

AUGUST 2017

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*Kensington Community Garden Sunflower
Photo by David B.*

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now & zen
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Editorial Submissions

jessica.c@hsca.ca

All advertisements and editorial submissions must be submitted by the 5th of the month for the following month's publication.

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 87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

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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	511
Gamblers Anonymous	403-237-0654



Community Centre

1320 5 Avenue NW, Calgary, AB T2N 0S2

Phone: 403 283-0554 • Fax: 403 270-3130 • www.hsca.ca

BOARD OF DIRECTORS

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Vacant	Secretary
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Louisa Ferrel	Member at Large
Darren Anderson	Member at Large
Emma Yang	Member at Large
Peter Piliounis	Member at Large
Sandra Walker	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 9:00 am to 3:30 pm.

STAFF LISTING

Vacant	Executive Director Ext. 221	
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
Vacant	OOSC Program Manager	403-270-9705
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
Vacant	Farmers' Market Manager	587-700-9387, farmersmarket@hsca.ca
Jenae White	Food Fit Program Coordinator Ext 233	foodfit@hsca.ca
Jennifer Guy	Bowview Pool Manager	403-221-3571, jennifer.g@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

Flea Market 7:00 am to 3:00 pm	Drop-in Badminton 9:30 am to 12:30 pm Seniors' Drop-in 1:00 pm to 4:00 pm Fresh Food Basket 4:00 pm to 6:00 pm Drop-In Tennis Outdoor: 7:00 pm to 8:00 pm	Cardio Karate 7:00 pm to 9:00 pm Taekwondo 7:15 pm to 8:15 pm Drop in ESL Club 7:15 to 8:45 pm	Neighbour Night 6 pm to 8 pm	Drop- in Badminton 9:30 am to 12:30 pm CardioFit Karate 7 pm to 9 pm Taekwondo 7:15 pm to 8:15 pm
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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 Art Classes	Nicoleta Vulcu	403-283-0554 ext 232 nicoleta.v@hsca.ca
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
Drop-In Tennis	Darren Anderson	Darren.anderson1000@gmail.com

Upcoming Events

Closed for Heritage Day,
Monday August 7

New Age Market
Aug 12, 10 am to 4 pm

Community Pot Luck
Aug 18, 6 pm to 8 pm

Comic Fair
Aug 26, 10 am to 3 pm



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 9:00am-3:30pm).

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.
- **Kensington Fitness:** \$15 off your first massage treatment

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

Community Survey Update

If you completed our community survey this spring, we want to extend a huge **thank you!**

Your input will help shape the future of what we do and continue to make this community great. We are currently reviewing all of the input we have received and you should expect to hear back from us in the fall on what we've heard and learned.

Check www.hsca.ca/survey/ for the most up to date information on our findings.





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HSCA PLANNING COMMITTEE NEWS

The Hillhurst Sunnyside Planning Committee (HSPC) meets every month to respond to development requests and works to inform and engage residents on the many applications throughout our community. We typically meet on the second Tuesday of the month; interested residents can check www.hsca.ca/meetings for a copy of the agenda before each meeting.

Voice articles are written a month before publication. Please follow us online at <https://hsca-community-planning.co> and on social media for more up-to-date news. If you would like to volunteer or would like more information, please also contact us at lisa.c@hsca.ca.

Grace Hospital Site Redevelopment | NorthWest Health Care Properties

Hillhurst Sunnyside continues to experience unprecedented change as Calgary grows and the City of Calgary encourages intensification in established communities.

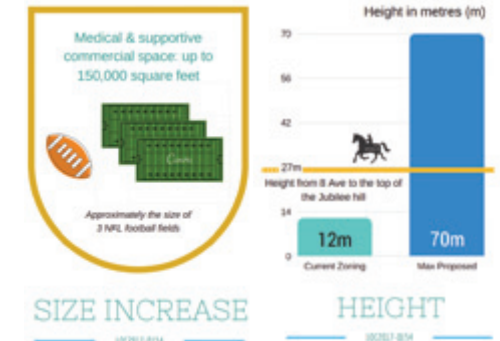
An application was recently filed for the very large Grace Hospital site (plus adjacent land) on the northeast corner of 14th Street and 8th Avenue NW. This redevelopment site is adjacent to Riley Park, Hillhurst School and the escarpment below the Jubilee Theatre and ACAD – a prominent landscape feature and open space component for the community.

Development on the site is currently kept in check by applicable land use regulations and the Hillhurst Sunnyside Area Redevelopment Plan (the “ARP”). The ARP was developed in partnership with community residents to “determine and guide the future” of the community. The ARP sets out specific sites/areas that should see increased density and areas that should be protected as well as providing design considerations. The ARP also has an entire section dedicated to the Grace Hospital site (Bylaw 21P2001; Section 9.0; pages 44-48) due to its significance.

This application proposes substantive changes to the ARP in order to facilitate a major redevelopment. Key aspects of the application are:

- Increase medical & commercial space from current 70,000 sf to up to 150,000 sf. and increase the building height from 3 storeys to ~10 storeys (30 metres).
- Allow up to 800 residential units, approximately eight times larger than any other development in Hillhurst Sunnyside. This is significantly higher than what RM-5 designation per the ARP would permit.
- Increase maximum building height on the east side to 70 metres (approx. 20-25 stories from currently allowable 12 metres (3-4 storeys). The tallest building built under the Transit Oriented Development policy in Hillhurst Sunnyside is approx. 26 metres.
- Expand 12th Street to greatly facilitate vehicular traffic flow

- rather than having 12th Street’s existing capacity act as the constraint to development.
- Density allowed under the proposed changes is expected to increase 2x to 3x the vehicle traffic from current levels, even based on the applicant’s studies.
- Remove requirements for affordable/subsidized or family-oriented units. No requirement for seniors housing or care facility.



You can also visit www.calgary.ca/gracehospital for information or the applicant’s website at www.gracehospitalredevelopmentsite.com.

