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# HILLHURST-SUNNYSIDE COMMUNITY ASSOCIATION

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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



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## BOARD OF DIRECTORS

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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

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
Jennifer Guy	Bowview Pool Manager	403-221-3571, jennifer.g@hsca.ca

### HSCA Flea Market

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### EVENT, MEETING & RECREATIONAL SPACES

WEDDINGS, BIRTHDAYS,  
CONCERTS, MARKETS,  
AND MORE!



# EVENTS CALENDAR

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<b>Flea Market</b> 7:00 am - 3:00 pm	<b>Drop in Badminton</b> 9:30 am - 12:30 pm  <b>Seniors' Drop-in</b> 1:00pm - 3:30pm  <b>Fresh Food Basket</b> 4-6pm  <b>FoodFit</b> 6-9pm  <b>Foxy Kickboxing</b> 6:00 pm - 7:00pm  <b>Drop-In Tennis (Outdoor)</b> 7-8pm	<b>Kids Karate</b> 6-7pm  <b>Youth Karate</b> 6-7pm  <b>Cardio Karate</b> Bootcamp 7:00-8:00pm  <b>Taekwondo</b> 7:15-8:15pm  <b>Drop In ESL Club</b> 7:15-8:45pm	<b>Farmers Market</b> 3-7pm  <b>Foxy Kickboxing</b> 6:00 pm - 7:00 pm  <b>Neighbour Night</b> 6-8pm	<b>Drop in Badminton</b> 9:30 am - 12:30 pm  <b>Little Dragons Karate</b> 6-7pm  <b>Adult Beginner Karate</b> 6-7pm  <b>CardioFit Karate Bootcamp</b> 7-8pm  <b>Taekwondo</b> 7:15-8:15pm	<b>Sportball</b> 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

<b>Flea Market Coordinator</b>	Bonnie Constable	<i>Ext. 231 (drop in on Sundays or leave a message, calls returned on Wednesdays and Sundays only)</i>
<b>Drop in Badminton Art Classes</b>	Nicoleta Vulcu	403-283-0554 ext 232 nicoleta.v@hsca.ca
<b>Drop-in ESL Club Classes</b>	Chuck Churchill	esl@hsca.ca
<b>Foxy Kickboxing</b>	Jessica	1-888-974-FOXY (3699)
<b>Kids Karate</b>	Richard Fossey	403-203-8710
<b>Neighbour Support Network</b>	Amanda Palmer	Ext. 247 amanda.p@hsca.ca
<b>Jugando Spanish</b>	Guilliana	403-835-2650 www.jugando.ca
<b>Drop-In Tennis</b>	Darren Anderson	Darren.anderson1000@gmail.com

## Upcoming Events

*Closed for Canada Day July 1 & 3*

**Dr Swann's Stampede Breakfast**  
July 8, 7-11am

**New Age Market**  
July 8, 10am-4pm

**Community Planning Meeting**  
July 11, 7-9pm

**Community Potluck**  
July 21, 6-8pm

**Cyclepalooza Bike Prom**  
July 22, Ride at 6pm Prom 8pm-12am

**Comic Fair**  
July 22, 10am-3pm



### **NEW!** **2017 HSCA Membership**

Beginning January 1, 2017 all memberships are available for purchase online at [www.hsca.ca](http://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.
- **Kensington Fitness:** \$15 off your first massage treatment

Visit our website [www.hsca.ca](http://www.hsca.ca) for news and updates about this program



## Community Survey Update

# Thank you!

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 will be taking the coming months to carefully review 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.



## HSCA PLANNING COMMITTEE NEWS

### Community Planning and Development Update

The Hillhurst Sunnyside Planning Committee (HSPC) meets on the second Tuesday of the month to discuss the various planning and development projects in our area. Our next meeting is scheduled for July 11, 2017. Check out [www.hsca.ca/meetings](http://www.hsca.ca/meetings) to see upcoming agenda items or read past HSPC meeting minutes. If you would like to volunteer or would like more info, please contact us c/o Lisa Chong, Community Planning Coordinator at [lisa.c@hsca.ca](mailto:lisa.c@hsca.ca).

Planning and development is a long-term endeavour – there are several steps in between from the time a building is first proposed to its eventual construction. Development in our city is guided by planning policy from high level city-wide policies (the Municipal Development Plan and Calgary Transportation Plan) to site-specific rules (through the Land Use Bylaw).

The Hillhurst Sunnyside Area Redevelopment Plan (ARP) is a local area plan that guides redevelopment in our vibrant inner-city community. The ARP was originally approved in 1988 and went through a major policy amendment to allow for Transit Oriented Development policies in 2009, which was the end result of a multi-year consultation with the community. We have seen a number of smaller ARP amendments over the years for individual projects.

The HSCA and community residents have an important role and voice in the planning process. We have found that the more that residents get involved, the better the outcome. Get informed about what's happening in our community – residents can stay tuned to the HSCA Voice, sign up for our e-newsletter, via social media and/or through our online planning blog at <https://hsca-community-planning.mn.co>.

### Major Redevelopments in our Community

LOC2017-0154 | Grace Hospital | 1040 14 Street NW | North-west HealthCare Properties

This is a large redevelopment site in our community on the northeast corner of 14 St and 8 Ave NW. We first learned of this development in 2014/2015. After a one year hiatus, the project has restarted with a Land Use Amendment and ARP Amendment.

