

MARCH 2017

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# HILLHURST SUNNYSIDE VOICE

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

**SAVE THE DATE!**  
**AGM & BOARD OF  
DIRECTORS ELECTIONS**  
**APRIL 25 @ 7PM**





# KidneyMarch

**September 8 – 10, 2017**  
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**From K-Country to Calgary**

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Join us in a movement that is changing the face of kidney disease.



Come to our Expo April 23  
**kidneymarch.ca**  
**1.866.956.2724**

## CONTENTS

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- 6 EVENTS CALENDAR
- 9 NSN UPDATES
- 10 HILLHURST SUNNYSIDE PLANNING COMMITTEE
- 15 HSCA GRAIN FREE APPLE CRISP
- 16 RILEY PARK WINNING DESIGN REVEALED
- 17 GOOD FOOD BOX
- 18 MY BABYSITTER LIST
- 19 IS OUR INVESTMENT IN DAYLIGHT A RIP-OFF?
- 20 SENIOR SYNERGY
- 22 NORFOLK HOUSING ASSOCIATION: BOB FERGUSON
- 23 CALL FOR VOLUNTEERS
- 25 ABOUT WINE



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

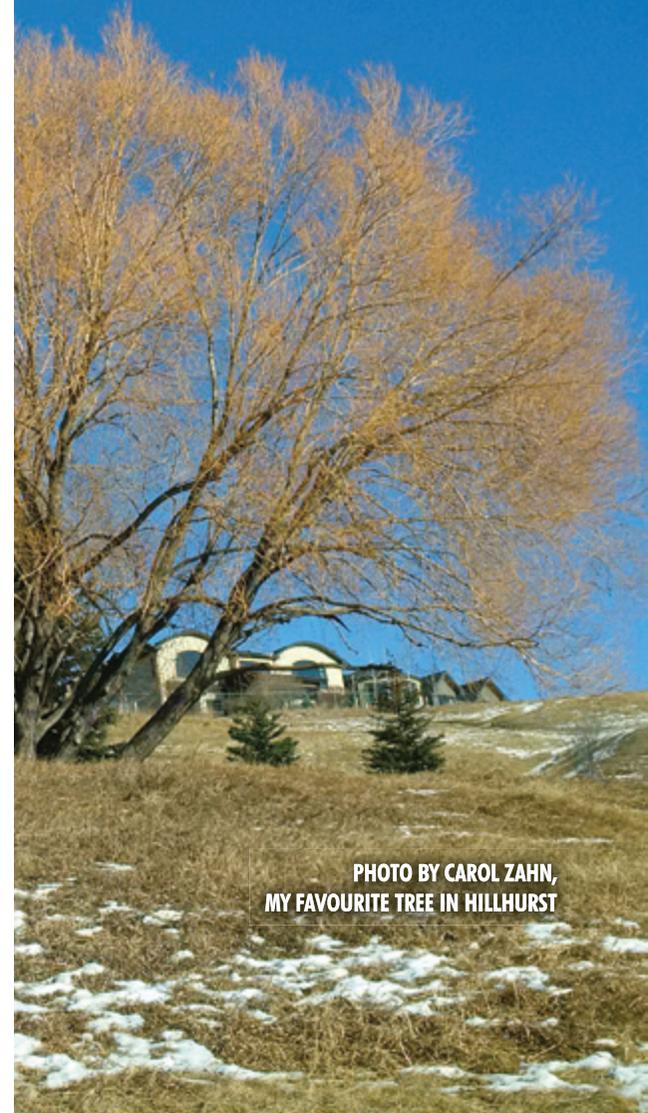


PHOTO BY CAROL ZAHN,  
MY FAVOURITE TREE IN HILLHURST



## HILLHURST-SUNNYSIDE COMMUNITY ASSOCIATION

1320-5 Ave. NW  
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### Editorial Submissions

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

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

## IMPORTANT NUMBERS

### ALL EMERGENCY CALLS 911

Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414

### HOSPITALS / URGENT CARE

Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111

### OTHER

Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	511
Gamblers Anonymous	403-237-0654



## Community Centre

1320 5 Avenue NW, Calgary, AB T2N 0S2

Phone: 403 283-0554 • Fax: 403 270-3130 • [www.hsca.ca](http://www.hsca.ca)

### BOARD OF DIRECTORS

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

All of our staff can be reached at the extensions listed through our main reception number at 403-283-0554 Monday through Friday from 8:30 am to 4:00 pm.

