.	Shepard Landfill 114 th Ave. and 68 th St. S.E.
SUN		•	
MON		•	
TUE		•	•
WED	•		•
THURS	•		•
FRI	•		•
SAT	•	•	

Visit during the week or before 9 a.m. to avoid line-ups.

Why is it important to compost your yard waste?

By diverting your yard waste, this material is kept out of the landfill, reduces greenhouse gas emissions and given a second life as compost.

FREE MULCH FOR RESIDENTS AND BUSINESSES

Pick up free mulch at all three City landfills while supplies last.

Bring your own shovel to load mulch.

For more information visit calgary.ca/yardwaste

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Manitoba



Who Am I?

Grazing on the open prairie, solemnly I stand,
 A silhouette against a golden plain,
 I'm heavy and I'm bulky, I travel in a herd,
 My head hangs low and has a shaggy mane.

My horns are short and curved, I've a tassel on my tail,
 My shoulders have a hump that's mighty large.
 You'll think I'm slow to move, but I'm fast upon my hooves,
 So be prepared, I might decide to *charge!*





Moose

White-Tailed Deer

Bison

Turn page upside-down for answer!

© Rosemary Gell, 2017

Compliments of the Friends of the Bowmont Natural Environment Park Area



Hillhurst-Sunnyside Real Estate Update

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

	Average Asking Price	Average Sold Price
February 2017	\$779,450	\$769,000
January 2017	\$1,280,000	\$1,260,000
December 2016	\$999,999	\$975,000
November 2016	\$879,000	\$870,000
October 2016	\$999,900	\$967,500
September 2016	\$729,900	\$700,000
August 2016	\$724,900	\$695,000
July 2016	\$679,950	\$667,500
June 2016	\$819,450	\$800,000
May 2016	\$829,900	\$805,000
April 2016	\$999,900	\$980,000
March 2016	\$1,122,500	\$1,050,000

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

	No. New Properties	No. Properties Sold
February 2017	9	8
January 2017	5	1
December 2016	1	3
November 2016	5	7
October 2016	7	5
September 2016	6	3
August 2016	11	5
July 2016	7	4
June 2016	8	6
May 2016	5	7
April 2016	16	9
March 2016	7	6

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



White-Faced Ibis an Unusual Visitor

Article by J.G. Turner

The White-Faced Ibis is a medium sized, dark wading bird, with long dark legs and a long, downward curving bill. Its plumage is dark chestnut in colour, with a purple and green glossy look during the breeding season. Breeding adults have a bare pinkish face in front of the eyes, bordered with white feathers and red eyes. In the non-breeding season, the White-Faced Ibis appears as a much more drab brown bird with dark wings.

Fun Facts:

- This South American native that had its first confirmed sighting in southeast Alberta in 1974.
- Most of its kind lives in the United States, Central America and the southern half of South America. For the winter this unusual visitor migrates to find warmth in the southern United States.
- The conditions found in that corner of the province were sufficient to attract a small but consistent number of breeding pairs. This bird is considered to be an isolated breeder in the province, separated from other populations, which are breeding further south on the continent.
- This bird's sickle shaped bill is ideal for foraging for its favourite foods. It pokes its bill down into water and

mud to find insects, leeches, snails and earthworms, and also fish, crayfish, newts and frogs.

- The White-Faced Ibis chooses to nest in marshy areas where there is dense vegetation such as reeds, cattails and bulrushes and builds its nest from the stalks of these plants.
- The White-Faced Ibis lays a clutch of 3 or 4 green-blue eggs.
- The White-Faced Ibis will live about nine years.

White-Faced Ibis populations have shown modest growth in some areas of North America over the years. However, they face many threats from human activities: from being hunted to habitat destruction. As the White-Faced Ibis is reliant on wetlands and marshes for both feeding and nesting, changes to wetlands, such as those caused by pollution or draining to increase farmland acreage, can have a very harmful impact on their survival.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.



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FIND SOLUTION ON PAGE 34



**Councillor, Ward 7
Druh Farrell**
ward07@calgary.ca • www.druhfarrrell.ca
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Downtown Economic Summit

I have witnessed many boom and bust cycles over the years in Calgary. Each time, we wait out the downturn and carry on with business as usual.