Due to the scope of the application and requested changes you have opportunity to influence this significant development but only if you provide comments. Let your neighbours know. Please attend the open house if you can. Please also email any comments or concerns to the City of Calgary File manager at neil.macdonald@calgary.ca and cc: the HSCA at lisa.c@hsca.ca and cc: the Ward 7 Councillor’s office at caward7@calgary.ca.

The City of Calgary recently held an open house on June 29 to inform residents and collect input. Approximately 175 residents attended this open house with ~40 people who wrote letters to the City of Calgary File Manager.

There is no closing date for community comments on the rezoning and ARP amendment, but residents should aim to submit comments by the end of summer. The City File Manager notes the number of people opposed or in support (or both) and summarizes concerns into their report/recommendation to the decision-makers.

You can also submit comments and read more about this application through the City of Calgary’s Planning and Development Map at <https://developmentmap.calgary.ca/#property/LOC2017-0154>.

1724 Westmount Boulevard | CBC Calgary Site
 We received confirmation that the CBC Calgary site on Memorial Drive has been sold to Anthem Properties for redevelopment. Anthem is currently redeveloping another site in the community at 1134-1160 Memorial Drive NW (or the 13 houses west of the Kensington Riverside Inn).

~continued next page~

As you may remember, the HSCA collected neighbourhood feedback last winter and hosted a community open house in November 2016 to compile our engagement report for this important site. Our report was made available to the public, the new developer, and the City of Calgary Planning Department. This report is available online at <https://hsc-community-planning.mn.co/posts/997189>.

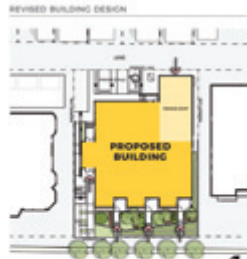
Anthem has reviewed our engagement report and stated their intention for a development that responds to the pre-existing creosote contamination, the market and to maintain positive neighbour relations. They confirmed that they will not consider a taller, mixed-use, high density development as seen on the Kensington Legion site and are looking at denser (possibly ~90 units) ground-oriented multi-residential housing. Moving forward, Anthem intends to schedule time with the HSCA Planning Committee to discuss and introduce themselves at our September 12 meeting. Community planning meetings are open to all residents – check out www.hsc.ca/meetings to see a copy of the agenda closer to the meeting date.

The developer will also commit to community engagement as this project moves along. If you would like to volunteer to assist with this redevelopment project through our planning committee or as a local neighbourhood organizer, please send me an email – we would love to hear from you!

922, 926 & 928 Memorial Drive NW | Truman

After several months lull, the Truman Memorial Drive redevelopment project is now moving ahead. This development proposes a now-22 metre building (5 storeys of residential plus an additional floor for the top amenity level) and a Floor Area Ratio of 3.35. Changes since January include the inclusion of three ground-facing units that are directly accessible from Memorial Drive. The developer's What We Heard Report is now available on their website at www.engagememorial.com.

Residents and the HSCA are strongly concerned about this application exceeding the ARP, as it is not in the area designated for higher density. The building will be 65% taller than the adjacent condo buildings and there are minimal setbacks. We also felt that there was minimal engagement after the initial open house. This application has been recommended for approval by City Administration and will be heard at the July 13 CPC hearing with the final decision at Council in September.



916-926 2nd Avenue NW | Russell RED

This application originally proposed a height of 20m (6 storeys) and density of 3.5 FAR; an ARP amendment was also requested. Community residents and the HSCA were strongly op-



posed to this application because of its deviation from the ARP and we saw much pushback to keep the parameters within the ARP. The revised application now includes a height of 16m (5 storeys with the top floor set in) and a FAR of 2.5, which is supported by the ARP, the HSCA and many of the residents.

By the time you read this, this application will have been heard by CPC on July 13 (rescheduled) with the final decision at City Council in September. Thank you, residents, for copying us all your letters (35) and for you participation (60-70 individuals at the past open house). The Development Permit (or plans for the building and site layout) will be expected in the near future and will include another developer open house. www.2avenw.ca.

1705 Westmount Road NW | Westmount Projects

This application sought to increase the density of the site from 8 units to allow for 13 condo units at the site currently occupied by the former Salvation Army Church. While this project was in the rezoning stage, the developer showed concepts for a four-storey condo building. The HSCA and neighbours were heavily involved with this application. City Council has voted to unanimously to *file and abandon* (or refuse) the application on June 12. The developer will not be able to reapply for a rezoning application for another six months.

This was a great example of positive impact from the community level. At the council hearing, Councillor Farrell highlighted that Hillhurst Sunnyside is a "pro" development community and that as a community, have taken in a large amount of redevelopment and density over the years. She pointed out the desire for the community to be actively engaged and involved in redevelopment in the community. She also emphasized that if the developer was to reapply, that they must commit to a higher standard of engagement, better attention to the ARP and improved design standards. Thank you to CPC and City Council for listening and supporting the hard work the community has put into the ARP. Thank you to residents and community leaders for all your letters and thoughtful presentations at Council.

613-621 9A Street NW | Minto Communities

Minto's application to rezone the land from a medium-density use to a higher density zoning has been approved unanimously by City Council on June 12. In addition to the mandatory density bonusing contribution, the developer will be making a "voluntary contribution" to improve the area around their projects as a part of the Bow to Bluff initiative to enhance the linear pathways along 9A Street NW next to the LRT tracks. A Development Permit or plans for the building layout and site design is expected very soon for a 26m or 8-storey building (5.0 FAR) with 70-90 units. www.mintoengagement.com

Videos and reports from the two City Council hearings are available online at agendaminutes.calgary.ca

BRAIN GAMES SUDOKU

2					6	5	3	
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5	1					3		
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		7	5	6		9		
	3	1	7					5

FIND SOLUTION ON PAGE 33

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For Ward 7
Your Voice on Council

-  Brent Alexander Campaign
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-  [BrentAlexanderWard7](https://www.facebook.com/BrentAlexanderWard7)
-  587.432.6777