### STAFF LISTING

Quentin Sinclair	Executive Director Ext. 221	quentin.s@hsca.ca
Nicoleta Vulcu	Front Office & Rentals ext 232	nicoleta.v@hsca.ca
Lisa Chong	Community Planning Ext. 229	lisa.c@hsca.ca
Jessica Clark	Communications Manager Ext. 226	jessica.c@hsca.ca
Jaimie Hagman-Ahtom	Daycare Program Manager	403-270-9703, jaimie.h-a@hsca.ca
Michelle Pierce	OOSC Program Manager	403-270-9705, michelle.p@hsca.ca
Karl Kingsley	Facility Services Manager Ext 223	karl.k@hsca.ca
Debbie Olson	Seniors' Services Ext. 224	debbie.o@hsca.ca
Kate Stenson	Community Food Program Supervisor Ext 247	kate.s@hsca.ca
Sonia Woodman	Controller Ext. 225	sonia.w@hsca.ca
Hillhurst Sunnyside Daycare	Sunshine and Rainbow Rooms	403-270-9703
Bonnie Constable	Flea Market Coordinator Ext. 231 (drop in on Sundays, or leave a message - calls returned on Wednesdays and Sundays only)	
Amanda Palmer	Neighbour Support Network Coordinator Ext. 247	amanda.p@hsca.ca
Kelsey Schiavon	Farmers' Market Coordinator Ext 228	farmersmarket@hsca.ca
Jenae White	Food Fit Program Coordinator Ext 233	foodfit@hsca.ca
Brianna	Tax Clinic Ext 233	taxclinic@hsca.ca
Ophelia	Volunteer Soccer Coordinator Ext 222	soccer@hsca.ca

### HSCA Flea Market

Crafts • Furniture • Antiques • Books • CDs  
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 and much, much more!

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

### HALL RENTALS

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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>Knitting/Seniors Morning Group</b> 9am-noon <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>Jugando Spanish</b> w/experience 3/5yo 9-10am <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>Intermediate Watercolour &amp; Acrylics</b> 9am-noon <b>Indoor Farmers Market</b> 3-7pm <b>Jugando Spanish</b> w/experience 4/6yo 4-5pm <b>Foxy Kickboxing</b> 6:00 pm - 7:00 pm <b>Neighbour Night</b> 6-8pm <b>Capoeira</b> 7:30-8:30pm	<b>Drop in Badminton</b> 9:30 am - 12:30 pm <b>Chair Yoga</b> 11am-noon <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>Beginner &amp; Intermediate Acrylics</b> 9am-noon <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	Ext. 231 (drop in on Sundays or leave a message, calls returned on Wednesdays and Sundays only)
<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	chuckc@telusplanet.net
<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>Capoeira</b>	Jacqueline	403-827-7917



## Upcoming Events

- Indoor Farmers' Market**  
Wednesdays 3-7pm
- Neighbour Night**  
Wednesdays 6-8pm
- Flea Market**  
Sundays 7am-3pm
- Military Collectors Club of Canada**  
March 4, 10am-3pm
- Courageous Self Care Talk**  
March 7, 7-9pm
- New Age Market**  
March 11, 10am-4pm
- Hillhurst Sunnyside Planning Committee Meeting**  
March 14, 7-9pm
- Rocky Mountain Folk Club**  
March 17, Doors @7:30pm
- Seedy Saturday**  
March 18, 10am-3pm

# Save the Date! Annual General Meeting

April 25, at 7pm

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

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

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

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

### Now accepting nominations for the Community Service Awards!

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

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

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

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# WANTED

## House/Lot Wanted

Interested in selling your home to a family looking for a house/lot that is 44 ft or larger? Contact Chelsey at 780-887-3950.

# REWARD

## Get Involved! FREE Community Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 6:00-8:00p.m. <b>Neighbour Night</b> HSCA 1320 5 Ave. NW	2	3
6 4:00-6:00p.m. <b>Fresh Food Basket</b> HSCA 1320 5 Ave. NW 6:00-9:00p.m. <b>Food Fit</b> HSCA 1320 5 Ave. NW	7 7:15-8:45p.m. <b>Drop in ESL Club</b> HSCA 1320 5 Ave. NW	8 6:00-8:00p.m. <b>Neighbour Night</b> HSCA 1320 5 Ave. NW	9	10
13 4:00-6:00p.m. <b>Fresh Food Basket</b> HSCA 1320 5 Ave. NW 6:00-9:00p.m. <b>Food Fit</b> HSCA 1320 5 Ave. NW	14 7:15-8:45p.m. <b>Drop in ESL Club</b> HSCA 1320 5 Ave. NW	15 6:00-8:00p.m. <b>Neighbour Night</b> HSCA 1320 5 Ave. NW	16	17 6:00-8:00p.m. <b>Community Potluck</b> HSCA 1320 5 Ave. NW
20 4:00-6:00p.m. <b>Fresh Food Basket</b> HSCA 1320 5 Ave. NW 6:00-9:00p.m. <b>Food Fit</b> HSCA 1320 5 Ave. NW	21 7:15-8:45p.m. <b>Drop in ESL Club</b> HSCA 1320 5 Ave. NW	22 6:00-8:00p.m. <b>Neighbour Night</b> HSCA 1320 5 Ave. NW	23	24
27 4:00-6:00p.m. <b>Fresh Food Basket</b> HSCA 1320 5 Ave. NW 6:00-9:00p.m. <b>Food Fit</b> HSCA 1320 5 Ave. NW	28 7:15-8:45p.m. <b>Drop in ESL Club</b> HSCA 1320 5 Ave. NW	29 6:00-8:00p.m. <b>Neighbour Night</b> HSCA 1320 5 Ave. NW	30 6:00-9:00p.m. <b>Income Tax Clinic*</b> HSCA 1320 5 Ave. NW	31

Contact Amanda at [Amanda.P@hsca.ca](mailto:Amanda.P@hsca.ca) or 403-283-0554 ext. 247 for more details

### Community Potluck

Friday, March 17 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](mailto: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 [chuckc@telusplanet.net](mailto:chuckc@telusplanet.net).