Although there are positive signs of recovery, this recession is different. Rather than a regular downturn in the business cycle that will fix itself, financial experts agree Calgary is experiencing a 'structural recession'. This more serious type of recession exposes the risks of relying heavily on a single industry. We cannot treat a structural recession with tools meant for a cyclical one. In other words, we cannot wait this one out.


Evidence of the downturn is obvious in all areas of Calgary, but particularly in the downtown core. Downtown historically generated around 40% of The City's non-residential tax revenue and 25% of City-wide employment. With record vacancy rates and declining property values in the downtown, 2016 saw a sharp decline in property tax, parking, and transit revenues. Because Calgary's economic health is heavily reliant on the health of our downtown, this resulted in a dramatic tax burden shift to businesses outside the core.

Having been a small business owner for 17 years, and the manager of the Kensington Business Revitalization Zone, I understand the challenges businesses face. That is why I supported \$45 million in one-time relief for businesses experiencing large increases in property taxes. While The City is able to afford short-term assistance, we need long-term solutions to address the root cause of the tax shift – a struggling downtown core. Businesses across Calgary, both small and large, depend on a strong downtown.


Calgary's downtown worked well for 1980, but will it work for 2025 and beyond? The problem is complex with no easy solutions. Earlier this year, Council supported my motion to host a Downtown Economic Summit to bring together the best minds to create recommendations for a more resilient, creative, and diversified downtown. Work from the private sector, social organisations, and all three orders of government is required to fundamentally shift the downtown economy and emerge from the recession better than ever.

All is not doom and gloom. We have a tremendous opportunity to create conditions for businesses to thrive and to get Calgarians back to work.

To sign up for updates on key community and Ward 7 issues, please visit www.DruhFarrell.ca. You can also follow us on Twitter at @DruhFarrell and on Facebook at @DruhFarrellCalgary.



Calgary Confederation
Len Webber, MP
 2020 10 St NW, T2M3M2
 403-220-0888
 len.webber@parl.gc.ca



Birth of a Nation
 It was 100 years ago on April 9th that Canada won Vimy Ridge in France at enormous cost and made their mark on history.

Vimy Ridge was seven kilometers of strategic high ground in France. Allies had previously lost 150,000 soldiers trying to capture the commanding view without success.

Our allies fought along side us in this key battle, but it was Canada's key contributions and subsequent victory that changed the course of history.

The preparation plans were extensive and the attack had been rehearsed many times beforehand. Canada knew it would be a big fight and they came prepared.

At dawn on April 9th, 1917, close to 100,000 Canadians rose from their trenches, tunnels and dugouts to take on the enemy in a battle many thought could not be won. We fought as one, but there were English, French, recent immigrants and First Nations that joined together to fight as Canadians.

The battle, fought uphill, was a surprising quick attack with much of the fighting over by noon.

At the end of that morning, 10,000 Canadian lay dead or wounded. It would be the bloodiest day in Canadian military history, but it would cement Canada as a fighting force to be reckoned with. Over the months that followed, Canadian troops became more independent instead of fighting under British command.

The battle of Vimy Ridge is credited with being the first time Canada was seen as its own fighting force and not simply a British colony. Some have said that on April 9th, 1917, a nation was born in the eyes of the world.


As Brigadier General Alexander Ross said, "I thought then...that in those few minutes I witnessed the birth of a nation."

This victory is thought by some to be the key reason Canada got its own seat at the Treaty of Versailles.

In 1922, France gave Vimy Ridge and the surrounding land to Canada in perpetuity and a magnificent monu-


ment was built to honour all Canadians who died in France. The stark, gleaming white marble towers are a powerful and imposing testament to the historic battle.

Every year, young Canadians work at the visitors centre and thousands of Canadians make the pilgrimage to this historic place in Canadian history. If you want to visit Vimy Ridge or learn more about the battle, please visit www.veterans.gc.ca.



TRIVIA
Measurements

The wristwatch was
 invented in 1904
 by Louis Cartier.



SUDOKU

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6	4	9	2	3	1	5	7	8
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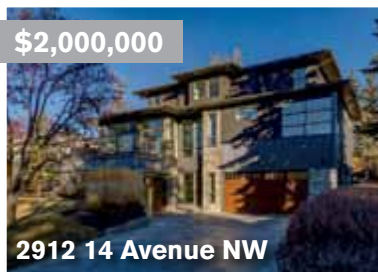


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