NWHP has made an application to the City of Calgary to facilitate the development of the Grace Hospital site to 13,935 square metres of medical office development that includes 743 square metres of ancillary retail and a maximum of 800 dwelling units. The multi-residential compon-

~continued next page~




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Thursdays 5:30-7pm



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ent is proposed to be a variety of options including affordable and seniors housing.

The higher intensity use of the site and policy amendments will warrant additional public engagement to identify ideas/concerns to address for the site and surrounding area. The HSCA is working closely with the developer and the City to ensure a good community engagement process for this important site in our community. At the time of writing, an open house was tentatively scheduled for June 29. Please read more at <http://gracehospitalredevelopmentsite.com> and follow the HSCA online as information becomes available.

*LOC2017-0091 | 916-926 2 Avenue NW | Russell Real Estate Development*

Russell RED has modified their original proposal and are seeking permission to build a 16-metre building (5 storeys with the top floor recessed) and a Floor Area Ratio of 2.5, which will include 59 residential units. The applicant will still need to apply to rezone the site to be able to build to limits of the ARP. They are seeking a Direct Control district based on the M-C2 district to allow for increased height/density and additional rules to specify the developer's contribution into the Hillhurst Sunnyside Community Amenity Fund (density bonusing \$).

This application is expected to move forward to Calgary Planning Commission on June 22 and to City Council sometime in September. Read more at [www.2AveNW.ca](http://www.2AveNW.ca).

*NW Corner of Kensington Close and 13 Street NW | Russell RED*

Russell RED is proposing a new redevelopment where there are currently 5 single family houses nested in the area between Kensington Mews, the St John Reception Centre and other multi-residential buildings. We will hear more about this proposal at our June HSPC meeting and will share information online and in our next newsletter.



This potential development is not within the ARP's Transit Oriented Development study area boundary for increased height/density and if it moves forward, the developer will require a Land Use Amendment (rezoning) and ARP amendment; robust public engagement will also

be expected from the developer. Please stay tuned for opportunities to get involved in the near future.

**Two Land Use Amendments will be heard at City Council on June 12, 2017.** Check out [agendaminutes.calgary.ca](http://agendaminutes.calgary.ca) to see a copy of the report, public submissions and video of the council hearing.

*LOC2016-0312 | 1705 Westmount Road NW | Westmount Projects*

Westmount Projects seeks a density increase on the site from M-CGd72 (8 condo units) to allow 13 condo units at the site of the former Salvation Army Church. City Administration has recommended that Council approve this application; Calgary Planning Commission has recommended refusal. The final decision rests with City Council. At the time of writing, 60 households have added their names in opposition to this application and some residents are expecting to attend the Council hearing.

*LOC2017-0048 | 613-621 9A Street NW | Minto Communities*

This applicant seeks a rezoning and ARP amendment to allow for a 26m or 8-storey building with a Floor Area Ratio of 5.0 and an estimated 70-90 condo residential units. City Administration and Calgary Planning Commission have each recommended approval of this application. If approved by Council, we should see a Development Permit soon. See [www.mintoengagement.com](http://www.mintoengagement.com) for info.

**Development Projects - Construction In-Progress**  
*1134-1160 Memorial Drive NW | Anthem Properties*

This is another important development for the site to the west of the Kensington Riverside Inn on Memorial Drive. The developer has informed us that the houses have been vacated and fenced off in anticipation of demolition – the Development Permit was approved by Calgary Planning Commission on September 8, 2016 and Anthem is currently working on Building Permit approvals through the City.

This project envisions a medium-density mid-rise building which is separated into two wings. The building will add 93 units to the site at a height of 16 metres and five floors and replaces 13 single-family houses. The project includes human-scaled green landscaping, front, side and rear set-



backs, ground-level units, traditional building material and a stepped top storey with a lighter cladding.

<http://www.calgary.ca/PDA/pd/Pages/Current-studies-and-ongoing-activities/Memorial-Drive-Land-Use-Redesignation-and-Redevelopment-Application.aspx>

Community stakeholders (residents, HSCA, BRZ, developer) were active with the planning process since the Land Use and ARP amendments were first proposed in 2013 through to the Development Permit process. While the community is sad to see the 13 character houses go, we would also like to keep a record of **what came before**. The HSCA was granted access into the site to take photo documentation of the exteriors of the homes. We would like to incorporate these photos into a future story. Please contact me at [lisa.c@hsca.a](mailto:lisa.c@hsca.a) if you would like to contribute a memory or an anecdote – I would love to hear from you!



*Google Earth Pro aerial image  
Kensington Legion Site in West Hillhurst | Truman Homes*

Construction is currently underway for **Phase 1**, or the four storey (~20m, 2.1 FAR) building closer to 18 St. This building will be the new home of the Legion No.264. The Legion will occupy the two lower floors and the two higher floors will be leased out as office space.

**Phase 2**, or the taller mixed-use residential and retail/commercial building is owned by Truman. This will be a terraced eight storey (<31m, 4.3 FAR) building that will be built on the west side closer to 18 St. This building will include 218 residential units, a grocery store and other supportive retail on the ground floor. Construction on this building is expected to break ground mid-2017.

[www.engage264.ca](http://www.engage264.ca)



*The Royal Canadian Legion is a service-type organization that serves veterans and a wider community. The Kensington Legion*

*partnered with a developer to upgrade their facility and keep it running into the future. To this end, the WHCA and HSCA did not object to the Phase 1 Legion building; however some residents were concerned about the height of the Phase 2 building; it was a lengthy public engagement process and many community members in West Hillhurst and Hillhurst wrote letters of support or concern (or a mix of both) on this project to City Council and presented at the public hearing. This project received unanimous support at Council on February 8, 2016.*

## Bow to Bluff

Bow to Bluff is a citizen-initiative that seeks to improve and reimagine the pathways and triangle parks that were created with the Northwest LRT line was constructed along 9A Street in Sunnyside. This project spans from the Bow River all the way to McHugh Bluff.