### Food Fit

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

Participants build cooking skills, learn new recipes, share healthy meals with new friends, and participate in a thirty minute physical activity each week over the 12 week program! Contact Jenae at [foodfit@hsca.ca](mailto:foodfit@hsca.ca) or 403-283-0554 ext. 228 for information on future sessions.

### Fresh Food Basket

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

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

### Volunteer Income Tax Clinic

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

By appointment only. Must meet CPA criteria.

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

### Neighbour Night

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

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

For more information call Amanda at 403-283-0554 ext. 247 or email [Amanda.P@hsca.ca](mailto:Amanda.P@hsca.ca).

### WINS Thursday Social Nights

Thursdays from 6:00 p.m. to 7:30 p.m. at 10<sup>th</sup> St. WINS (325 10 St. NW)

The Women in Need Society's Family Resource Centre on 10th St. is hosting evening programming on Thursdays. Contact Michelle for more information at 403-269-4670.

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

## HSCA ANNUAL GENERAL MEETING

Whether you rent or own your home in Hillhurst Sunnyside, you're invited!

Members of the community association with current membership can vote.

All others are invited for updates.

**April 25, 2017 7:00 – 9:00 PM**

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

\*current membership is any 2017 membership purchased 30 days prior to AGM April 25, 2017.



# HILLHURST SUNNYSIDE PLANNING COMMITTEE

## Community Planning & Development Update

The Hillhurst Sunnyside Planning Committee ("HSPC") is a volunteer group that reviews many of the planning and development projects in the community. The forms (height, density, setbacks and to some extent, design guidelines) that new buildings take are guided by policy in the Hillhurst Sunnyside Area Redevelopment Plan which is available via search on [www.calgary.ca](http://www.calgary.ca).

All community residents are welcome to attend the monthly HSPC meetings, whether you rent or own your home, if you are a long-time resident, or a brand new member of our community. We would love to hear from you! HSPC meets on the second Tuesday of every month from 7-9pm here at the HSCA. **Our next meeting will take place on Tuesday March 14, 2017.** Current and past meeting agendas are available at [www.hsca.ca/](http://www.hsca.ca/) meetings.

The City of Calgary posts new development applications every Tuesday on <http://www.calgary.ca/PDA/pd/Pages/Public-notice/Planning-applications-by-community-or-ward.aspx> and puts up onsite signage as well. Residents can track new and ongoing Land Use Redesignations (rezoning) and Development Permit applications online at <https://developmentmap.calgary.ca>. If you would like to see what's happening in your area, development plans are available at the HSCA during office hours for public viewing. Please contact us at [lisa.c@hsca.ca](mailto:lisa.c@hsca.ca) first.

**Other Questions or Concerns?** Inquiries or concerns about construction, traffic, noise, safety, nuisances and other issues should be directed to the City of Calgary by calling 311. The operator will direct your call to the appropriate department and your inquiry will be logged. If the concern is parking related, please have the property owner call the Calgary Parking Authority at 403-537-7000. If you would like to contact the City's Planning Services Centre, call 403-268-5311.

## CBC Site at 1724 Westmount Boulevard NW

From November to December, the HSCA invited residents to share their vision for this large and potential redevelopment site via a community open house, email, and phone. Approximately 65 residents participated in

total – we would like to thank all those involved, including volunteers who handed out over 120 flyers in and around the area, staffed our open house and encouraged their neighbours to get involved.

The Hillhurst Sunnyside Community Association is pleased to share the results of our community engagement on the future of the CBC site near Memorial Drive between 16 and 17 Streets. Please go to <http://bit.ly/2jWLEOW> to see the materials collected so far, including the HSCA's community engagement report.

Our report has been shared with community partners, our neighbours at the West Hillhurst Community Association, the City of Calgary Planning Department, and those who have requested a copy. The HSCA will continue to work with the City to inform the eventual development of the site. Please send us an email if you would like to join the HSCA's email list for future updates.

## Truman Memorial Drive Development

This is a concurrent Land Use Amendment (rezoning) and Development Permit application from Truman Homes on the parcels at **922, 926 & 928 Memorial Drive NW**. The applicant recently hosted a development open house on January 18 – we were pleased to see involvement from residents in attendance and would like to thank neighbours who provided their feedback to the developer, the City and the HSPC.

Truman has applied to rezone the site from M-CGd72 to a Direct Control District. Additionally, the applicant seeks to amend the Hillhurst Sunnyside Area Redevelopment Plan and be able to increase the allowable height under the current Land Use District from 12 metres to 20 metres and to increase the allowable density from 7 units to 39 residential units at a Floor Area Ratio of 3.35. This development will replace three single-detached dwellings with a 5 storey single condominium building. Including the mechanical structure and rooftop amenity space, the building will be 6 storeys high.