Get Involved! FREE Community Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For questions about the Drop in ESL Club, get in touch with Chuck and Norm at esl@hsc.ca .	1 7:15 to 8:45 p.m. Drop in ESL Club HSCA 1320 5 Ave NW	2 6:00 to 8:00 p.m. Neighbour Night HSCA 1320 5 Ave NW	3 6:30 to 8:00 p.m. Garden Gathering Sunnyside Shared Garden Memorial Dr. at the LRT overpass	4
7 HSCA CLOSED	8 4:00 to 6:00 p.m. Fresh Food Basket HSCA 1320 5 Ave NW 7:15 to 8:45 p.m. Drop in ESL Club HSCA 1320 5 Ave NW	9 6:00 to 8:00 p.m. Neighbour Night HSCA 1320 5 Ave NW	10	11
14 4:00 to 6:00 p.m. Fresh Food Basket HSCA 1320 5 Ave NW	15 7:15 to 8:45 p.m. Drop in ESL Club HSCA 1320 5 Ave NW	16 6:00 to 8:00 p.m. Neighbour Night HSCA 1320 5 Ave NW	17 6:30 to 8:00 p.m. Garden Gathering Sunnyside Shared Garden Memorial Dr. at the LRT overpass	18 6:00 to 8:00 p.m. Community Potluck HSCA 1320 5 Ave NW
21 4:00 to 6:00 p.m. Fresh Food Basket HSCA 1320 5 Ave NW	22 7:15 to 8:45 p.m. Drop in ESL Club HSCA 1320 5 Ave NW	23 6:00 to 8:00 p.m. Neighbour Night HSCA 1320 5 Ave NW	24	25
28 4:00 to 6:00 p.m. Fresh Food Basket HSCA 1320 5 Ave NW	29 7:15 to 8:45 p.m. Drop in ESL Club HSCA 1320 5 Ave NW	30 6:00 to 8:00 p.m. Neighbour Night HSCA 1320 5 Ave NW	31 6:30 to 8:00 p.m. Garden Gathering Sunnyside Shared Garden Memorial Dr. at the LRT overpass	For more information contact Amanda at amanda.p@hsc.ca or 403-283-0554 ext. 247.

NSN UPDATES

Community Potluck

Friday, August 18 from 6:00 p.m. to 8:00 p.m. at HSCA (1320 5 Ave. NW)

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

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

Drop in ESL Club

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

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@hsc.ca.

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@hsc.ca.

Access a Community Resource Advocate from Bowwest during Fresh Food Basket hours. Get support with basic need referrals, information on supports relating to housing, counselling, baby, child and youth needs, and more! Call 403-874-8291 to book an appointment or stop by during Fresh Food Basket!

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@hsc.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!

Looking for volunteer opportunities? Get in touch!

We are often looking for help with childminding, running workshops, food preparation, and more! If you have an idea, let us know – Amanda.P@hsc.ca or 403-283-0554 ext. 247.

Donate your excess garden produce to Fresh Food Basket!

Did you know that our weekly food access program accepts donations of locally grown food? If you are interested in sharing some of your harvests with us, please let us know! **This includes fruit harvested from your trees!** We also accept CSA donations when people are on holidays! Call or e-mail Amanda at Amanda.P@hsc.ca or 403-283-0554 ext. 247 to discuss further.

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*Bring in this ad to redeem discount

Hillhurst-Sunnyside GOOD FOOD box

Hillhurst-Sunnyside Community Association 2017 Good Food Box Dates

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

For more information please contact Nico at 403-283-0554, ext 232, email: nicoleta.v@hsca.ca.

Hillhurst-Sunnyside mybabysitterlist

Name	Age	Contact	Course
Alicia	24	587-437-3769	No
Ann	66	403-270-7738	No
Briana	22	403-401-5571	No
Debbie	58	403-909-9382	No
Eva	15	403-560-1658	Yes
Grace	18	403-604-4366	No
Jake	16	587-832-3005	Yes
Jennifer	40	403-671-5331	Yes
Jessica	29	519-903-4846	Yes
Jordan	26	403-969-0165	No
Luc	14	587-435-3896	Yes
Millie	17	403-262-2272	No
Nadine	61	403-283-4781	No
Teaghan	19	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.



SENIOR SYNERGY

COMMUNITY CONNECTIONS:

BE A CONNECTOR AND HELP MAKE A DIFFERENCE TO SOMEONE IN THE COMMUNITY

The Community Connections program is looking for Connectors (volunteers in the community) to match with individuals aged 55+ for a minimum of one hour a week for three to six months, to interact and provide opportunities to engage and make contacts in the community. Connectors provide support specific to the needs of their matched Connectee. Support begins as simply as a phone call once a week for conversation but could develop in a variety of ways, depending on each individual situation. Connectors receive training and ongoing support to provide them with the best possible skills as Connectors. If you are a good listener, if friends turn to you to talk when they need someone to listen, if you would like to make a difference for someone in the community or would like to learn more, or talk about the possibilities, then give me a call. I would love to talk to you.

Block Connectors is another element of Community Connections. A Block Connector is a resident who identifies a neighbour age 55+ who lives on their block or in their building whom they believe may need some support or to be connected to the program. If you know of someone who you think may benefit from being connected to the community, give me a call. You don't have to know their name or have connected with them, just let me know their address and the program will do the rest.

Help us continue to support the residents of HSCA and grow our neighbourhood connections.

Call Debbie at 403-283-0554 ext. 224 or send me an email at Debbie.o@hsca.ca I would love to talk with you about this program.

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 Begins again in September

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.

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.



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From the HSCA Emergency Planning and Response Committee (EPARC)

There is more good news about the permanent flood-mitigation infrastructure. On June 26, 2017, City Council gave their approval for work to begin on the Upper Plateau Separation project. It's a multi-year project, but when it's completed, stormwater from communities at the top of the hill will be drained directly into the river instead of being drained into our stormwater system first. As it is now, our community is vulnerable to flooding from an overloaded stormwater system during local rainstorms. This project will bring about a major improvement for our community.

There was a meeting of EPARC on June 19, 2017. There were reports on the status of both the interim (temporary) and the permanent mitigation. There was a discussion about advocacy for berm upgrades and an upstream dam. And there were some action items identified. A more detailed account of the meeting can be found in the minutes, posted at <http://hsc.ca/resources-presentations/>.