Our partners at the City of Calgary hosted an outdoor open house on May 27<sup>th</sup> to collect input from residents on what they would like to see and help prioritize projects on the corridor. An estimated 300 people came out to share their ideas, join the walking tours, participate in fun activities and enjoy the various performances at the containR stage. If you missed the May 27th open house, you can still give feedback online at [www.calgary.ca/bowtobluff](http://www.calgary.ca/bowtobluff).



## YEEHAW!

The first Calgary Stampede was held in 1912, but was at that time known as Frontier Days and Cowboy Championships. We've come a long way to become, "The greatest outdoor show on Earth!"





## Get Involved! FREE Community Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>  <b>HSCA CLOSED</b>	<b>4</b> <b>4:00 to 6:00 p.m.</b> Fresh Food Basket HSCA 1320 5 Ave NW  <b>7:15 to 8:45 p.m.</b> Drop in ESL Club HSCA 1320 5 Ave NW	<b>5</b> <b>6:00 to 8:00 p.m.</b> Neighbour Night HSCA 1320 5 Ave NW	<b>6</b> <b>6:30 to 8:00 p.m.</b> Garden Gathering Sunnyside Shared Garden Memorial Dr. at the LRT overpass	<b>7</b>
<b>10</b> <b>4:00 to 6:00 p.m.</b> Fresh Food Basket HSCA 1320 5 Ave NW	<b>11</b> <b>7:15 to 8:45 p.m.</b> Drop in ESL Club HSCA 1320 5 Ave NW	<b>12</b> <b>6:00 to 8:00 p.m.</b> Neighbour Night HSCA 1320 5 Ave NW	<b>13</b>	<b>14</b>
<b>17</b> <b>4:00 to 6:00 p.m.</b> Fresh Food Basket HSCA 1320 5 Ave NW	<b>18</b> <b>7:15 to 8:45 p.m.</b> Drop in ESL Club HSCA 1320 5 Ave NW	<b>19</b> <b>6:00 to 8:00 p.m.</b> Neighbour Night HSCA 1320 5 Ave NW	<b>20</b> <b>6:30 to 8:00 p.m.</b> Garden Gathering Sunnyside Shared Garden Memorial Dr. at the LRT overpass	<b>21</b> <b>6:00 to 8:00 p.m.</b> Community Potluck HSCA 1320 5 Ave NW
<b>24</b> <b>4:00 to 6:00 p.m.</b> Fresh Food Basket HSCA 1320 5 Ave NW	<b>25</b> <b>7:15 to 8:45 p.m.</b> Drop in ESL Club HSCA 1320 5 Ave NW	<b>26</b> <b>6:00 to 8:00 p.m.</b> Neighbour Night HSCA 1320 5 Ave NW	<b>27</b>	<b>28</b>
<b>31</b> <b>4:00 to 6:00 p.m.</b> Fresh Food Basket HSCA 1320 5 Ave NW			For questions about the Drop in ESL Club, get in touch with Chuck and Norm at esl@hsc.ca.	For more information contact Amanda at amanda.p@hsc.ca or 403-283-0554 ext. 247.

## NSN UPDATES

### Community Potluck

Friday, July 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@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.

**New!** Access to 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.

We are particularly looking for some **help with child-minding at Neighbour Night on Wednesdays** – if you love kids and think this may be a good fit for you, please get in touch!

### 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! 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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containR by Springboard Performance is thrilled spend one last beautiful summer/fall season in Sunnyside - before moving to a new location for 2018.



**Exciting weekly events to come!**

For up-to-date news on containR programming visit:  
[facebook.com/containryyc](https://facebook.com/containryyc)

**We would love to collaborate with you.**

containR is an inclusive space for people to get creative, experiment, and share their ideas with community.

Contact us to book your containR event and/or open a dialogue about ways you can engage with an Art Park for you:  
[containR@springboardperformance.com](mailto:containR@springboardperformance.com)

**Want to know what's going on-site?**

**Join our Neighbours Mailing List.**

Sign up to receive personal e-mail updates about containR activities: [art@springboardperformance.com](mailto:art@springboardperformance.com)

See you at containR this summer!

**THANK YOU** community partners and neighbours for your continued support.





**@springboardYYC**  
[springboardperformance.com](https://springboardperformance.com)

Triangle site on the corner of 9th Street and 2nd Avenue N.W.

**• COME GARDEN WITH US! •**

## Sunnyside Shared Garden



*Every other Thursday at 6:30pm  
(starting April 27th)*

on Memorial Drive at  
9a Street NW

• No experience required, if you have garden tools, please bring them, wear clothing appropriate for garden work. •

Questions? Send us an email: [sunnysideshared@gmail.com](mailto:sunnysideshared@gmail.com)




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[WWW.HSCA.CA](http://WWW.HSCA.CA) FOR LESSONS & RENTALS

You're invited to the 13th annual Calgary Mountain View constituency

## STAMPEDE BREAKFAST

Hillhurst / Sunnyside Community Centre  
1320 5th Ave NW

**Saturday, July 8, 2017**  
**9:00-11:00am**



**BRING YOUR OWN DISHES AND CUTLERY TO CUT DOWN ON WASTE AND  
YOU'LL BE ENTERED IN OUR DOOR PRIZE DRAW!**

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or call (403) 216-5445 to see how you can take part!