The HSPC has sent in its feedback on the Land Use Amendment application to the City – you can view our comments at by going to our community planning news website. Please see the applicant's engagement website at [www.engagememorial.com](http://www.engagememorial.com) for more info, including the concept designs.

For more information, or if you would like to give feedback, you can contact the following:

- Applicant Team Lead, David White, [info@engagememorial.com](mailto:info@engagememorial.com) or call 587-747-0317
- City File Manager for the rezoning application (quote File No. LOC2016-0346), [Brad.Beveill@calgary.ca](mailto:Brad.Beveill@calgary.ca) or call 403-268-1735
- City File Manager for the Development Permit, or building plans (quote File No. DP2017-0232), [Shane.Gagnon@calgary.ca](mailto:Shane.Gagnon@calgary.ca) or call 403-268-8701

And send a copy to:

- HSCA Community Planning Coordinator, Lisa Chong, [lisa.c@hsca.ca](mailto:lisa.c@hsca.ca)
- Ward 7 Councillor's Office, Dale Calkins, [caward7@calgary.ca](mailto:caward7@calgary.ca)

At the time of writing, the City Planning Department will have provided their Detailed Team Review to the applicant for their response. As this application requests a change to bylaw, the City will review the application next to policy and using community input and provide their recommendation to Calgary Planning Commission. CPC will then provide their independent recommendation to City Council for the councillors' final decision. We will post the dates for CPC and Council online once the dates are known. The community has an opportunity to get involved at each stage. Please email us if you would like to receive emails on this project.

## HSCA Community Planning Online

Our Voice articles are written one month before they arrive in community mailboxes – please join or bookmark our blog-style website for more up-to-date community planning news at [www.hsca-community-planning.mightbell.com](http://www.hsca-community-planning.mightbell.com)



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

FIND SOLUTION ON PAGE 24

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# Seeking Volunteers!

## for Board of Directors

Want to get involved with your Community Association?

The HSCA Board of Directors is seeking members with background in

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

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

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

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

# Seeking Volunteers!

## for Sustainable Centre Task Force

Want to get involved in Community Development Projects?

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

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

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

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

and give us a call:

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

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

Beginning January 1, 2017 all memberships are available for purchase online at [www.hsc.ca](http://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](http://www.hsc.ca) for news and updates about this program



## Saint Patrick

**Saint Patrick** (Latin: *Patricius*; Irish: *Pádraig*) was a fifth-century Romano-British Christian missionary and bishop in Ireland. Known as the "Apostle of Ireland", he is the primary patron saint of Ireland, along with saints Brigit of Kildare and Columba. He is also venerated in the Anglican Communion, the Old Catholic Church and in the Eastern Orthodox Church as equal-to-apostles and the Enlightener of Ireland.

The dates of Patrick's life cannot be fixed with certainty but there is broad agreement that he was active as a missionary in Ireland during the second half of the fifth century. Early medieval tradition credits him with being the first bishop of Armagh and Primate of Ireland, and they regard him as the founder of Christianity in Ireland, converting a society practising a form of Celtic polytheism. He has been generally so regarded ever since, despite evidence of some earlier Christian presence in Ireland.

According to the *Confessio* of Patrick, when he was about 16, he was captured by Irish pirates from his home in Great Britain, and taken as a slave to Ireland, looking after animals, where he lived for six years before escaping and returning to his family. After becoming a cleric, he returned to northern and western Ireland. In later life, he served as a bishop, but little is known about the places where he worked. By the seventh century, he had already come to be revered as the patron saint of Ireland.

Saint Patrick's Day is observed on 17 March, the supposed date of his death. It is celebrated inside and outside Ireland as a religious and cultural holiday. In the dioceses of Ireland, it is both a solemnity and a holy day of obligation; it is also a celebration of Ireland itself.

[https://en.wikipedia.org/wiki/Saint\\_Patrick](https://en.wikipedia.org/wiki/Saint_Patrick)



## HSCA Grain Free Apple Crisp

Each week at our indoor market we stock up on a selection of fresh, crisp apples from The Apple Lady and love coming up with easy, nutritious ways to use them! This month we've made a delicious grain free apple crisp that's sweet enough to count as dessert, yet packed with health boosting nutrients like **vitamin E, essential fatty acids, fibre and magnesium.**

With a base of chopped hazelnuts, almonds and cashews baked into a crunchy crust, just add mineral rich dark maple syrup, fatty flax and coconut to create a powerhouse dessert that won't disappoint.

**Ingredients:**

**Makes approximately 6 servings**

**For the crust:**

- 1/3 cup hazelnuts
- 1/3 cup cashews
- 1/3 cup almonds
- 1/3 cup shredded coconut
- 1/3 cup flaxseed
- 1 + 1/2 tbsp maple syrup
- 4 tbsp coconut oil
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg

**For the filling:**

- 2 medium to large granny smith apples
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp maple syrup (optional)

**Directions:**

- 1) Rough chop hazelnuts, cashews and almonds
- 2) Mix together nuts, coconut, flax and add coconut oil, cinnamon, nutmeg and maple syrup
- 3) Chop apples into small pieces and place in a separate bowl. Add cinnamon, nutmeg and maple syrup and mix well.
- 4) Cover bottom of a small baking dish with apple mixture and spread nut mixture evenly on top
- 5) Bake at 375F for approximately 30 minutes (check to make sure it doesn't burn!)
- 6) Cool and serve with a dollop of creamy coconut yogurt!



