

JUNE 2017

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HILLHURST SUNNYSIDE

VOICE

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



**NEIGHBOUR DAY
TAKES PLACE JUNE 17**
SEE PAGE 15 FOR FULL EVENT DETAILS

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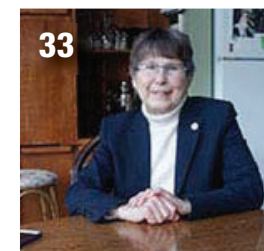
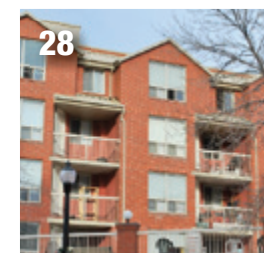


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BEHAVIOUR THERAPY
•
SPEECH LANGUAGE THERAPY
•
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•
OCCUPATIONAL THERAPY

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Neighbour Day 2016. Photo by Buff Smith, Sunnyside Resident

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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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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



Hillhurst Sunnyside Community Association

Community Centre

1320 5 Avenue NW, Calgary, AB T2N 0S2

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

BOARD OF DIRECTORS

Tyler Chalmers	Board Chair
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Vacant	Secretary
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David Brindle	Chair Emergency Planning & Response Committee
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

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	Volunteer Soccer Coordinator Ext 222	soccer@hsca.ca

HSCA Flea Market

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

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



EVENTS CALENDAR

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Flea Market 7:00 am - 3:00 pm	Knitting/Seniors Morning Group 9am-noon Drop in Badminton 9:30 am - 12:30 pm Seniors' Drop-in 1:00pm - 3:30pm Fresh Food Basket 4-6pm FoodFit 6-9pm Foxy Kickboxing 6:00 pm - 7:00pm Drop-In Tennis (Outdoor) 7-8pm	Jugando Spanish w/experience 3/5yo 9-10am Kids Karate 6-7pm Youth Karate 6-7pm Cardio Karate Bootcamp 7:00-8:00pm Taekwondo 7:15-8:15pm Drop In ESL Club 7:15-8:45pm	Intermediate Watercolour & Acrylics 9am-noon Farmers Market 3-7pm Jugando Spanish w/experience 4/6yo 4-5pm Foxy Kickboxing 6:00 pm - 7:00 pm Neighbour Night 6-8pm	Drop in Badminton 9:30 am - 12:30 pm Chair Yoga 11am-noon Little Dragons Karate 6-7pm Adult Beginner Karate 6-7pm CardioFit Karate Bootcamp 7-8pm Taekwondo 7:15-8:15pm	Beginner & Intermediate Acrylics 9am-noon Sportball 10am-noon
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Drop in Badminton Mon / Thu • Pay to Play Minimum \$3.00 • 9:30 am-12:30 pm

Program Phone Numbers

Flea Market Coordinator	Bonnie Constable	<i>Ext. 231 (drop in on Sundays or leave a message, calls returned on Wednesdays and Sundays only)</i>
Drop in Badminton	Nicoleta Vulcu	403-283-0554 ext 232 nicoleta.v@hsc.ca
Art Classes		
Drop-in ESL Club Classes	Chuck Churchill	esl@hsc.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@hsc.ca
Jugando Spanish	Guilliana	403-835-2650 www.jugando.ca
Drop-In Tennis	Darren Anderson	Darren.anderson1000@gmail.com



Upcoming Events

Panel One Comic Festival

June 3, 10am-4pm

New Age Market

June 10, 10am-4pm

YYC ReTree Workshop

June 7, June 14, June 21 & June 28,
6:30-8pm

Community Potluck

June 16, 6-8pm

Comic Fair

June 17, 10am-3pm

Neighbour Day

June 17

16TH Annual Community-Wide Yard Sale

June 17, 9am-2pm

Neighbour Day Party at Edinborough Park

June 17, 3-7pm

Antique & Collectible Market

June 24, 10am-4pm



NEW! **2017 HSCA Membership**

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

HSCA Membership benefits:

- 10% discount on HSCA facility rentals with a family membership
- Reduced rates for some HSCA programs, drop- in sports, some special event admissions
- \$5 discount per swimming lesson set; discounted monthly pass at Bowview Pool for members only (open during the summer only)
- Free use of the tennis court

You can also use your HSCA membership card to receive discounts with the following local businesses:

- **Sunnyside Natural Market:** Save 5% with your HSCA Card (case discounts not included)
- **Swizzlesticks Salon & Spa:** 15% discount on all services at the Salon & Spa.
- **Vine Styles Kensington:** 15% off total purchase. Show your HSCA membership to Vine Styles staff to create your customer profile with built-in discount. Not applicable to already existing discounted items and/or case discounts.
- **Midtown Kitchen & Bar:** 10% off regular priced orders
- **Flippn' Burgers:** 10% discount on all purchases
- **Marathon Ethiopian Restaurant:** save 10% on all regular priced purchase with your HSCA card
- **Kensington Riverside Inn:** 10% discount on breakfast/brunch, dinner or guest room accommodation
- **Pushing Petals Flowers:** 10% discount on any purchase with your HSCA card
- **Kensington Auto Pro:** 10% off on parts & labour
- **Framed on Fifth:** 10% discount on all framing
- **Float Life:** 30% off on a single float, 90 minute session
- **Rejuve your Body:** Get a 30 minute massage FREE when you book the next 30 minutes for \$49.00 for 1st visit clients only. Also 15% off on all other services at Rejuve.