[www.calgarymountainview.ca](http://www.calgarymountainview.ca)





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

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### Are you struggling to make ends meet?

**Community Resource Advocates provide outreach supports to connect people to resources such as:**

**Basic need referrals for crisis related to**

- Food
- Clothes
- Basic furniture & household goods
- Emergency medication

**Local events and programming**

- No-cost and low-cost family recreation
- Community programs & workshops

**Information supports relating to**

- Housing concerns
- Counselling programs
- Baby, child, & youth needs

**HSCA: Mondays 3pm to 6pm in the Board Room**

**Please call 403-874-8291 to book an appointment**

Funded through the City of Calgary Emergency Resiliency Fund

Supported by the Bowwest Community Resource Centre and the Sunrise Community Link Resource Center



**Community Connections:**  
 Community Connections is a program where Connectors (volunteers in the community) are matched 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@hsc.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**  
 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.hsc.ca](http://www.hsc.ca) and click on the seniors tab. I try to put new material and information onto the site for seniors and caregivers every couple of months.**

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# ADVOCACY FOR FLOOD MITIGATION

## A Message from the HSCA Emergency Planning and Response Committee (EPARC)

On May 29, 2017, there was a public meeting at the Community Centre, arranged and hosted by EPARC. The purpose of the meeting was to let Hillhurst-Sunnyside residents know the status of flood mitigation for the community as well as for the rest of our city.

The presenter was Mr. Frank Frigo, Leader of Watershed Engineering, with the City of Calgary. Frank is no stranger to the HSCA, because for nearly four years now, since the flood of 2013 he has worked with EPARC's Flood Task Force. Together, they have worked on the design of the permanent infrastructure which is needed to mitigate the risk of flooding in our community.

However, the permanent infrastructure is for the longer term. In the meantime, what we all wonder about during the food season (May 15 through July 15) every year is the interim mitigation, or the protection which can be deployed at short notice, when required.

An audience of about 80 residents gave Frank a warm welcome. This was a very large turn-out, considering that there was only a short time-frame for getting the notice of the meeting out to the public. We were too late for a notice in Voice, so that the main means of communication was through about 1,200 flyers delivered by volunteers going from door to door. Volunteers, thank you so much!

Residents heard some encouraging news about flood mitigation. Apart from the construction going on right now, the next big project is going to be the Upper Pla-

teau Separation, which involves rerouting drains so that storm water from the top of the hill will drain directly into the river instead of overloading our community's storm water system. And another key project is going to be the berms alongside the river bank.

Frank has provided a PDF of the slides for his presentation. The slides can be found on the HSCA web site, at this link:

<http://hsca.ca/wp-content/uploads/2014/09/SSFTF-FloodResilienceMay292017.pdf?fdc5d>

After the presentation, Frank invited questions, of which there were many, from the audience.

Councillor Farrell was, unfortunately, unable to attend the meeting, because of council business, but her Executive Assistant, Ms. Carol Armes, was there to receive feedback from residents after the meeting. Mr. Jonathan Slaney, a colleague of Frank's at the City of Calgary, was also present.

It was evident that this meeting was very important for the City. They took a head count, and made detailed notes of all the questions. A big take-away from the meeting is that, for the City, community engagement is really important. It's the driver for decision making. For the City, every single interaction with each citizen counts – whether by phone call, letter, email, attendance at a meeting, or whatever.

Thank you for staying engaged – the residents who attended the meeting and the many others who were unable to attend but who have shown their support. As we learned at the meeting, a lot has been achieved, but there is still a lot left to be done. There are projects which are not yet funded. Community engagement is the key to getting the funding. Residents, please follow the news in any EPARC updates we send out and please stay engaged and encourage neighbours and friends to do the same.

David Brindle  
Chair, Emergency Planning and Response Committee (EPARC)

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# Tennis

The HSCA drop-in outdoor tennis is in full swing! All HSCA members are welcome to come out to our tennis courts to have a hit with others in the community. We will also use this group to introduce tennis players to others that play at a similar tennis level. This drop-in night is open to all HSCA members for free or guests that pay a drop-in fee of \$5 per night. Please review the self-rating guide at the link below and assess your tennis level. If you are at level 2 or above you are welcome to join the group. The drop-in is one night per week on Mondays from 7pm to 8pm. Please email Darren Anderson at [darren.anderson1000@gmail.com](mailto:darren.anderson1000@gmail.com) for more information or to be added to the list. Please always email prior to showing up for a drop-in session.

<http://www.tenniscanada.com/wp-content/uploads/2015/12/Self-Rating-Guide-English.pdf>

## Message from the Out of School Care Program

Hello from the Out of School Care program! We have been thoroughly enjoying the warmer weather - the children have loved playing soccer outside and digging in the dirt!

We have had an amazing and awesome school year, and we can't believe that summer is just around the corner! After summer, we will welcome the FALL!

We are currently accepting enrolments for the 2017/2018 school year, which begins on Tuesday, September 5th, 2017. To register your child, please contact Michelle, at: [michelle.p@hsca.ca](mailto:michelle.p@hsca.ca), or phone: 403 270 9705. There are only a few spots left, don't miss your chance to register!