ACAD student Michelle Lazo's elegant and accessible drinking fountain design was unveiled January 18, 2017

# Riley Park

## Winning Design Revealed

**Revealed: Riley Park drinking fountain design will be Reflecting Blooms**  
**Reflecting Blooms is the jury's unanimous choice.**

In a warm, entertaining, and supportive event, Michelle and her fellow student finalists learned the jury's decision.



Francesca, Kale Ann and Michelle react to the unveiling of Michelle's Reflecting Blooms as the winning design

Although only one design can be built for Riley Park, all the speakers conveyed the same messages:

**Water for Riley isn't only about a drinking fountain.** SAIT instructor Greg Ball, ACAD instructor Kerry Harmer, ACAD President Daniel Doz, Jury Chair Sally Truss, and City of Calgary representative Ron Buchan, all spoke of how Water for Riley has been a collaborative, community-building process from its beginning.

**The students learned more than how to design a drinking fountain.** The project demonstrated student engagement with design for public spaces. And, for Michelle, the learning will continue. Michelle will be involved in Water for Riley's ongoing tasks of fundraising and overseeing the engineering, fabrication, and installation of "her" drinking fountain.



Kale, Michelle and Francesca with their designs

Water for Riley congratulates all 29 SAIT and ACAD students who submitted designs.

To volunteer please call 403 862 1923. Let's discuss which Water for Riley activity is right for you.

To learn more about Water for Riley, please see [WaterforRiley.org](http://WaterforRiley.org).

To donate and help make the dream become reality, go to Parks Foundation Calgary's website ([parksfdn.com](http://parksfdn.com)). Once at the Parks Foundation site, please indicate your donation is for the Water for Riley Park project. The Parks Foundation issues tax receipts.

## Briar Hill School 22<sup>nd</sup> Annual "Recycle a Friend" Community Book Sale

Tuesday March 21, 2017  
 9:00 am to 6:00 pm

Wednesday March 22, 2017  
 9:00 am to 8:00 pm

6:00pm – 8:00 pm  
 2 for 1 Madness!!!

Donations of books accepted at the school  
 March 6 -  
 March 16, 2017



# 2017 Soccer Season Starts Soon!

Soccer is a team sport that promotes fair play and confidence while building social skills and making new friends! The 2017 season runs from mid-April to the end of June. Fees are \$75. There are various leagues available for 3 years old up to 18!

Looking to volunteer? We have numerous positions for you to assist us with. Please email Ophelia: [soccer@hsca.ca](mailto:soccer@hsca.ca) if interested. We are specifically looking for coaches for our soccer season. We offer a free Coach info night and Coaches' Clinic—so there is no need to worry about your soccer knowledge.

We are also looking for referees! This position is paid and requires only a two hour training course prior. Children 12 and up may apply. Please contact Ophelia at [soccer@hsca.ca](mailto:soccer@hsca.ca) or 403-283-0554 ext 222 for more details.

## Public Onsite Recycling

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

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

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

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



Hillhurst-Sunnyside Community Association  
 2017 Good Food Box Dates

Order <b>By Noon</b> on:	Pick Up Date: <b>Thursday</b>
Mar 10	Mar 23
Apr 21	May 4
May 26	Jun 8
Jun 16	Jun 29
Sept 15	Sept 28
Oct 13	Oct 26
Nov 10	Nov 23

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

**The Good Food Box may include:**

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

- **Jumbo Box:** Includes approximately 40 pounds of produce. Cost: \$ 35.00
- **Family Box:** Includes approximately 30 pounds of produce. Cost: \$ 30.00
- **Senior/Single Box:** Includes approximately 20 pounds of produce. Cost: \$ 25.00

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

**Lions Park denture clinic**  
 Dhiren Bharadia, Denturist  
 tel: 284-1803 / 284-1829  
 fax: 1-866-372-6948  
[accufit@telus.net](mailto:accufit@telus.net)  
 Lions Park Professional Building 1521-19 St. N.W., Calgary, AB T2N 2K2



"Come visit us for all your Art Supply needs!"  
**10% Discount for Students & Seniors**  
 132 10th St. NW 1 and 1/2 blocks south of  
 403-475-0608 Sunnyside Station



**Jenny Li Physiotherapy**  
 Sports injuries • Whiplash • Neck/Back Pain  
 Motor Vehicle Accident (MVA)  
 Nerve Impingements • Sciatica  
 Arthritis • Sprains and Strains  
 Concussion • Dizziness  
 Located at TRU Therapeutics  
 502 - 25 Ave NW (at 4 St)  
 403-477-2243 • jenny@jennyliphysio.ca

Hillhurst-Sunnyside  
**mybabysitterlist**

Name	Age	Contact	Course
Luc	14	587-435-3896	Yes
Elizabeth	15	587-227-7098	Yes
Jake	15	587-832-3005	Yes
Millie	16	403-262-2272	No
Grace	17	403-604-4366	No
Teaghan	19	403-560-0238	No
Erika	19	403-402-3060	Yes
Briana	22	403-401-5571	No
Jordan	26	403-969-0165	No
Debbie	58	403-909-9382	No
Ann	66	403-270-7738	No

**Calling All BABYSITTERS**  
 Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and  
 choose the Calgary communities  
 you would like to babysit in.