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

Do you live in Hillhurst or Sunnyside?

We want to hear from you!

Complete a short online survey



www.hsca.ca/survey/

OR

Schedule a phone or in-person interview



phone Kate at 403-283-0554 ext. 247

HSCA wants to help make Hillhurst Sunnyside the best possible neighbourhood for you to live in. This means discovering the needs and strengths of our residents.

Throughout the spring of 2017 we will be collecting information from residents through a survey either online or in person.

Help us plan the future of HSCA by participating today!

We want to make it as easy as possible for you to participate, so feel free to follow the link (www.hsca.ca/survey/) to fill out the survey on your own, give us a call (**403-283-0554 ext 247**) to set-up a time for an in person or phone interview or find HSCA staff and board members around the community in the coming months. We look forward to getting to know you and to learn what a vibrant and healthy community looks like to you!

\$1000 in prizes from local businesses for survey participants!

Help us plan the future of your community association.



Hillhurst Sunnyside Planning Committee (HSPC) volunteers are busy working on several projects in the community this year. Below are just a few active projects in the community. If you would like to learn more or volunteer, please drop by at one of our monthly meetings on the second Tuesday of the month, or contact us c/o Lisa Chong, Community Planning Coordinator at lisa.c@hsca.ca. Please go to www.hsca.ca/meetings for a copy of the agenda a couple days before the June 13th meeting.

Russell Real Estate Development | 916-926 2nd Avenue NW

The HSCA has seen a lot of interest in the proposed Land Use Amendment (rezoning) application at 916-926 2nd Avenue NW. So far, the HSCA has been copied on 33 individual emails and letters (3 in favour; 30 with concerns) in response to the original proposal from Russell Real Estate Development. Russell RED and their development team recently hosted an open house at the HSCA on April 13. We estimate participation from ~65 attendees of all ages. Thank you for your involvement!



The developer/applicant has revised their original proposal in response to concerns from community residents and the city councillor's office. The developer's application will be amended to reduce the scope of their project to be within the limits set by the Hillhurst Sunnyside Area Redevelopment Plan (ARP) in terms of height and Floor Area Ratio (FAR refers to the total area of the building divided by the total area of the lot).

Russell RED is proposing a 16-metre building with 5 storeys and a Floor Area Ratio of 2.5 which will include

59 residential units and will seek a parking relaxation to 0.8 stalls/unit. The applicant will still need to apply to rezone the site to be able to build to ARP limits. They are seeking a M-C2 Land Use District to allow for their proposed 5-storey building, which will see the top floor recessed). The developer is planning to hold another open house to discuss the changes in the future. Please read more at www.2AveNW.ca or our posting at <https://hsca-community-planning.mn.co/posts/1115991>.

Residents can still comment on the modified proposal by emailing the City of Calgary File Manager (Jordan.Furness@calgary.ca), and the developer's consultant team (jennifer.dobbin@me.com). You can copy the HSPC c/o Lisa Chong (lisa.c@hsca.ca) and Councillor Farrell's office, c/o Dale Calkins (caward7@calgary.ca). Please visit us online at hsca-community-planning.mn.co for updates, including due dates for neighbours' comments and timelines. There will be more opportunities for residents to get involved as this application moves through the planning process.

Minto Communities | 613-621 9A Street NW

Minto Communities is seeking a land use and ARP amendment to allow for a 26 metre (8 storeys), a Floor Area Ratio of 5.0 and 70-90 unit building. As of April 20, Calgary Planning Commission has made its recommendation to City Council to approve this application. CPC had some concerns about the site and that the only access would be through the 9A Street alley. CPC also noted positive community engagement methods on the part of the developer. See www.mintoengagement.com for more information, or contact us if you would like to get involved at City Council on June 12, 2017. Read City Administration's reports here. You can write letters directly to Council by emailing cityclerk@calgary.ca to have your content included in the Council report.

Former Salvation Army Church Site | 1705 Westmount Road NW

Westmount Projects is seeking a Land Use Amendment from M-CGd72 to M-CGd111 to allow for a 13-unit building where the zoning currently allows for 8. The applicant is also seeking a 2m additional relaxation to

the Land Use Bylaw, adding on to the 12m height limit to bring the total height to 14m. City Administration would not support the extra 2m relaxation, even if the application to increase the density of the site was to be approved.

Commissioners considered feedback from the community residents and the HSCA. CPC felt that the size of the site would not necessarily support 13 units; a four storey building would overwhelm the existing and future context of the area; concern over a lack of adherence to the ARP; and concern about the lack of good community engagement on the part of the developer. The commissioners noted that Hillhurst Sunnyside has accepted a large amount of redevelopment in the community and this was the first time they have seen such a strong reaction regarding a particular application from the community.

CPC is not recommending that City Council approve this application. This application is also moving forward to City Council for their final decision on June 12. Read City Administration's reports here and send any additional feedback for Council's consideration at cityclerk@calgary.ca. If you are in the area, please contact westmountcalgary@gmail.com if you would like to connect with the neighbours.

Sunnyside Triangle Site | 1020 2nd Ave NW

This triangle-shaped parcel is owned the City of Calgary. The site is leased to the community and currently hosts ContainR. The site has been slated for a future affordable and mixed market housing development. In late 2015, the City asked the community for feedback on what residents would like to see on the site, in addition to housing. The City will be preparing a Request for Qualifications and will invite proposals from developers on what could be feasible on the site. A Request for Proposals will follow in order to identify a developer to partner with the City on this development in the fall. Read more at <http://www.calgary.ca/sunnyside-triangle>.