EPARC meetings are open to all residents of Hillhurst-Sunnyside. The next meeting will be in September 2017, on a date yet to be decided. So that we know whether to book a larger room for future meetings, it would be helpful if you could email us at eparc@hsc.ca if you are considering attending EPARC meetings at all.

On the interim mitigation, there is some action needed. First, with regard to the temporary pumping, at the EPARC public meeting on May 29, 2017, Frank Frigo described what the City is providing. However, the total pumping capacity amounts to only 1.1 cubic metres per second (CMS), while we are asking for 3.2 CMS. The 3.2 CMS is what would be needed, according to our calculations, to prevent most of the damage that a repeat of the 2013 events would cause. Second, there are some questions with regard to the temporary berms. We would like to know how much of the City's inventory of water tubing is dedicated to our community.

And to know how robust the water tubing would be under conditions where large objects, such as trees, are floating on a raging, flooding river. And we need to ask the City to run a test of the installation procedures in Sunnyside and Hillhurst. To address these questions and concerns, David Brindle is writing to Councillor Farrell with a cc to Frank Frigo and other members of the City Administration.

On June 28, 2017, Charlie Lund was joined by about 15 community residents on a walking tour. During the tour, which took about 90 minutes, Charlie explained, in great detail, how flooding occurs in our community, the flood mitigation projects which are completed or ongoing, and the projects which still have to be designed and approved, and which we have to advocate for. For residents, we weren't able to notify in time for the June 28 event, Charlie is offering to lead the tour one or two more times this summer. So, to help get an idea of the numbers, we would like you to email us at eparc@hsc.ca to let us know if you would be interested in joining a walking tour. Thank you.

Whenever there is an event planned, such as the walking tour, we can use an email list to send out a notice immediately. Unfortunately, though, there are no more than 180 residents on this list. So, to make sure we can contact you right away, whenever there's time-sensitive news, we'd encourage you to add your email address to the list. You can do so by going to <http://hsc.ca/e-newsletter-sign-up/> and checking off the box for Emergency Planning and Response.

In conclusion, four years after the 2013 flood, good progress with our flood mitigation is evident at last, but, in order to reach the goal, there's still important work to be done. The key thing is advocacy for berm improvements and an upstream dam, and also for the interim mitigation we need while we're waiting for everything else to be completed. The progress we now see is encouraging.

On behalf of the HSCA Emergency Planning and Response Committee (EPARC) - David Brindle, Chair.

July 4, 2017



The Merlin

Article by J.G. Turner • Photo by N. Suret

The Merlin is a little falcon (weighing just 129 to 236 grams and measuring up to 30 cm), about the size of a Jay. The female Merlin is about a third larger than males and are brown. The males have a gray/blue upper and a black and gray barred tail. Both the male and female have whitish streaked throats, and buff coloured underbody with brown streaks.

The Merlin likes to live in open woodlands, marshy areas and open countryside. The Merlin migrates to Alberta as one of their favoured breeding areas and can be seen along Alberta's foothills during their migration, as they will go as far north as the Yukon and Alaska. For the winter months, the Merlin migrates to northern South America, although some have begun to over-winter in the city.

Fun Facts:

- Sometimes the Merlin is called the "Pigeon Hawk" because when flying, it looks like a fast-flying domestic

- pigeon
- A falcon is a raptor (hunting bird) that has thin pointed wings that let them fly very fast and change direction quickly.
- The Merlin can easily fly at 50 kilometres per hour, and can fly even faster when hunting.
- The Merlin has excellent hearing and eyesight and is a powerful flier.
- The Merlin mostly hunts small to medium sized birds, such as songbirds, but it will also seek out small mammals (such as mice, voles, and bats), reptiles and insects (like dragonflies).
- The Merlin will hunt other birds by surprise attack from a hidden perch, or from searching flights, attacking from below and tiring out their prey.
- The Merlin has been observed hunting in pairs, working together to flush out and confuse their prey.
- The Merlin is diurnal, so they hunt during the day.
- The Merlin is usually a solitary, quiet bird but makes a shrill chatter sound when nesting.

If you find an injured Merlin or other wild animal in need, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 or wildlife@calgarywildlife.org.

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denture clinic

Dhiren Bharadia, Denturist

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

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EXPLORE LORE

The east coast of Canada was settled by Vikings around the year A.D. 1000. Archaeological evidence of a settlement has been found at L'anse aux Meadows, Newfoundland.





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Summer Safety

Happy August, everyone!

With summer in full swing we hope you have been enjoying long days, warm sun and family holidays! If you are planning to hit the road with your pet here are a few simple tips to make the holidays run smoother.

- 1. Never, ever, leave an animal in a car.** Hot cars are dangerous for pets and people alike. On summer days, the temperature inside a parked vehicle begins to climb immediately and can reach dangerous levels in as little as 10-15 minutes. Even a few moments in a hot car can lead to heat stroke and even death. Cracking the windows or leaving water in the car is not enough to keep the heat manageable. If you know you will be stopping leave your pet at home or bring someone else along who can take your pet for a walk in the shade while you pick up what you need.
- 2. Watch out for Fido at the BBQ!** As with your kitchen at home, if you are cooking or carrying hot foods it pays to keep your pets out from under foot. In the case of social gatherings, ask your guests not to share food with your pets and to pick up any food that is dropped. Rich summer foods like ice cream, hamburgers, hotdogs and chips can cause digestive upset or even problems like pancreatitis in some pets.
- 3. Think safety when it comes to social situations!** Just like people not all pets are keen to be friends.

When out for a walk, keep your dog on a leash and under control at all times. Avoid letting your dog greet other dogs without first asking the owner. When at a location like a dog park, pay attention to the body language of your dog and any other dogs in the area to watch for signs of stress or conflict. Unsure about what to look for? Check out our free animal training resources at www.calgaryhumane.ca.

- 4. Travelling? Plan ahead!** Summer road trips can be fun for both pets and people, but they do require some advance planning. Before hitting the road, visit your vet to update any necessary vaccines or health certificates and ensure your pet's microchip/tattoo information is up to date. Load your pet's information, including a photo or two onto your smart phone just in case your pet gets lost. When you are packing include extra food and medication for your pet in case you are delayed in getting home. Finally, the safest place for your pet in a vehicle will be in a crate or restrained by a seatbelt harness. Bringing your pet's bed or some favorite toys will provide comfort for the ride.