**Calling All PARENTS**  
 Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).



# Is Our Investment in Daylight a Rip-off?

by Vanessa Gillard

Daylight saving time is a bit of a contentious topic in some circles. It is always a bit of a pain to reset the stove or coffee maker and if you have kids it's a new bedtime routine struggle all over again, twice a year. Likely no one has avoided a schedule mix-up or a tardy appearance due to this bi-annual occurrence, but the advent of the smart phone and other smart home technologies, which change the hour difference automatically, has perhaps alleviated many of those spring and autumn woes for the most part.

On its face the purpose of daylight saving time (DST) is to give us more light and time in the day to get things done; human beings tend to operate better during daylight hours and certainly many appreciate the opportunity to take in a little more vitamin D, particularly during our long Canadian winters. But the origins of DST are actually a little more pragmatic than simply avoiding seasonal affective disorder.

Benjamin Franklin first suggested the concept in 1748 and found it was met with little enthusiasm at the time, but a couple hundred years later, during WWI, the con-

cept was popularized among Germans to save precious coal during that age of austerity. The concept quickly caught on and made it to some Canadian cities as early as 1916, though there has never been a consensus on whether the practice is useful or not, and Saskatchewan has never been on board.

The ever-efficient Germans introduced DST to reduce fuel cost. The gain or loss, respectively, of that hour was intended to lower use of artificial lighting and heating in the evening, but it's debatable how much was saved, as more was often needed in the morning anyway. A little over a century later the reports of heart attacks, road related accidents, and even spikes in suicide rates following DST have not made much of an argument for the century-old tradition, and the amount of light many Canadians see the next day can be negligible.

It would seem there is little in the way of reason to explain this circadian rhythm disruptor to the average person in 2017, but most Canadians will dutifully set their clocks forward on March 12<sup>th</sup> this month, like it or not.



**CLIMB  
 FOR WILDERNESS**

**SATURDAY, APRIL 22, 2017  
 THE BOW BUILDING**

**CLIMB  
 1188  
 STAIRS**

SUPPORTING THE  
**ALBERTA  
 WILDERNESS  
 ASSOCIATION**



[climbforwilderness.ca](http://climbforwilderness.ca)

# SENIOR SYNERGY

## I WOULD LIKE YOUR INPUT TO NEW PROGRAMMING AND/OR SUPPORTS FOR SENIORS AND CAREGIVERS IN HSCA

Help me to develop a community based focus for seniors in our community that will help address your needs. Ever said, "I wish we had...", "it would be nice if...", "Why can't we..." or had other such thoughts? Then I would like to hear from you.

I would like to explore the possibilities, but as this is for the seniors, caregivers and other community members, I need to hear from you so that I can be sure I am on the right track and addressing what you think is important. We will probably not be able to address all the needs, ideas and concerns right away, but if we can put a dent in what you think we need, that will go a long way towards supporting our senior population.

Start thinking about and jotting down your ideas. I will set up some dates in the coming months to get together for feedback and to further explore possibilities.

If you would like to volunteer to help with surveys, program planning, support etc. Let me know.

Send me an email with thoughts, concerns or your willingness to help take part. Contact me at [debbie.o@hsc.ca](mailto:debbie.o@hsc.ca) I look forward to connecting with you.

Seniors call me (403 – 283 – 0554 ext 224) to talk about what you would like to see. Never asked me before, now's the time

Caregivers of seniors call me or send me an email.

Write me a note and drop it in my mailbox in the front office.

**This is for our community. Be a part of the process and be heard. Call me, drop me off a note or send me an email, I want to talk to you.**

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 will be back on 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**

*~continued next page~*

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.

## Community Arts & Activities Centre

Fun stuff for the whole family!

Check out what's on at:

[ecspaces.com](http://ecspaces.com)

Mayland Heights  
1709 8th Ave NE  
403-228-1384

evergreen  
community  
**SPACES**  
arts, activities & events

Calgary



## Always bundle your plastic bags before recycling

Loose plastic bags cause problems at the recycling facility. They fly around, become stuck in other recyclables, jam equipment and cause costly delays.

Bundle your plastic bags into a single bag before putting in your blue cart or community recycling depot.



MX 419706

# Norfolk Housing Association Bob Ferguson



On January 18<sup>th</sup>, 2017 Norfolk Housing Association and the community of Kensington lost a beloved resident, friend, and community supporter. Bob, who is responsible for the beautiful murals you see along our main building as well as some of the paintings inside the buildings and main office, passed away peacefully in his home.