Other Active Developments:

- **Grace Hospital Site:** at the northeast corner of 14th St and 8th Ave, this will be another large redevelopment

site in our community. New information will be posted at <http://gracehospitalredevelopmentsite.com> when available.

- **Truman Memorial Drive project:** proposed rezoning and ARP amendment application to allow for 20m, 5-storey condo with 39 units at 922, 926 and 928 Memorial Drive – see www.engagememorial.com for details.

- **Bookmark the City of Calgary's Planning and Development Map at <https://developmentmap.calgary.ca/> to find information on current major rezoning and development applications in your area.**



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	17	403-604-4366	No
Jake	15	587-832-3005	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
Teaghan	19	403-560-0238	No

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

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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.

Get Involved! FREE Community Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For more information contact Amanda at amanda.p@hsca.ca or 403-283-0554 ext. 247.			1	2
5 4:00 to 6:00 p.m. Fresh Food Basket HSCA 1320 5 Ave NW	5 7:15 to 8:45 p.m. Drop in ESL Club HSCA 1320 5 Ave NW	7 6:00 to 8:00 p.m. Neighbour Night HSCA 1320 5 Ave NW	8	9
12 4:00 to 6:00 p.m. Fresh Food Basket HSCA 1320 5 Ave NW	13 7:15 to 8:45 p.m. Drop in ESL Club HSCA 1320 5 Ave NW	14 6:00 to 8:00 p.m. Neighbour Night HSCA 1320 5 Ave NW	15	16 6:00 to 8:00 p.m. Community Potluck HSCA 1320 5 Ave NW
19 4:00 to 6:00 p.m. Fresh Food Basket HSCA 1320 5 Ave NW	20 7:15 to 8:45 p.m. Drop in ESL Club HSCA 1320 5 Ave NW	21 6:00 to 8:00 p.m. Neighbour Night HSCA 1320 5 Ave NW	22	23
26 4:00 to 6:00 p.m. Fresh Food Basket HSCA 1320 5 Ave NW	27 7:15 to 8:45 p.m. Drop in ESL Club HSCA 1320 5 Ave NW	28 6:00 to 8:00 p.m. Neighbour Night HSCA 1320 5 Ave NW	29	30

NSN UPDATES

Community Potluck

Friday, June 16 from 6:00 p.m. to 8:00 p.m. at HSCA (1320 5 Ave. NW)

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

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

Drop in ESL Club

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

Practice and improve your English speaking and listening skills in an informal, conversation-based club. Class size is limited. We welcome residents of the Hillhurst Sunnyside community, and residents of the rest of Calgary if space is available.

Private tutoring for IELTS and TOEFL exams is also available outside of class hours. No charge!

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

Fresh Food Basket

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

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

Neighbour Night

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

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

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

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

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@hsca.ca or 403-283-0554 ext. 247.



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How to celebrate Neighbour Day? Get out and meet your neighbours!

For some people, it's quite easy to lean over the fence or take a stroll down the block and just say, "Hello!"; for some, the idea of doing that just isn't so easy and it takes more than a little nudge to help make those connections.

Whether or not you need that nudge, here are a few ways and a few tips to get out and meet those fine folks around you in one of the most dense, diverse and vibrant communities in Calgary—Hillhurst-Sunnyside!

June 17th

16th Annual Community-Wide Yard-Sale: 9am to 2pm

Visitors hit the 'treasure-seeker jack-pot' when they stroll from 10A Street to 11th, 11A, 12th and beyond to find yard after yard offering all sorts of toys, tools, trinkets and more. Being a diverse neighbourhood, housing 'Babies to Boomers and Beyond', there's always something for everyone!

Why is this a great way to celebrate the day? There's nothing like an eclectic collection of unique items (records? knick-knacks?) to start a conversation and swap stories. When numerous homes on numerous streets host such a sale, you can stroll as near or far as you want, and you'll likely find some new friends. Don't miss it!

Sunnyside Games and Talent Show: 3pm-7pm

Contests and games for the youths through the adults (baby and toddler racing!)? A talent show 'Open Mic'

led by the fabulous Sadler-Brown Band? AND located smack-dab in the middle of Sunnyside in New Edinborough Park? What more could you ask for!

Why is this a great way to celebrate the day? What better way to connect to others than in a central gathering space which belongs to all of us, thus welcomes all of us. Who knew your neighbour could belt out a Johnny Cash tune and keep it in key? You won't find out if you don't go!

Tip—Host/Organize a Block Party

Usually, all it takes is one person to spark the idea and next thing you know, *everyone* is pitching in to help organize a party among the neighbours. Put out the word: "bring your chairs and a dish to share, and we've got a party!"

Why is this a great way to celebrate the day? The block party allows everyone to break that winter hibernation to meet and/or 'catch-up' again. You also get to chat with the folks waaaaay down at the other end of the block!

Now that you have a few things to do and a few tips to try, get out there and celebrate with the amazing people around you on June 17th!

CHAIR / ED LETTER - 2016 ANNUAL REPORT

April 20, 2017

Dear Hillhurst-Sunnyside residents,

On behalf of HSCA we are pleased to present you with our 2016 Report to the Community. 2016 was another successful year for HSCA in fulfilling its mission to preserve and enhance a vibrant quality of life for residents of Hillhurst-Sunnyside.