Do you have more questions about summer safety and your pet? Curious about some behaviour you saw at the dog park? Want to find out more about adopting a new family member? Check out our website at www.calgaryhumane.ca for information and resources!

ALIGN SHINE

A total solar eclipse—the aligning of the Sun, Moon and Earth—will occur on August 21. The total phase will not be visible in Calgary, but can be observed as a partial solar eclipse here. It will be at its maximum at 11:33 a.m., so get out your pinhole camera and enjoy the spectacle; the last one was in 1979.



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FoodFit 2016

Healthier choices you can live with



In 2016, 31 FoodFit teams across Canada committed to a 12 week program and learned basic nutrition information, honed their food skills, and got moving together on 30 minute walks and in group physical activities.

Eating healthier



82% had started eating more daily servings of fruit and vegetables by the end of the program

Moving more



68% increased their daily step counts by more than 1.5 km

Making new friends



93% have made new social connections with people they can count on for support

Healthy lifestyle

"I now approach cooking from perspective of what 'healthy' can I add in rather than what I have to leave out."

"I have better, longer sleep. Happiness for attaining food balance and reduction of cost of food. Sense of belonging and reduced social anxiety - this is a big struggle."

"I AM IMPORTANT ENOUGH TO TAKE CARE OF."

"Just start! It was fun watching my endurance improve over the 12 weeks - from 670 daily steps to 6000!"

Hillhurst Sunnyside Community Association has delivered 7 FoodFit programs since 2016 - here are some of the amazing results!

FoodFit is a 12-week program for community members who experience barriers around healthy eating and physical activity, but who are motivated to make lasting changes to their health. The program combines fun, hands-on cooking sessions and food-based activities with take-home recipes, easy-to-understand nutrition information, group exercise, shared meals, self-directed individual and group goal-setting, and reflection and feedback loops that monitor and reinforce individual and group progress.

Fall programming will run for 12 weeks from September 18, 2017 - December 11, 2017. If you are interested in joining our final program of 2017, contact foodfit@hsca.ca.



Message from the Out of School Care Program

OOSC has been busy this summer with our SUN FUN program! From a trip to the Zoo and local parks, to splashing around in our sprinklers, and creating works of art, it's been a busy and wonderful summer! We are also busy getting ready for September and a brand-new school year! Wishing the Hillhurst Sunnyside Community an amazing August!

Saturday
September 16, 2017
10:00AM - 4:00PM

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www.hsca.ca

Are you motivated to eat healthier, move more, and make new friends? To find out more about FoodFit programs at Hillhurst Sunnyside Community Association please contact Jenae White at (403) 283-0554 ext. 233 or foodfit@hsca.ca. Interested in joining a FoodFit Alumni group? Find upcoming dates at www.hillhurstsunnyside.org.

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CALGARY PUBLIC LIBRARY

Library Connect

Check out the September-October issue of *Library Connect*, your ultimate guide to free back to school Library programs, reading recommendations, and events happening this fall. Visit calgarylibrary.ca to download a copy of *Library Connect* or pick one up at your local community library.

Forest Lawn Library Nature Playground

The Forest Lawn Library Nature Playground is open! The new outdoor space inspires active, fresh-air-filled play. Play is a priority at the Library, because it's central to how kids learn and grow. The nature playground was made possible thanks to generous funding from the Canada 150 Infrastructure Program. Visit today!

Free Online Resources

Did you know your Library card gives you access to free online tutoring? Brainfuse is an online resource aligned with the Alberta curriculum for students in Grade 2 to Grade 12. Get expert online help with your homework at calgarylibrary.ca/resource/brainfuse from 2 p.m. to 11 p.m. daily. Support for adult learners is also available.

The Calgary Public Library's E-Library offers many other resources for learners of all ages. At calgarylibrary.ca/online-resources you'll find language learning courses Rosetta Stone and Mango Languages, eBooks and eAudiobooks on OverDrive, Flipster Magazines, online learning services Lynda.com and Gale Courses, and much more.



7 Week Weight Loss Workshop

Are you tired and struggling to lose the weight? Are you feeling alone and losing hope? You've come to the right place. I hear you. I have

Maximum 14 people per workshop, therefore you will receive support from a small group of committed people ready to be free of weight once and for all. I am truly committed to helping you be free of the pain you are carrying underneath all that fat, let me help you now! Release the pain and release the fat!

Let's do this! I would like to offer you a special Early Bird price for this workshop of \$397 from now until August 27th. After this date, the price is \$497. Payment plans available. Call now to claim your seat at 403.472.3143 or visit facebook.com/7weekweightlossworkshop.

If you cancel or change your rental for whatever reason, please inform Jessica, so she can keep calendars accurate and up to date.

Thank you for choosing HSCA as your venue.

been there. I am a fitness instructor and a yoga teacher, and I still struggled! In 2013 I gave up gluten, dairy and sugar in one moment of insight, and I lost three dress sizes. And I have never gone back. This is because I made a decision from a place of power. This decision stuck. You see, you have two minds, one part of the mind knows that you can stop eating all that junk food, and yet another part craves and wants to eat it.

Let me guide you to strengthen your ability to make a decision from a place of power, by changing your thinking patterns and energy patterns. This will help you come to a clear decision, and this will change your life!

If you are ready to be free of your fat, then you have come to the right place. I have created this workshop that will guide you to lose weight that you know you can.

This 7 Week Weight Loss Workshop is valued at \$997. With over 14 hours of in class experience transforming thinking, emotional, self-rejection and addictive eating patterns, we will create a healthy eating and an exercise plan that fits into your life, that you can achieve easily. Plus, a private Facebook group page for you to share your journey and get continuous support from your class peers. You will receive a workbook that will help you follow along and provide you with a step-by-step guide, so you can go at your own pace.