His family held a memorial service or – as they preferred it be known – a party, celebrating Bob’s zeal for life at the Plaza Theatre. A video played on a loop showcasing many photos of Bob and his beloved family over the years, set to the tune of some of his favourite songs, and including one small video where Bob plays an outdoor piano and can be heard singing “I am so happy right now, I love life in this moment, I am so grateful” (paraphrased from memory). They brought all of Bob’s favourite snacks and shared them with everyone – it was open to all, just as Bob had always been, and the perfect send-off according to anyone who knew him well.

Bob started as an artist at the young age of 16 in Southern California, working for Lewis Berber as a production artist. The artists were responsible to paint anything they were assigned (a cabin, a tree or mountain scene, etc) in six minutes. SIX! Bob credited this experience to his diversity as an artist and also his quick precision. His paintings were sold to Eatons, Simpsons, and other big store chains. Bob even met Andy Warhol during this time! Prominent artists were always passing through, selling a design that the production artists would replicate over and over and over...

Throughout the '70s Bob continued his work as a production artist while raising a family and eventually branched out into selling his own work and moving back to Canada, where he sold to galleries and toured malls. He had many an interesting story to tell you...including an incredible meeting with Charlie Manson not long before he and two others were accused of murder. Those of us who had the pleasure of knowing him will treasure those memories and stories and Bob will live on through them.

Bob is survived by his ex-wife and childhood friend, and their two children and five grandchildren. The pair could often be seen puttering around the community together, running errands and lending a helping hand to others. When his car was running, Bob was always offering his neighbours rides to appointments or the grocery store whenever possible – the true embodiment of community spirit. This year Bob had hoped to be able to offer free art classes at nearby associations and was always looking for a new way to lend a hand, share his knowledge, and inspire people to create. He was constantly committed to giving back and sharing his skills, improving the lives of everyone he came into contact with.

To honour Bob, Norfolk Housing Association and the Kensington BRZ hope to continue with the murals and to incorporate an homage to Bob within them. We will share more about that in the spring.

We are so grateful to have had someone so committed, warm, and generous as part of NHA. You are already so missed, Bob. Rest in peace dear friend.

Overwhelmed? Stressed Out?  
Running on Empty?



You could use some

*Courageous Self-Care*

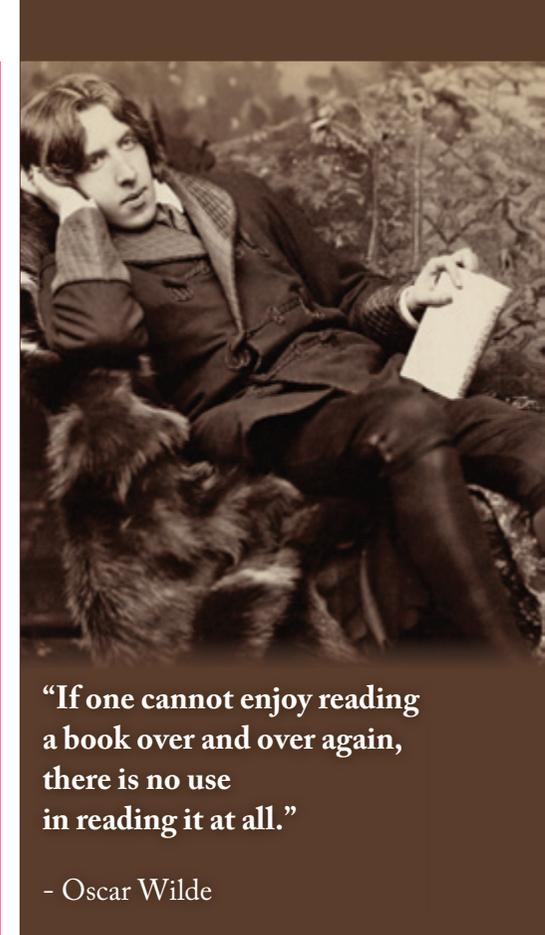
[ beyond bubble baths, chocolate and wine ]

Join Professional Speaker, Christina Marlett,  
at her upcoming talk

**How to Ease the Guilt, Tame the  
Critic & Find Time for You**

Thursday, March 9 7-9pm  
Hillhurst Sunnyside Community Association

Make it a Girls' Night Out with a Difference  
Tickets at <https://CourageousSelf-CareTalk.eventbrite.ca>



**“If one cannot enjoy reading  
a book over and over again,  
there is no use  
in reading it at all.”**

- Oscar Wilde



## We want to hear from you!

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

If you are interested in getting involved in this work in some way, please get in touch. We will be looking for vol-

unteers to help with the following:

- Door knocking (approximately March-May)
- Verifying the wording of our questions (March)

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

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

**A Geoscience Outreach Exhibition**

- ✓ OPEN TO THE PUBLIC
- ✓ FAMILY FRIENDLY
- ✓ HANDS ON EXPERIENCE
- ✓ FREE ADMISSION

March 19-21, 2017

Big Four Building  
Stampede Park

Sunday, March 19  
11:30 am – 5:00 pm

Monday, March 20  
8:45 am – 2:45 pm

Tuesday, March 21  
8:45 am – 2:45 pm

Earth Science for Society (ESFS) is a fun, educational, and dynamic geoscience outreach event in which students, families, youth groups, and the public are given an opportunity to explore Earth Science fundamentals. Visitors will enjoy a variety of interactive activities, including gold panning and a fossil hunt.