Order By Noon on:	Pick Up Date: Thursday
May 26	Jun 8
Jun 16	Jun 29
Sept 15	Sept 28
Oct 13	Oct 26
Nov 10	Nov 23

N.B. GOOD FOOD BOXES ARE NOT AVAILABLE IN JULY, AUGUST & DECEMBER.

The Good Food Box may include:

Potatoes, onions, carrots, tomatoes, oranges, celery, bananas, cauliflower, apples, melon, cabbage, cucumber, grapes, lettuce, green peppers, etc.

Jumbo Box: Includes approximately 40 pounds of produce. Cost: \$ 35.00

Family Box: Includes approximately 30 pounds of produce. Cost: \$ 30.00

Senior/Single Box: Includes approximately 20 pounds of produce. Cost: \$ 25.00

PAYMENT BY CASH ONLY AT THE FRONT OFFICE, PLEASE & THANK YOU!

Highlights from 2016 include running the Hillhurst-Sunnyside Daycare, Neighbour Support Network and Fresh Food Basket programs for the first full year. We are thrilled to see how the participation rate of residents in the daycare has increased significantly since HSCA assumed management of operations in January 2016. The Neighbour Support Network and Fresh Food Basket have also seen high enrollment from residents, providing much-needed resources and support to members of our community.

Some notable community projects also gained momentum in 2016. With the help of the City of Calgary, HSCA installed Solar Panels at the Community Centre after several years of discussions and planning. Over the course of a year, the Solar Panels are expected to generate an average of 20% of the electricity consumed at the HSCA Community Centre. With tremendous participation from community volunteers and students from SAIT, ACAD and Hillhurst Elementary School, the Water for Riley project selected a winning design for a drinking fountain at Riley Park. The winning design from an ACAD student reflects the heritage values of the community and was a unanimous choice amongst jurors.

As we look forward to 2017, we recognize that it is through our ongoing engagement with the residents of Hillhurst-Sunnyside that HSCA will continue to improve and grow as an organization. We are pleased to announce that we have launched a community-wide survey to help us understand what role residents want the community association to play in their lives. We encourage you to lend your voices to this effort, which runs until June 2017.

Whether your interest lies in community planning and development, food and gardening, supporting children and seniors, supporting local businesses, and many more, HSCA offers many opportunities to participate in the life of this community. Please join us in making this organization the best that it can be.

We look forward to another great year with you.

Sincerely,

Buki Akinlade, Interim Chair, HSCA Board of Directors
Quentin Sinclair, Executive Director, HSCA



SENIOR SYNERGY

UPCOMING CHANGES:

HSCA would like to help make connections in the community for individuals 55 years of age and up. If you would like to make a difference, help out a neighbour, or be connected, call Debbie at 403 – 283 – 0554 ext 224. I would love to talk with you about this new program

PARKINSON ALBERTA

If you are living with or affected by Parkinson's, then Parkinson Alberta has a variety of programs for people with Parkinson disease, their care partners and families. Check out the variety of programs and supports being offered in Calgary in May and June by checking out their April to June program calendar. Just go the website at www.parkinsonalberta.ca click on Calgary then click on Programs, to learn more. There are a lot of opportunities to make connections.

CARYA (Formerly Calgary Family Services)

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

WE'VE GOT YOUR MONDAYS COVERED:

Seniors Monday Morning Group

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

The seniors are looking for yarn donations. If you have some extra yarn that you would like to find a good

home, bringing it by the centre and I will be sure they receive the yarn.

Seniors Monday Afternoon Group

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

Chair Yoga:

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

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

If you have any questions regarding information above, other seniors' services or need to find out who to contact to help a senior, whether in our community or somewhere else, call Debbie (403.283.0554 ext 224) and I will do my best to help point you in the right direction. Just give me a call.

Also check out our website www.hsca.ca and click on the seniors tab. I try to put new material and information onto the site for seniors and caregivers every couple of months.

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Message about Flood Mitigation

From the HSCA Emergency Planning and Response Committee (EPARC)

Residents are all too well aware of the history of flooding in our community and for most of us there are the indelible memories of the especially devastating events of the summer of 2013. So, every year we feel powerless as we worry about rainstorms and the snow pack in the mountains.

So, what do we have in 2017 to alleviate those fears? Well, for the long-term, the City has determined that an upstream dam on the Bow is an essential part of a flood mitigation plan for Calgary. However, it could be 20 years before a dam is built. That is a concern. Also, the project would be a Provincial rather than a City responsibility.

For the medium term, there are plans for three new pump stations to pump water out of Sunnyside and Hillhurst and into the river, and for upgrading an existing pump station. Two of these projects are funded and ready to go but the other two are still awaiting funding. There is also a drainage project, the Upper Plateau Separation, which is awaiting funding. When that project is completed, storm drains servicing the elevated area to our north will be disconnected from our storm sewers so that we are not flooded by water coming from outside our community.

That there are medium term projects still unfunded is

another cause for concern.

We need protection not just from flooding caused by local storms but from flooding by the river. We are protected by a berm, but since there was some overtopping in 2013 we know the berm has to be raised. However, the City has announced a plan to protect downtown Calgary with a berm designed for a 1:200 river event while protecting our community with only a 1:20 berm. A river flow-rate greater than the 1:20 level would flood our community well before there is any danger of flooding in the downtown. Sunnyside and Hillhurst would be sacrificed to save the downtown. Why is the City not protecting both sides of the river to the 1:200 level?