FARMERS' MARKET
 EVERY WEDNESDAY 3-7PM
 OUTSIDE STARTING MAY 17
 AT THE HILLHURST SUNNYSIDE COMMUNITY ASSOCIATION
 1320 5 AVE NW
 WWW.FARMERSMARKET.HSCA.CA



ART CLASSES

Fall 2017

Intermediate Watercolour

Wednesday 9 AM – 12 PM (10 weeks)

Instructor: Joy Kaitman

Oct 4, 11, 18, 25

Nov 1, 8, 15, 22, 29

Dec 6

COST: \$135 HSCA community member, \$150 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.

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

Friday 9 AM – 12 PM (10 weeks)

Instructor Joy Kaitman

• Oct 6, 13, 20, 27

• Nov 3, (Nov 10 Class off site, field trip), 17, 24

• Dec 1, 8

COST: \$135 HSCA community member, \$150 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.

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.

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Mail-in ballots for the 2017 Election

In October, Calgarians will vote to elect their Mayor, Councillors and School Board Trustees. Your community is shaped by the outcome of an Election. If you are unable to vote during the Advance Vote or on Election Day due to physical incapacity, being absent from the city, working as an election worker, or volunteering/working on a campaign, you can request a mail-in ballot online by visiting www.electionscalgary.ca, by phone, 403-476-4100 (option 2), in-person or in writing at the Elections & Census Office, 1103 – 55 Avenue NE.

If you request a mail-in ballot, a ballot package with instructions will be mailed to you after Nomination Day (September 18, 2017). A photocopy of an authorized piece of identification must be sent back with the returned ballots. Ballots must be received by the Elections & Census Office no later than 8 p.m. on Election Day (October 16, 2017). For more information on the Election, or to sign-up to receive updates, visit www.electionscalgary.ca.



JUGANDO SPANISH CENTRE FOR KIDS

REGISTRATION IS OPEN

PROGRAMS START OCTOBER 2, 2017

Tuesday 9 to 10 am 3 to 5 y/o
 Tuesday 10 to 11 am Moms and Tots (18 months to 3 y/o)
 Wednesday 4 to 5 pm kids 6 to 8 y/o
 Saturday 9 to 10 am kids 3 to 5 years old (8 weeks)

Classes will be held at Hillhurst Sunnyside Community Center
 1320 5th Ave. NW – Calgary

We follow the Calgary Board of Education calendar for Statutory Holidays as well as Winter and Spring Breaks.

Availability of classes is dependent upon registration numbers.
 Max students per class 10.

INFO

Call Giulliana @ 403 – 8352650 or email giulliana@jugando.ca or go to www.jugando.ca

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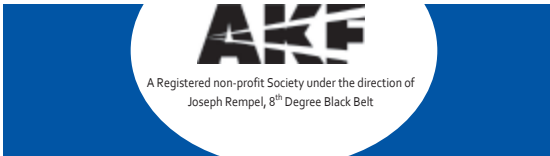
LOCATION
 Hillhurst Sunnyside
 Community Association
 1320 5th Avenue NW
 Calgary, AB

Classes for all ages

- Little Dragons (5-7 years), Children's Sparring (8-12 years), Youth/Adult Karate (13 years & up)
- CardioFit Karate Bootcamp (14 years & up)

Classes start September 5, 2017
 Register NOW!

CLUB PHONE # calgary@akfkarate.com
 403-203-8710 www.akfkarate.com



COMMUNITY ANNOUNCEMENTS

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

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

CHILD SCIENTISTS WANTED! Ch.I.L.D. Research Group at the University of Calgary requires kids under 14 years to participate in fun game-like projects to help us understand how children develop language and social understanding. If interested call (403) 220-4955, email child@ucalgary.ca, or visit <https://psyc.ucalgary.ca/child/>



Community Preparedness Building Safe Communities Program

As Calgarians we know that emergencies can affect our communities at any point. Many emergencies may not be preventable but we can minimize the risk by being prepared. Here is a list of ways you and your neighbours can be prepared.

1. Know your neighbours

If an emergency does arise, if you know your neighbours you can readily identify neighbours who may have special needs, mobility or those who need additional assistance in an event of emergency.

2. Know the potential risks and hazards in your community

The more residents are aware of areas in their community that are potential risks, the better prepared a community can be. Be proactive!

3. Know the evacuation routes

Knowing how to get of your neighbourhood can reduce traffic congestion and allow for emergency personal easy access.

Emergency numbers, Calgary and area:

- Ambulance, Fire, Police, Hazardous Materials Spills: 9-1-1
- Gas Emergency – ATCO Gas: 403-245-7222
- Electrical Emergency - ENMAX Power: 403-514-6100
- All other City services: 3-1-1
- Poison & Drug Information Service: 1-800-332-1414
- Calgary Emergency Management Agency 3-1-1: calgary.ca/cema



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CALGARY PRIDE PARADE
6 AVE. AND 6 ST. SW
SEPTEMBER 3, NOON – 1:30

The signature Calgary Pride Parade is one of the most colourful celebrations of the year!
More info: calgarypride.ca.



CIRCLE THE WAGONS
3951 TRASIMENE CRESCENT SW
SEPTEMBER 9, 11 AM – 11 PM

This year's traveling carnival of local food, beer, music, art and performers will be proudly hosted at Currie. Currie boasts Canadian Pride, and to help further amplify the celebratory energy from Canada's 150th anniversary. More info: cirdlethewagons.ca.



YW WALK A MILE IN HER SHOES
STEPHEN AVENUE AND OLYMPIC PLAZA
SEPTEMBER 19

Hundreds of men and women will step onto Stephen Ave. in high heels to show their support for women and children who are victims of family violence. More info: walkamile.ca.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

The Market on Stephen Avenue – Tuesdays until Sept. 5, 11 am – 5 pm

Bring your enviro bags and coolers! You'll find up to 60 vendors; from fresh food (produce, breads, pastries, etc) spices, sauces, treats, art, fashion, jewelry and so much more! Found on Stephen Avenue between 1 Street East and 2 Street West. More info: inquiries@dmeinc.ca.