## SCHOOL SHOUT-OUTS

### Hillhurst School

Five days, forty-eight kids, four teachers, twelve tents, a handful of dogs, several acres of trees, a stunning mountain vista and two million mosquitoes. No matter how you do the math, it adds up to an unforgettable adventure. And for all our Grade Six students who tackled fire-starting, cliff-rappelling, mountain-trekking, dandelion-eating and bug-swatting at **Nordegg Outdoor School**. It also adds up to deeper friendships, new-found confidence and the knowledge that one can survive anything. We are extremely proud of your accomplishments in the Albertan wild, and throughout your years at Hillhurst School. You have demonstrated wisdom, compassion, ingenuity and courage, and you are officially unstoppable! Bring on Junior High!

A heartfelt thank you to all our Grandparents who volunteered in our **Grandparent Reading Program** this year, for sharing their time, knowledge, enthusiasm and friendship with our students. This program is one of the most meaningful experiences our students partake in during the year, allowing time for conversation, reflection, fun and skill-building with people who sincerely care about their learning and personal growth. Having Grandparents in our school builds enduring community and intergenerational connections, and makes our school a better place to be. We welcome you all back in the fall!

This year has seen many changes at Hillhurst School. Rooms and classes have been reconfigured, much-loved staff has moved on or taken leave, brilliant new faces have joined us, and new projects and programs have been introduced. But even as we change, nothing can change the spirit of our school, its tremendous sense of community, the incredible passion of our volunteers, and the unfailing commitment of students and staff in making Hillhurst an incredibly warm and rewarding place to learn. Thank you to each child, each educator and staff member, and each volunteer in creating this heart-centred community. Have a wonderful summer!



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- immediately show any accounting details on request from the Board
- make the best effort to save on costs
- look after the property issues on site consistently
- immediately respond to an Emergency 24/7.

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- Assess Financial Conditions,
- Get Board requirements and prioritize items / issues,
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Nice drinking fountain design; will it work?

The Calgary Foundation Neighbours Grant

When Water for Riley (W4R) was just an idea without a name, two community members met with Julie Black, The Calgary Foundation's fantastic Citizen Engagement Associate. From the start, Julie and The Calgary Foundation (TCF) provided financial support as well as excellent advice, encouragement, and other opportunities.

Once again, we are excited and delighted to announce that TCF has awarded us a Neighbours Grant to fund the building of the drinking fountain's prototype. W4R and the fundraising committee want to shout out our gratitude.

W4R is proud to partner with and accept support from The Calgary Foundation.

To find out how Reflecting Blooms works we'll build it Taking risks is how W4R achieved the success it's had so far. Bring on the next challenge. With a winning design and a fundraising plan, we've retained a fabricator and mechanical engineer.

W4R relies on community volunteers. The next steps will rely on professionals. We are very pleased that the expert firms we're working with have committed to

contain costs, and to give us fixed, reasonable prices to move ahead in increments, as funds are available.

Next step is the design build Design-build is a method to deliver a project. This description sounds like W4R's collaborative, community-building approach.

"Design-build is intended to be a highly collaborative, fully integrated process that is built on trust, mutual respect, teamwork, innovation and creative problem solving. Design-build unleashes the power of team to deliver projects faster, better and for optimum cost – best value for the money, time and effort invested. Owners find that when design-build is done right, their level of engagement with the entire team is more meaningful than is experienced with other delivery methods." https://www.dbia.org

Be part of it; a beautiful public drinking fountain, for Riley Park, for you and as a legacy for the future.

Donate to make this vision become reality. At the instructions to seller page, specify that your support is for Water for Riley project. The Parks Foundation issues tax receipts for donations greater than \$10.00.

We invite everyone to participate as a volunteer organizer, fundraiser, donor, sponsor, or any other role. Call 403-862-1923 and leave your contact information.



Hats Off to the Beaver Fur trade was a historical benchmark of Canada's international commerce. Felt from beaver fur could be molded into many creative hats. From top hats to bowlers, tricorne hats to fancy women's hats, the possibilities were endless. Thank goodness beaver fur went out of fashion in favour of silk hats, or not as many of our iconic furry friends might be around today!

BRAIN GAMES SUDOKU

7			2		4	5		
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FIND SOLUTION ON PAGE 29

Help Reduce Crime in Your Area

Over the last several months there has been a consistent trend of detached garage break and enters in the 3 District area, with culprits targeting mountain bikes, tools, small electronics and loose change. Many of these offences are crimes of opportunity as most of the garages were insecure. Homeowners need to ensure that their home and garage are equipped with the proper security measures and then close and lock doors to prevent these offences. For more information on how to secure your home and garage visit the Federation of Calgary Communities website.

Report any suspicious behavior to the Calgary Police Service at 403 266 1234 and if you witness a crime in progress 911.

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CALGARY INTERNATIONAL BLUES FESTIVAL – SHAW MILLENNIUM PARK, JULY 31 – AUG. 6  
A full week of Blues workshops, concerts and special events culminate in 4 days and nights (August 3-6) of non-stop music on MainStage. More info: calgarybluesfest.com.



TOUR DE BOWNESS – 6501 BOWNESS RD. N.W., AUG. 5 - 7  
This year marks the 16th running of the Tour de Bowness and Bow Cycle's 60th anniversary. More info: tourdebowness.com.



GLOBALFEST – ELLISTON PARK, AUG. 15 – 26  
GlobalFest - Alberta's Most Explosive Festival. Come see the Trico Homes International Fireworks Festival, the biggest annual pyromusical fireworks festival west of Quebec and east of the Canadian Rockies! More info: globalfest.ca.



AUGUST AUGUST AUGUST

YOUR COMMUNITY/CITY EVENTS  
AT A GLANCE...