While we are waiting for the long- and medium-term mitigation measures to be built, the community is reliant on whatever interim measures are provided. The City has committed to providing 1.1 cubic metres per second (CMS) of pumping capacity to pump storm water into the river. However, EPARC knows that 3.2 CMS would be needed to mitigate against events similar to what occurred in 2013. That pumping capacity could be provided for about \$50,000 a year. In 2013, there were numerous homes with damage of \$100,000 or more. The repairs for just one home cost about the same as the City would pay to protect the entire community for two years!

The community also needs interim protection, by means of temporary berms, from river flooding. The City has not said what temporary berms they can provide nor have they provided any plan for a mock exercise to test the procedures for installing temporary berms.

EPARC's major concerns are: 1) the insufficient capacity of interim pumping, 2) the lack of a plan for temporary berms, and 3) the plan for protection by permanent berms with an imbalance which would cause river water to be pushed away from the downtown and into Sunnyside and Hillhurst.

Members of the community, if you share our concerns we would really like to hear from you. Unless there is strong and persistent pushback our community will forever be as vulnerable to flooding as it was in 2013. Community action, when it's done properly, can produce great results.

David Brindle, Chair, Emergency Planning and Response Committee (EPARC), avidwbrindle@icloud.com



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Tennis!

The HSCA is starting a tennis drop-in night on Monday May 1! 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 for more information or to be added to the list. Please always email prior to showing up for a drop-in session. The starting date is Monday May 1st (7pm to 8pm).

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

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WE HAVE OPENINGS IN OUR AFTERNOON FOR 2017/18!!!

The children of West Hillhurst Community Preschool are having a great time wrapping up the year! They spent the year enjoying music, crafts, dancing, learning the alphabet and playtime with all their new friends. Come join the fun at our West Hillhurst preschool in September 2017!

WHCA Preschool still has openings in our afternoon preschool programs for 2017/18. Register now for the opportunity for your child to participate!

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

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 mud when they think we are not watching.

With the coming of warmer weather, we are reminded that summer is fast approaching. Registration for our SunFun program (camps running from July 4 to September 1, from 7am to 6pm daily) is open and we are accepting enrollments. For more information or to register your child, please email Michelle Pierce at michelle.p@hsca.ca.

We hate to think ahead to the start of another school year when we still have months left in this one, but we know many of you are thinking that far into the future! We are currently accepting enrollments for the 2017/2018 school year, which begins on Tuesday, September 5th, 2017. Again, to register your child, please contact Michelle.

Hillhurst School

Hillhurst School is up for the **challenge!**

We could spend our days doing ordinary things, but at Hillhurst School, we like to throw out some challenges and keep everybody on their toes. The past few months have been chock full of challenging activities for all our students.

To challenge the body, students have been engaged in **Marathon Club**, **Basketball Club**, climbing at the **Stronghold Centre**, and **Fun Fitness**. To challenge the mind, students have attended the **Calgary Young Writer's Conference**, participated in the **Calgary Elementary School Math Contest**, and were treated to **Poetry Workshops** facilitated by Calgary author, and Hillhurst parent, Monica Kidd. And to challenge ourselves to be proactive and socially and environmentally responsible, students have been collecting bottles for our bottle drives and took part in our first ever **Earth Day Community Clean-Up**. Way to go!

In a continuation of student engagement with Indigenous history and culture, and to further our relationship with our Indigenous neighbours, our Grade 5/6 Classes visited the **Tsuu T'ina Territory** in April. The day included teepee raising, cultural songs and stories, a nature trek and a friendship dance. Students have been writing to their penpals at Tsuu T'ina Junior High, and have hosted two sharing days at our school. This has been an incredibly rewarding and eye-opening relationship, and we look forward to seeing it grow.

A tremendous thank-you to all the parents and community volunteers who came out to make this year's **Career Day** so inspiring. Speakers shared their expertise of careers in the arts, science, trades, civil service, social justice, technology, and humanitarian fields. This day is intended to both expose our students to new passions and to feed existing passions, making the question, "What will I be when I grow up?" a juicy one!

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

Queen Elizabeth School

Deb Hamilton

Great things happen when community helps community! The transformation of the Queen Elizabeth School play yard is a testament to this belief. While the students watched with anticipation and patience, the school yard changed before their eyes. Now is the time for school playground committee to say THANK YOU!

This project could not have been completed without the determination and dedication of many. Throughout this project, our committee has been overwhelmed with the amazing support of community members at every stage of this process: from planning, fundraising, grant writing, designing and executing the vision of enhancing our school play yard, while maintaining the integrity of those committees who came before us.

At this time, we would especially like to acknowledge the many organizations, businesses and community supporters that provided services, time and financial support to this project. In particular, our major supporters including: Government of Alberta, Truman, Bluebird - A Trotter & Morton Company, Parks Foundation Calgary, BDI Play Design, and ULS Maintenance & Landscaping. Please find a complete list of supporters on our recognition board located at the entrance of our new play area. Your contributions to our project made a dream a reality.

We would also like to thank the many local restaurants that contributed to helping to fuel our volunteers during the playground build: Spolumbo's Deli, Domino's Pizza, Peters Drive-In, Dairy Lane, Starbucks, McDonald's, Cobbs Bakery, Higher Ground Cafe, and Safeway. Your tasty contributions on the build days were a welcome treat.