Honens Festival – Various Venues, Sept. 7 – Sept. 10

The award-winning Honens Festival returns for a four-day festival of music with a side of maple syrup! To mark Canada's 150th birthday, this celebration of piano showcases some of the country's brightest classical music stars alongside Honens Laureates through innovative performance projects and dynamic community concerts. More info: honens.com.

Beakerhead – Various Locations, Sept. 13 – Sept. 17

One of the world's most original spectacles of art, science and engineering, will erupt this September when the fourth annual Beakerhead hits Calgary. Look for mechanical creatures, multi-story art installations, famous and soon-to-be famous scientists and inventors, and performances by people and machines. The dose of quirky spectacle will include more than 65 events. More info: beakerhead.com.

Techstock 2017 - 3553 31 Street NW, Sept. 14

This is an annual event hosting 30+ start-up companies and researchers who showcase their innovations to the public. This year they explore how technology and social innovations are making a profound impact on our society and driving change in areas such as sustainability, health, education, gender equality and more. More info: innovatecalgary.com/events/techstock/

Railway Days – Heritage Park, Sept. 23 - 24

There is fun for the whole family at Railway Days! As one of the few sites in North America with two steam locomotives, our trains take centre stage for two days with demonstrations, hands-on activities, and exciting exhibits. More info: heritagepark.ca.



Hillhurst-Sunnyside Real Estate Update

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

	Average Asking Price	Average Sold Price
June 2017	\$874,900	\$860,000
May 2017	\$679,900	\$675,500
April 2017	\$769,900	\$744,000
March 2017	\$599,000	\$581,000
February 2017	\$779,450	\$769,000
January 2017	\$1,184,444	\$1,157,000
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

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

	No. New Properties	No. Properties Sold
June 2017	9	5
May 2017	19	13
April 2017	9	3
March 2017	6	7
February 2017	9	8
January 2017	6	2
December 2016	1	3
November 2016	6	7
October 2016	6	5
September 2016	7	3
August 2016	10	5
July 2016	7	4

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

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michael.t.martin@rbc.com

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Foraging in Calgary's Wild Berry Patches

After a seemingly endless winter, summer in Calgary is a wonderful time to go for long walks or bike rides, especially along the Elbow and Bow rivers. Believe it or not there is an abundance of wild berries growing on the riverside and all over our city, and they are ripe for the pickin' right about now.

There are numerous wild, edible berries in Southern Alberta, but here are a few of the most common ones:

Red Raspberries: These bright red, sweet and tart berries are what many childhood memories are made of in our province. The mid-sized bushes have light green leaves that are toothed along the edges and are greenish-silver on the other side. The raspberries grow in clusters on the end of the stems and will continue to produce fruit through the growing season after they are picked. These bushes may or may not have thorns, so be cautious and bring gardening gloves if you are going hunting for these particular little gems.

Saskatoon Berries: Saskatoon berries are native to Alberta. The Plains Indians ate the fruit both fresh and dried in their dietary staple, pemmican. These berries are dark purple when ripe, very tart and sweet with a slight almond flavour, and make excellent jams, preserves and pies. The mid-to-tall sized bush has small green leaves and sports white flowers in the spring. The berries grow in clusters along the stems, so if you're really ambitious, you may want to bring along a small step ladder to harvest the ones up high.

Choke Cherries: These little beauties are so named for their large pit, but don't be deterred, they are sweet and juicy and make a lovely jelly—just be aware when the kids are gobbling them up. This mid-sized bush will have oval-shaped, dark green leaves that point at the end. The berries are red, ripening to bluish-black and hang in dense popsicle-shaped clusters that will pull the branches down with their weight when ripe.

These berries will grow along the rivers and ravines in our city. If you're planning on goin' pickin' bring a bucket or sturdy container of some sort and gloves; don't go during the heat of the day because the berries will mush or burst in your fingers; try to avoid areas that may have been recently plied with pesticides or the like; get a field guide to correctly identify your berries before consuming them. Some good places to start your berry adventures are Paskapoo Slopes, Edworthy Park, Stanley Park, Inglewood riverside and Beaverdam Flats. Happy hunting!



Backyard Fire Safety tips from your Calgary Fire Department

Enjoying a recreational fire in your backyard can be a great way to spend a summer's evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

Rules for Fire Pits:

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fire pit locations.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide.
5. **A mesh screen or "spark guard" is now required** in order to reduce the spread of embers. The openings of the mesh must not be greater than 1.24 cm.
6. Only burn clean, dry firewood.
7. **Do Not Burn:**
 - Wood that is painted, treated or contains glue or resin
 - Wet or green/fresh cut wood
 - Yard waste (cut grass or leaves)
 - Garbage
 - Rubber or plastic
 - Furniture
8. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
9. All fires in your fire pit must never be left unattended.
10. Aside from safety considerations, not following these rules can lead to fines of \$500, \$1000 or even \$5000.

For more information go to Calgary.ca/fire.



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ART IN THE GARDEN SHOW AND SALE: Sunday, September 10, 10:00 - 4:00. Næsted Studio, 1124 - 15th Street N.W. 25 local artists and authors display and sell their work, paintings, pottery, jewelry, fabric arts, children and YA books, music, refreshments, and much, much more. www.irenenaested.com.

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Contact Nico: 403-283-0554 ext 232 or nicoleta.v@hsc.ca to book





Councillor, Ward 7
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Don't Let Your Investments Take a "Vacation"

It's summer again – time for many of us to take a break and possibly hit the open road. But even if you go on vacation, you won't want your investments to do the same – in summertime or any other season. How can you help make sure your portfolio continues to work hard for you all year long?

Here are a few suggestions:

Avoid owning too many "low growth" investments

As you know, different investments have different characteristics and can help you in different ways. For example, you typically own stocks because you want the potential for growth. Other investments, such as guaranteed investment certificates (GICs), provide you with a regular source of income and stability of principal – two valuable contributions to your portfolio. However, investments like GICs don't offer much in the way of growth potential. So, if you own too many of them, you might be slowing your progress toward your important financial goals, such as a comfortable retirement.