**Captain's Cruises – Heritage Park, Aug. 3**  
Set sail for a scenic summer cruise on Calgary's only paddlewheel boat and enjoy the breathtaking views of the Glenmore Reservoir & the majestic Rocky Mountains. Aboard the S.S. Moyie Captain's Cruise you'll sample gourmet hors d'oeuvres and taste a selection of beer & wines while listening to the delights of a live jazz band. More info: heritagepark.ca.

**Strathmore Stampede - 33 Wheatland Trail, Strathmore, AB, T1P 1V2 – Aug. 4 – 7**  
The Strathmore Stampede is an outdoor event including rodeo, chuckwagons, and their signature Running with the Bulls event. One of the most action-packed stops of the summer, our fair grounds include live concerts, food trucks, beer gardens, trade show, cabaret, farmers' market, kids zone, and much more! More info: strathmorestampede.com.

**Taste of Calgary – Eau Claire Market Plaza, Aug. 10 – 13**  
Discover Calgary's global cuisines from a mix of unique restaurants and beverage companies, plus, get a taste of Calgary's great musicians, and shop at some of the most interesting marketplace vendors in the city. More info: tasteofcalgary.com.

**Puppies and Prosecco-Dining with Your Dog – Vin room West and Mission, Aug. 13**  
Join us on our patio for a private group training class for you and your dog. All ages and sizes of dogs welcome. We will cover basic obedience skills and how to set your dog up for success. More info: eventbrite.ca/e/puppies-and-prosecco-vin-room-tickets-33841948178.

**West Side Story – StoryBook Theatre, Aug. 19 – Sept. 9**  
Inspired by Shakespeare's Romeo and Juliet, West Side Story is one of the greatest musicals of the 20th century – a love story set on opposite sides of a turf war between rival street gangs. Includes such popular songs as Maria, I Feel Pretty, Tonight, America and Somewhere. This production will feature the students of the hugely popular Student Summer Intensive Program. More info: storybooktheatre.org.



Hillhurst-Sunnyside Real Estate Update

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

	Average Asking Price	Average Sold Price
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
June 2016	\$819,450	\$800,000

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

	No. New Properties	No. Properties Sold
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	5	7
October 2016	7	5
September 2016	6	3
August 2016	11	5
July 2016	7	4
June 2016	8	6

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [hillhurst\\_sunnyside.great-news.ca](http://hillhurst_sunnyside.great-news.ca)

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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 artisanal producers making unique, reasonably priced (< \$50 retail) wines, combined with careful earth stewardship.

2015, Jasci & Marchesani (J&M), Pecorino Biologico, Abruzzo Superiore DOC, Italy  
Jasciemarchesani.it

**About the Maker:** Founded in 1967 by Sebastiano Jasci and wife Lucia Marchesani. Sons Nicola and Ludovico now run day-to-day operations in collaboration with Mom and Dad.

**About the Vineyard:** Located in Abruzzo (halfway up the boot), J&M grow Pecorino in their Montedodorisio vineyard near the town of Vasto on the Adriatic coast. Here, slope, aspect, soil, and sea influence this small-production white grape.

**About the Grape:** Having no connection to the famous cheese of Sicily, Pecorino the grape is native to central Italy. Known by myriad pseudonyms, it is said local sheep had an affinity for grazing this particular berry.

'Pecorino' is now its most common name.

**About Sustainability:** Certified Organic.

Inspired to alter growing practices in 1978 after Nicola asked, "Why can't we hear crickets anymore?" Convinced the use of sprays was harmful to their ecosystem, J&M embarked on the path of organic and good-to-the-earth practices long before it became a mainstream movement.

**About the Wine:** Presenting a stunning golden appearance, aromas of flowers and yellow apples inspire, while cleansing flavours of apples and nectarines highlight the palate. The finish concludes dry, stoney and long.

**About Cepage:** 100 % Pecorino (white)

**About Pairing:** Pair with medium cheeses, charcuterie, tuna tartare, or cream pastas.

**About Availability:** Check liquorconnect.com (call the listed store too).

CSPC #773929

**About Price:** \$24



## SAFE & SOUND

### EMS: Heat Related Illness

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

#### Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

#### Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

#### First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

#### Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

### The Mustard Seed Prepares for the Hot Months Ahead

**Calgary, Alberta** – The Mustard Seed is gearing up for the heat and counting on the generosity of Calgarians to provide life-saving bottled water to more than 3,000 individuals facing homelessness this summer.

Those of us who have easy access to shelter indoors have experienced the effects of rising temperatures – an occasional headache, inability to sleep and unquenchable thirst. For those experiencing poverty and homelessness a heat wave is much worse, becoming a matter of life or death. The unpleasant, but mild effects the general population experience during a heat wave easily turn into heat exhaustion, heat stroke and sometimes death for those lacking basic resources and shelter.

"During hot days, when it's 25+ degrees, we give out bottled water to just about every guest that comes in, so that's probably around 130+ bottles a day during those days," says Josiah Swaim, Street Level Team Lead at The Mustard Seed's 102 building downtown.

Staying hydrated and seeking cool shelter are key in preventing heat-related health problems, yet they are the biggest challenges people face in the summer months while living through homelessness. Between walking long distances to find shelter, heavy labour jobs and having to carry all their possessions wherever they go – drinking enough water just isn't a priority for most guests that go through The Mustard Seed.

This is where Calgarians have the opportunity to make a real difference. A donation of bottled water today will help The Mustard Seed meet the basic needs of our most vulnerable citizens during potentially harmful heat waves.