Our volunteers came together to construct and provide an amazing outdoor place for children. We were fortunate to have community volunteers gather - whether they were a parent or grandparent with a child at Queen Elizabeth; an employee given an opportunity to participate in a community outreach project; a SAIT student keen to help and learn; or a community member with a little flexibility in their schedule, your help with the play-

ground build was invaluable and very much appreciated. We could not have accomplished this giant structure without your efforts, sweat, and blisters.

"If we strive to work together imaginatively and unselfishly, we will be helping to achieve each other's personal goals, and the combined legacy that we leave as a result will be brighter and more valuable than any of us could have achieved unilaterally." *Paul McCabe, Feed the Good Dog*

We invite all community members, families, volunteers, and supporters to join us in celebrating our new playground, by attending our ribbon cutting ceremony on **June 9 at 11 a.m.**

Many thanks,

*Sheila Kilpatrick and Kristina Sherriff
Playground Project Co-Chairs*

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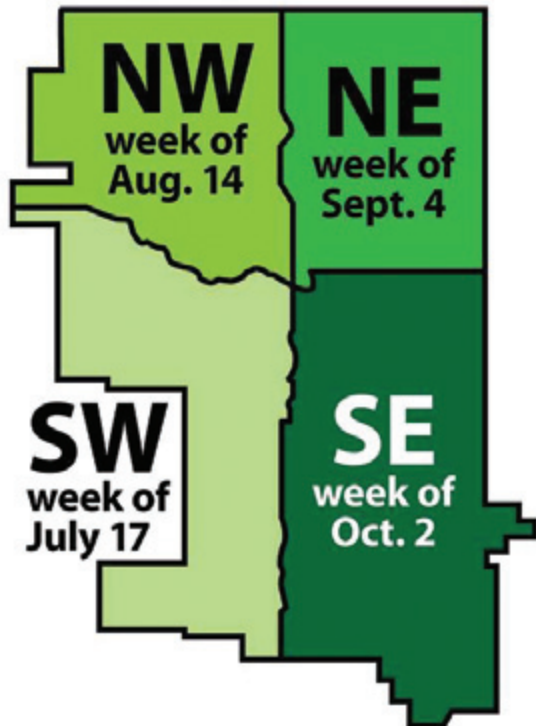
Green Carts are coming this summer

Starting this June, green carts will be rolled out to all households for food and yard waste collection. Here are some details on the rollout.

Green cart collection start dates

Green carts will be rolled out by quadrant. Once all residents in a quadrant have their carts, collection will begin as follows:

Quadrant	Cart delivery	Weekly green cart collection starts:
Southwest	June 5 - July 15	Week of July 17
Northwest	July 3 - August 12	Week of August 14
Northeast	August 7 - September 2	Week of September 4
Southeast	August 28 - September 30	Week of October 2



Weekly green cart collection starts

Three things to do when your cart arrives:

- 1. Bring your cart up to your home.**
Carts will be delivered to the front of your home. Bring your cart up to your home and store it in a safe place (e.g. garage, against the side of your house or back fence).
- 2. Look inside the green cart.**
Everything you need to get started is inside the cart. This includes:
 - Kitchen pail and sample compostable bags.
 - Sample paper yard waste bags for extra yard waste that doesn't fit inside the cart.
 - Instruction guide and collection schedule.
- 3. Consult your collection schedule.**
The collection schedule inside your cart explains when green cart collection starts in your quadrant along with your new collection days and schedule. You can also find out your collection days and sign up for free automated reminders at calgary.ca/collection.

To learn more, visit calgary.ca/greencart.

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Dear Neighbour,

On the morning of June 17, 2017, we will be celebrating the 150th anniversary of Canada by honouring our military families with a sunrise breakfast on the Peace Bridge. This is a private event, commencing at 5 AM, as such the Peace Bridge will be closed to pedestrian and bike traffic from 4:30 AM to 8:00 AM.

We apologize for any inconvenience this may cause.

Sincerely,
Breakfast on the Bridge Organizing Committee

Photo credit: Neil Zeller



Norfolk Housing Association

The Norfolk Housing Association is an organization based out of Hillhurst Sunnyside that is focused on providing affordable housing to groups of people in all walks of life, creating an atmosphere of diversity and inclusiveness for every resident. It all started when a building owner with a conscience decided to use his property for the betterment of his community, and his vision has carried the organization to where it is today. Norfolk has maintained the original concept that every resident has the right the respectable housing – all units up kept evenly and given attention fairly, there are no favourites chosen along the way. Over the years, Norfolk has acquired other buildings and is currently considering expanding their reach within the Hillhurst Sunnyside community or extending their services into other areas of Calgary.

Their impact has been felt all across the community, as Norfolk strives to operate under its values of creating neighbours, offering quality homes, building compassionate relationships and maintaining sustainability. The organization has saved countless lives, and sometimes it's the people you would least, as it's impossible for anyone to know when unfortunate circumstances

will arise. The services offered by Norfolk allow people to maintain a sense of normalcy, even in turbulent periods of their lives, and this often creates lifetime residents in their current system.