You can maximize the productivity of your portfolio by owning a variety of investments – domestic stocks, international stocks, corporate bonds, GICs and more. How much of each investment should you own? The answer depends on a variety of factors, including your age, income, risk tolerance, family situation and specific objectives. Over time, your ideal investment mix may change, but you'll likely need at least some growth potential at every stage of your life.

Don't let your portfolio go "unsupervised"

Your investment portfolio can be subject to "drift" if left alone for extended time periods. In fact, without your making any moves at all, your portfolio can move in directions that may not be favourable to you. Suppose you think your holdings should be made up of 70% stocks, but due to strong gains, your stocks now make up 80% of your portfolio. This development could lead to a risk level that feels uncomfortably high to you. That's why you should review your portfolio at least once a year, possibly with the help of a financial professional, to check your progress and make adjustments as needed.

Don't stop at the nearest "resting place"

Some people hope that if they can get that one "winner," they will triumph in the investment arena. But the ability to "get rich quick" is much more of a myth than a reality. True investment success typically requires patience, persistence and the resilience to continue investing even during market downturns.

In other words, investing is a long-term endeavour, and you need a portfolio that reflects this reality. You need to establish your goals and keep them constantly in mind as you invest. And you will never really reach the end of your investment journey, because you'll need to make choices and manage your portfolio throughout your retirement years.

Hopefully, you will enjoy a pleasant vacation sometime this summer. But your investment portfolio shouldn't take time off.

Downtown Economic Summit

The downtown has long been Calgary's economic engine. Across the city, businesses and households depend on the success of our downtown. When the economy of our downtown falters, the financial impacts are felt throughout Calgary.

Until recently, the centre city generated 40% of Calgary's non-residential tax revenue and 25% of city-wide employment. Today, nearly 30% of downtown office space sits empty, and the situation is expected to worsen when construction wraps up on several new office towers.

Between 2016 and 2018, it is estimated that \$7.5 billion in the assessed value of downtown office space will be wiped out. The dramatic change in the downtown economy has knock-on impacts to all Calgarians, not only in a transfer of taxes to businesses outside the core, but also a steep reduction in transit and parking revenues.

To help mitigate the tax shift, Council supported \$45 million in one-time city-wide tax relief for businesses and set a 0% residential property tax increase in 2017. While these are important measures to provide short-term assistance, we need long-term solutions to address the root cause of Calgary's challenges – a struggling downtown economy.

Councillor Woolley and I, with guidance from Calgary Economic Development, initiated a Downtown Economic Summit in early 2017. The Summit brought together some of the most creative problem-solvers in Calgary to generate ideas for a more resilient, resourceful, and diversified downtown. We learned from the experiences of other cities, like Denver and Pittsburgh, on ways to recover from structural recessions.

Calgary Economic Development presented the outcomes of the Summit to Council in June, with information on current economic and real estate challenges, as well as ways to move forward. They showed how the global economy is fundamentally shifting, which has a major impact on the downtown's reliance on a single industry.

The report recommended ways to attract new industries and businesses, promote more residential density

in the core, encourage post-secondary institutions to locate downtown, and improve infrastructure to attract private investment.

To help bring these recommendations to life, Council approved \$10 million as a pilot from The City's reserves to create the Downtown Economic Investment Fund. This money will help The City respond quickly to innovative ideas, encourage and leverage private investment through strategic partnerships, invest in infrastructure, and work toward revitalising our core.

Not all is doom and gloom! The Conference Board of Canada estimates that Calgary's economy will grow by 2.3% in 2017, with 19,000 new jobs added by 2018. This is encouraging and means The City's investment can go even further to help improve our economy and get Calgarians back to work.

To sign up for updates on key community and Ward 7 issues, please visit www.DruhFarrell.ca.

BRAIN GAMES SUDOKU

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



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

Learning Through Life

It's soon back to school time. Getting an education and going to school is something most of us think ends the day we graduate from high school, college or university in our younger years. However, more than ever, life-long learning and education is now a reality throughout our working careers as we learn new skills, adapt to an evolving workplace or change careers. Keeping your job skills and certifications current is the best insurance against chronic unemployment and income instability.

The Government of Canada has many programs to support those getting or updating their education. These programs are usually income-tested, meaning that more assistance is available for those who need it and less for those who can afford to fund their own schooling.

While many of the programs, such as Registered Education Savings Plans and Canada Student Loan programs are well-known, many other programs exist to assist mature students or those seeking a career in the trades.

As a former electrician, I am a big supporter of those seeking a career in the trades.

The Canada Apprentice Loan will help you complete your apprenticeship in a designated Red Seal trade. With the Canada Apprentice Loan, you can get up to \$4,000 in interest-free loans per period of technical training. You can use the money to help pay for tuition, tools, equipment and living expenses, to cover forgone wages or to help support your family. You will not have to make payments on your Canada Apprentice Loan, and no interest will accumulate until after you complete or leave your apprenticeship training program.

The Apprenticeship Incentive Grant is a taxable cash grant of \$1,000 per year or per level, up to a maximum amount of \$2,000 per person. The Apprenticeship Completion Grant is a one-time taxable cash grant of \$2,000 for registered apprentices who complete their apprenticeship

training and obtain their journeyman certification. For more information on these programs, please visit www.canada.ca/apprentice or call 1-800-622-6232.

If you are an eligible apprentice, you can also receive up to 55 percent of your weekly average insurable earnings in EI benefits while attending full-time technical training.

Those hiring an apprentice could be eligible for the Apprenticeship Job Creation Tax Credit (AJCTC) which is a non-refundable tax credit equal to 10% of the eligible salaries and wages payable to eligible apprentices. The maximum credit an employer can claim is \$2,000 per year for each eligible apprentice.

Updating your skills and training can be a very rewarding experience. It will unlock new career opportunities and make you more employable in a changing economy. If you are considering returning to school, or want to update your education and skills, you can contact Service Canada at 1-800-622-6232 to find out about the various assistance programs available to you.

Support HSCA's Fresh Food Basket program!

Help community members struggling to make ends meet access fresh, healthy food by sharing your garden or backyard harvests - fruit and vegetables are in high demand! Financial donations are also welcomed.

Contact Amanda at Amanda.P@hsc.ca or at 403-283-0554 x247.

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