"When we can give a bottle of water to someone who comes to our door or someone on the streets, it gives them one less worry on a hot day," says Josiah Swaim. "It's all part of treating people with compassion, which is what we strive to do here at The Mustard Seed."

Offering a bottle of water goes beyond providing relief from the heat – it builds hope and wellbeing for people seeking help at The Mustard Seed and connects every day Calgarians to its vision of supporting individuals experiencing homelessness toward sustainable life change. It's a way to show love, respect and value to those who need it most.

**Water donations can be dropped off at The Mustard Seed downtown location.**





# Hot Dogs and Fun in The Sun

Jennifer L. Scott, D.V.M.

This summer I am going to go out to play in the sun, and I always prefer my dogs riding co-pilot. If I stop and think, my dogs may be safer and more comfortable at home as the mercury moves up the thermometer. Even with windows ajar and the temperature in the mid-teens, a car parked directly in the sun becomes dangerously hot in minutes. Everyone has had that “one-minute pop in to do an errand” turn into ten minutes and the most conscientious owner might misjudge their timing leading to a potentially fatal consequence. Calgary bylaw officers can and will fine people leaving pets in hot cars.

Dogs cannot sweat to maintain their body temperature like you and me. Dogs do sweat very minimally through the pads of their feet. Mostly they pant. As the dog pants and air moves across mucous membranes and water evaporates and cools the body. This means adequate water is also critical for a dog to maintain its body temperature. If the dog is unable to lower its temperature hyperthermia develops. Initial signs of a problem include disorientation, stumbling, and weakness. This gradually progresses to convulsions, loss of consciousness, and death. Dogs saved in the final stages of hyperthermia may still suffer permanent brain damage.

Treatment in a veterinary clinic would include intravenous fluids and medications for shock. To treat hypothermia elsewhere, move the dog to a cool place, and immerse in cool or tepid water, not cold water, and apply cool—not cold—wet towels to the dog’s groin, belly, inside the ears, and around the neck. Cold water

or ice may cause the peripheral blood vessels to shut down and would not facilitate the loss of heat from the body.

To prevent hyperthermia, exercise your dog in the cooler early mornings or late evenings and always have water handy to keep your pet well hydrated. Dogs confined outside must be able to escape to shade, and shade with some ventilation for air movement. When I competed with my dogs in obedience and field trials, I had a closed crate for winter and air-conditioned facilities, and an open wire crate for summer. Milk jugs with frozen water around the crate also supply a source of cold water. If you’re camping, have the crate in the shade and make sure that shade doesn’t disappear as the sun moves. Different breeds and sizes of dogs have different heat tolerances. A Saluki bred for the desert would tolerate far greater temperatures than an Alaskan malamute. Brachiocephalic dogs with short muzzles, like boxers and bulldogs, are particularly sensitive to becoming overheated, as are elderly pets. Do not count on your dog to know its own limits. Some Labrador retrievers will chase a ball thrown on a hot day until they collapse.

Be conscious of the air quality. Smoke from forest fires to the west of Calgary can add to heat problems making a dog more susceptible to hyperthermia.

So, steel your heart to those big brown eyes asking to come with you and if it is in your dog’s best interests leave him at home and please never leave your dog or children in a closed car in the sun for even one minute.

Have a wonderful summer.



# The Grey Jay

Article by J.G. Turner

In 2016, the Royal Canadian Geographical Society asked Canadians to identify candidates for an ‘official’ bird for Canada, intending to lobby the Canadian Government to make the final choice official to mark Canada’s 150<sup>th</sup> birthday in 2017. The winner was the Grey Jay which is also known as the Gray Jay, the Canada Jay, the Whisky/Whiskey Jack, the Camp Robber, the Meat Hawk and the Moose Bird.

The Grey Jay is the only grey coloured Jay in North America and is 28 to 33 cm (11 – 13 in) from beak to tail’s tip, has a 45 cm (18 in) wingspan and weighs about 70 g (21.5 oz) The Grey Jay is a large fluffy grey bird with white head, black nape, short black bill, and long tail but no head crest. It has variations in its colouring in different regions and is often visually confused with Northern and Loggerhead Shrikes. This mischievous bird lives year round in every province and territory of Canada, thriving in cold temperature extremes (up to -30 C). The Grey Jay is found in boreal regions from the tree limit in the far north through mountains and foothills, coniferous and mixed forests, bogs and fens, picnic and campsites across the country.

**Fun Facts:**

- The Grey Jay is a member of the Corvidae family of birds, along with other Jays, Crows, Magpies and Ravens. This is a highly intelligent group of birds known for their boisterousness, persistence and adaptability to the presence of humans in their environment. The Grey Jay is said to have the same “brain to body size ratio” as dolphins and chimpanzees!

- These birds are of the earliest nesters in Alberta, laying eggs as early as late February. This gives their young most of the year to learn to forage and store food for their first winter.
  - Grey Jays are omnivores and eat seeds, scavenge carcasses (part of nature’s clean up crew), and eat eggs and nestlings of other birds.
  - Grey Jay cold weather adaptations include:
    - catching small chunks of food by covering it with their sticky saliva, and ‘gluing’ the food to tree trunks, twigs or conifer needle clusters. The Grey Jay remembers where it stores this food!
    - allowing solar radiation to penetrate their feathers while still keeping their insulating qualities; and
    - decreasing their body temperature at night.
  - You may be able to attract the Grey Jay to your backyard feeder with suet, rolled oats, shelled sunflower seeds, or dry dog and cat food.
- If you find an injured or orphaned wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or look at the website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.