As they move forward, the Norfolk Housing Association is focused on building a strategic plan based on growth of their current model which will be dictated by the real estate market and partnerships with organizations in other communities. Given the increasing lack of affordable housing in Calgary, Norfolk will also work towards providing new rent supplements to support current and future residents in their housing goals, as well as potentially introducing a program for single mothers who are trying to support themselves while working towards an education. Additionally, Norfolk will look to allow community partners and residents the opportunity to use the Norfolk office's newly renovated space for events and other functions.

Throughout the years, the Norfolk Housing Association has partnered or been involved with the Hillhurst Sunnyside Community Association on countless occasions. The community association's facility is close to many of Norfolk's buildings, and they provide accommodation and inclusive services for a diverse group of residents including their community food basket. Norfolk is also hoping to partner with Hillhurst Sunnyside on some of their current services, such as their community garden, in order to bring awareness to the spaces available and increase participation. Norfolk will begin hosting the Food Fit program that Hillhurst Sunnyside Community Association is going to roll out, Hillhurst Sunnyside Community Association is also going to run some of their other programming out of the new spaces being offered by Norfolk.



Water for Riley (W4R) began almost two years ago. Its commitment to community engagement has filled those two years. Through the ACAD and SAIT student design challenge, W4R brought communities together. The latest and last poster display at the Louise Riley branch of the Calgary Public Library marks a winding down of tasks associated with selecting a design winning and arranging the expertise to fabricate the drinking fountain. Although W4R will never stop engaging with community, the organizing committee has turned attention to the final stage of this legacy project.

The organizing committee restructured and created a work plan that has all the pieces in place to finish. We have five exciting volunteer positions available if you have time for fun with our great team:

Special Events Coordinator: short term organizing events, and long term organizing the celebration when we turn on the water tap to conclude the project. If you like planning events, and recruiting and working with terrific volunteers, this is the role for you. Within the set budget you get to make decisions with the Project Manager and Lead Volunteer, create guest lists, and set the tone for the events.

PR/Marketing-Communications: short term increasing W4R profile, and long term build the W4R brand. You craft the marketing and communication strategy for the last phases of Water for Riley, focusing on engaging businesses as sponsors –individual donors and community organizations to support the fundraising activities. As you expand the engagement, you will recruit others and activate the PR/Marketing-Communications strategy.

Social Media (SM): short term coordination of various SM platforms for consistent branding, and long term manage the operations of those SM. You will enjoy developing and executing the SM strategy, and recruiting others as needed to help with social media. This is your chance to seek and implement opportunities to post and tweet about W4R.

Fundraising: short term work with the Lead Volunteer's fundraising committee, long term bridge the gap between money already raised and cost of the drinking

fountain. You get to recruit an engaged, high functioning fundraising committee, develop and implement a corporate sponsorship package.

Donors: W4R is a citizen driven sub-committee of the Hillhurst Sunnyside Community Association. All donations of \$10.00 and greater get tax receipts from The Parks Foundation Calgary (parksfdn.com). You can be involved with the drinking fountain for Riley Park. Call 403 862 1923 to volunteer, with questions or for more information. To donate online at parksfdn.com, specify in the instructions to seller that your contribution is for the Water for Riley Project.

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THE HSCA WOULD LIKE TO RECOGNIZE...

Richard Kavanagh

Hillhurst Sunnyside Community Association, like the community it serves, has seen a tremendous amount of growth and change over the past several years. Much of that growth in our building is due in part to the efforts of Richard Kavanagh and his facility team. Richard spent many hours at HSCA cultivating his leadership and management skills while working to continually improve the community centre. However, as of May 2017, Richard will step down from his position at HSCA.

"I thought I'd be here for one year, and it's been 13 and a half now," says Richard.

Richard applied for the HSCA position in 2004 and was hired by Executive Director Catherine Halkett. At the time, Richard says he was also studying Oil and Gas Accounting at SAIT, "But I decided I would enjoy the work at HSCA more than sitting at a desk making millions of dollars at an oil company," he jokes.

All joking aside, Richard took great pride in his role. "I was really interested in seeing projects get done. And how it improved the centre. I enjoyed doing that." He has covered many job roles; facility manager, purchasing, project manager, supervising staff and problem solving were a big part of his position.

During Richard's time at HSCA he has assisted with project management on a new daycare playground, commercial kitchen renovation, administration office renovations, rooftop solar panel installation, South Social hall window installation, new gym floors and countless other ongoing facility improvements from cleaning, to

paint, to plumbing and electrical projects. He has also built and maintained relationships with contractors, suppliers and City of Calgary staff.

The facility team at HSCA shares Richard's dedication to the position. They are a solid, close-knit group whom Richard says he will miss and will keep in touch with when he leaves. Of the team's work ethic, he says, "To work here is to do the extra step, to put yourself out there and not just walk by something that needs to get done, not to let the next guy do it, it doesn't work like that."

Richard also admits the job is not only about fixing and cleaning. "The position here is not just maintenance, but taking care of clients when they come in. We're the first people the renters see and we're there to help them out also. So that's a big responsibility — making sure they're happy with their rental and we get things done."

Richard's work with the public translates well into his interest in history. He has even landed himself the unofficial title at HSCA of building historian. "I just met a fellow who was 80 years old and he told me he worked here 50 years ago. He was telling me stories about the building that I didn't know. The Hearth room at one time was an outdoor skating rink. To talk to people like that about the history they know and their experiences when they were here is really interesting."

And of course, many a strange occurrence at HSCA after hours has been blamed on the ghost of Mr. Riley. "He donated this land to the city and we still have his presence here. Vilma (our daycare cook) won't come in alone in the morning anymore because lights go on and off with no one else around. And one day I was talking to Bob while he was standing in front of a bookcase and a book just fell off the shelf, no one touching it."

Whether or not you believe Mr. Riley is present and visiting HSCA, one thing everyone can agree upon is that we will miss Richard's presence here. He plans to take a couple of months to work on projects around his own home and "hopefully relax somewhere with a beach."

Thank you for your service to HSCA Richard. We wish you well.

Doreen Orman

Building and maintaining a community is something that is often overlooked in today's day and age; everyone is too busy to get to know their neighbours, people come and go at an increasingly higher rate and there seems to be less value placed on the concept itself. Communities across the city each have their own distinct, unique character and this is developed and nurtured due to the dedicated individuals within each community.

Doreen Orman has lived in the Hillhurst Sunnyside area for the last 74 years, and at one time she was a part of five generations of Ormans living in the community. Her husband, Jack, was a resident for even longer, as his grandparents were one of the first families to settle in the area in 1911. Doreen has lived in her current home since 1948, a home offered to her and Jack by Jack's grandmother after she became pregnant. Their home, 734 Memorial Drive, is now a heritage home and has received legal protection from future redevelopment plans. One of her favourite parts of the Hillhurst Sunnyside community was the extracurricular grandparent reading program, which her husband, Jack, participated in weekly before he died. According to Doreen, it was the only thing he truly enjoyed in his later years. At his funeral, the teacher of the children read letters the kids had written about Jack, bringing everyone to tears. Unfortunately, Doreen is now moving to the Mission area to live in an independent living facility. However, as one last gift to the area, Doreen became involved in the process of selling her home and chose a young couple looking to start a family in the area and maintain the home, despite their lower offer.

In her 90s now, Doreen has been actively involved in community initiatives since the 1931 when she was a key part of one of the early renditions of the YWCA in Calgary. After that, she became involved in Hillhurst Sunnyside community issues by joining the Bow Valley Rapiers as they attempted to slow the gentrification of the area and prevent their community from being swallowed up by the high rises of the downtown area. She was a key figure involved with the 1988 Hillhurst Sunnyside Area Redevelopment Plan, which was designed to keep community structures in place and prevent



future commercial development. One of the proudest moments of her non-profit involvement came when she presented that Area Redevelopment Plan to the city council and the mayor, and she was influential in the collective vision that Hillhurst Sunnyside Community Association currently embodies in their work. Over the years, she served as Hillhurst Sunnyside Community Association's president of the board and their chair of the planning committee.

Doreen is still consistently in contact with members of the Hillhurst Sunnyside Community Association about developments in the community and the future of the area, also ensuring that the conditions of the Area Redevelopment Plan are still met. Currently, Doreen is actively involved in the Knox United Church's activities to expand and attract a younger audience. As part of her limited role with their organization, she is planning to go to London to see how older churches in the city have been repurposed to accommodate other demographics and increase foot traffic throughout their locations.

We're proud to announce that Doreen received the Community Service Award from HSCA this year. She was presented the award at our April AGM. We thank Doreen for her service and influence in Hillhurst Sunnyside.

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361 New Jobs for Calgary Confederation

For the past two years in communities across Alberta we have witnessed personal hardships, challenges and dashed hopes caused by the economic downturn and jobs crisis.

Calgary Confederation communities have not been immune to this impact, as has been evident in feedback from many constituents over the past few months, but there is help.

We know that services from non-profit organizations and community associations often increase in the summer months and many are concerned about their ability to offer employment opportunities again this year.

Many of these organizations provide critical employment experience and skills training for young Canadi-

ans. Statistics show us that unemployment amongst young Canadians is the highest of any age group and so the real job experience they obtain through summer jobs is critical to future employability.

How fortunate we are to build upon the Youth Employment Strategy which was introduced in 2006 by the Conservative Government. Today, thanks to the Canada Summer Jobs program, our constituency, together with constituencies across Alberta (and Canada) can provide funding to assist employers to create summer opportunities for young people aged 15 to 30 years who are full-time students intending to return to their studies this fall.

I am proud of the application initiatives of our not-for-profit organizations, public sector employers and small businesses who have taken the time to make their opportunities known to Service Canada. As a result, the Calgary Confederation communities, through 132 agencies, small business and non-profit employers, will be in a position to offer 361 jobs for a total of 3,229 weeks of work this summer.

What does this mean for our community?

- Investment in our small business, organizations and non-profits.
- Opportunity for young people to learn or improve job skills and gain work experience with local employers in areas such as retail, hospitality, marketing, technology, research and communications.
- The chance for non-profits to extend their services across the summer, allowing a variety of camps, children's programs, specialized teaching opportunities, and unique community service programs for all ages, among others.
- All project participants will benefit through personal growth, increasing employability, determining career goals/paths, and ultimately through our investment in them, contribute to the strength of our future workforce and community stability.

I am very pleased to support this important program and extend my best wishes to each and all for a successful summer job experience.



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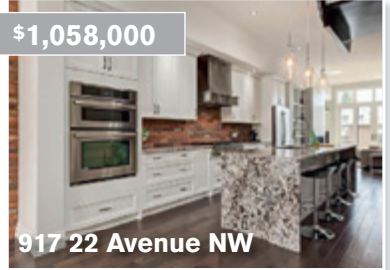
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