## BRAIN GAMES SUDOKU

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



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### Green Line LRT and Crowchild Trail Updates

For the past several years, Calgarians were engaged extensively on the new Green Line Light Rail Transit (LRT) line and the Crowchild Trail Study. Thank you to Ward 7 residents for engaging on these projects and for helping to push for better outcomes.

**The Green Line LRT** will improve the daily lives of Calgarians. It will connect our communities with high-quality rapid transit, spur reinvestment along Centre Street and around station areas, and act as a catalyst for improved community amenities.

Earlier this year, Council voted to proceed with Stage One of the Green Line LRT, running from 16 Ave N in Crescent Heights/Tuxedo Park to Shepherd in the SE. Stage One includes 20km of track, 14 stations, the Cen-

tre City tunnel, a new maintenance facility at Shepherd, and new low-floor trains. It will carry around 65,000 Calgarians on day one (in approximately 2026) and comes in at \$4.65 billion.

A phased approach allows us to build a solid foundation for continuous expansion, and to ensure we build the Green Line right from the start. We have one of the top performing LRT systems in North America today, and can expect this to continue with the Green Line.

The City of Calgary and the Government of Canada have committed \$3 billion to the Green Line. Now, with Stage One set, the City can submit a formal funding application to the Government of Alberta. If funding, financing, and years of planning align, we will see the start of Green Line construction in 2020.

In May, City Council unanimously approved a new plan for **Crowchild Trail**. Council praised the work done by City staff and the incredible participation from communities. The plan is in stark contrast to the 2012 Crowchild Trail expansion plan that called for the demolition of dozens of homes and restricted access between communities.

Proposed changes include new walking/cycling bridges across Crowchild and to the Bow River Pathway, pathways along Crowchild, safety improvements at conflict points, traffic noise mitigation, and free-flow traffic from Glenmore Trail SW to 12 Mile Coulee Rd NW. Residents along Crowchild now have certainty about whether or not their homes will be impacted.

The Crowchild plan, which includes short, medium and long term improvements, is a massive project that comes at significant cost. While the full plan is not funded, funding is approved to rehabilitate and improve the deteriorating Crowchild Trail Bridge over the Bow River. Funding for the full plan will be reviewed against the City's other priorities such as flood mitigation, affordable housing, and, of course, the Green Line LRT.

To sign up for updates on key community and Ward 7 issues, please visit [www.DruhFarrell.ca](http://www.DruhFarrell.ca).

### Saving Lives Through Better Predictions

On July 31, it will be 30 years since a powerful and damaging tornado ripped through Edmonton and area. On what became known as Black Friday, 27 people lost their lives, hundreds of homes were destroyed and damage totals exceeded \$330 million. To this day, quickly darkening clouds on the horizon bring back horrifying memories for thousands of Albertans.

There were seven other tornados in Alberta that summer day. Originally, weather forecasters had warned of unusually severe thunderstorms but the sheer power, size and destruction of the weather to come was not known. Enhanced warnings of tornados went out when the first one was spotted near Leduc but for many that was too late.

The federal government has invested substantially over the years to upgrade radars, upgrade satellites and the computer systems behind them. In the 30 years since, weather forecasting has improved by leaps and bounds and our ability to share critical weather warnings is unmatched in our history. New computer models can now more accurately forecast the weather and even predict tornados and their probable paths in advance. We now have accurate lightening, wind-chill, humidex, pollen, ice and other types of forecasting that did not exist just a few years ago. For some areas, weather forecasting is now available for different neighborhoods within the city.

While we all can remember a day when the forecast was wrong, and we like to curse the 'weatherman', we take for granted how accurate the forecasts generally are. Accurate weather forecasting is a critical part of our economy as it helps farmers, mariners, pilots, construction crews and the general public make important and life-saving decisions ahead of time.

Canadians now have the ability to track weather through radio, television, computers and various other methods. The ability to send weather warnings to people via their televisions, computers and smartphones has saved lives

and property across Canada. As we head into the severe summer weather season, Canadians are encouraged to consult the weather on a regular basis, especially if they plan activities outside or may not have easy access to safe cover from the weather. There are a number of free weather alerts available through weather forecasting websites, including Environment Canada at [www.weather.gc.ca](http://www.weather.gc.ca).

Those who take risks with the weather should realize they often put their lives, their loved ones' lives and the lives of emergency workers at risk unnecessarily. As the saying goes, "If it is predictable, it's preventable". Let's have a great summer and thank those who work invisibly behind the scenes to ensure we have a safe summer, no matter what the forecast may be.



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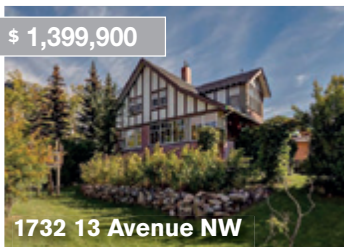
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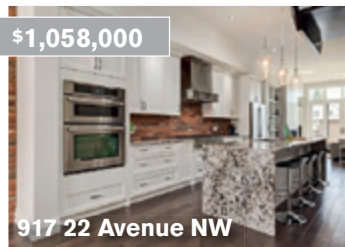
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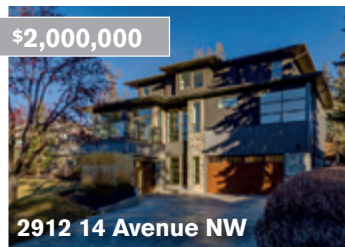
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