- Panning for Gold with Yukon Dan
- Fossil Station
- Scavenger Hunt



Join us on Sunday March 19<sup>th</sup>, when the Geo-Theatre will showcase a variety of Geoscience talks including 'Pluto Revealed' and 'Cruising the Arctic – A Voyage Through Time and Change'

For more information visit [www.esfscanada.com](http://www.esfscanada.com)

Hosted by:  
**CSEG Foundation**  
CANADIAN SOCIETY OF EXPLORATION GEOPHYSICISTS



**BRAIN GAMES SUDOKU**

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

**FARMERS' MARKET**

**INDOORS**  
3PM-7PM  
**WEDNESDAYS**  
**LOCAL VENDORS**  
HOT FOOD & LIVE MUSIC



**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, climate, or style. Highlighting smaller, artisanal producers making unique, reasonably priced (under \$50 retail) wines, whilst demonstrating careful earth stewardship.

**2015, Conterno-Fantino, Barbera D'Alba, (C-F Barbera)**  
Monforte – Alba, Piedmont, Italy

**ABOUT THE MAKER:** Established in 1982 as a joint venture, the grape growing Conterno family of the northern Italian town of Monforte, merged efforts with the nearby winemaking Fantino family. What began as a merger of convenience has become a 45-year story of vision, cooperation and success.

**ABOUT THE MAKING:** *C-F Barbera* is blended from the harvest of five select hilltop vineyards in the Ginestra area at the base of the Italian Alps. Here, select low-yielding vines, grown in windy conditions, are harvested late (October) and fruit intensely flavoured grapes; producing a wine of depth, complexity and length. Winemaker Fabio Fantino adds character, subtlety and depth by ageing *C-F Barbera* in the once-used French oak of his Barolo vineyards.

**ABOUT THE WINE:** A dark ruby appearance, this wine features a nose of herbs, leather and dark cherries. Fuller-bodied than many Barberas, *C-F's* luscious mouth combines ripe cherries and bramble fruits. The long, acidic palate morphs into grippy tannins, making it well suited to pairing with food or laying down for years to come.

**ABOUT SUSTANABILITY:** Certified organic.

**ABOUT AGEING:** 15-20 years.

**ABOUT PAIRING:** Cries out to be had with first-course pasta (squash/cheese ravioli), risotto, or hearty meat-stuffed peppers in tomato sauce.

**ABOUT DISTRIBUTION:** Check [liquorconnect.com](http://liquorconnect.com) (call the listed store to confirm availability).

CSPC # 704504

**ABOUT PRICE:** \$45

*One of the biggest challenges of mental illness is feeling alone.*

*With SupportWorks, it doesn't have to be.*

We host weekly drop-in peer support meetings throughout Calgary to help people living with:

- Depression
- Anxiety
- Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Bipolar Disorder

For more information on meeting times and locations, visit [SupportWorks.ca](http://SupportWorks.ca)



**FOOTWORKS REFLEXOLOGY SERVICE**

If you suffer from stress or chronic health issues, you should try reflexology. It is a relaxing therapy which help to reduce stress and promote health recovery

HAPPY = BETTER HEALTH

**TONY TSANG**  
Certified Reflexologist, Acupressure Therapist

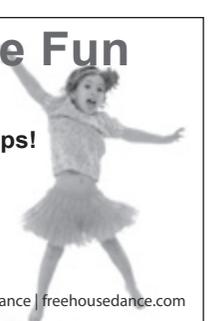
**(403) 617-6838**  
Mobile Service Available

**Summertime Fun**

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

**free house dance plus**

@freehousedance | freehousedance.com





## Is your Child Ready for Preschool?

Having a new baby is such a joyous time, full of so many milestones – the first snuggle, first solid foods, first steps, first class... As your child grows from being a toddler to an energetic three year old, you may be considering sending him/her to preschool for the first time. But how do you know they are ready? Here are a few things to consider in the decision:

- Is your child **independent**? Putting on a jacket by themselves, going potty on their own, having a snack or washing hands are all examples of independent behavior age appropriate for a 3 year old. Also consider the time they have spent apart from you and whether preschool is something they would be comfortable doing independent of their parents.
- Is he/she ready to **participate** in a group? While children at this age are still engaging in “parallel play” (play along-side another child), your child may be showing social signs where they want to play with other children. Many preschool activities allow children to participate at the same time, allowing them to interact and learn together during things like circle time and interactive centers
- Is your child able to keep a **regular schedule**? Many children feel most comfortable when they keep a predictable routine. Similarly, preschools usually follow an active schedule so that children know what to expect during their time there - establishing one beforehand will make the transition easier.
- Is your child **inquisitive**? Has he/she started questioning the world around him? As your child grows, so does his/her brain and how it's able to process new details and knowledge.
- As their curiosity grows, preschool can be a great tool to seek new information and support your child's cognitive development.
- What are **your reasons** for preschool? Whether it's to give yourself a few hours of extra time per week, pre-

pare your child for school or to give him/her an outlet to explore, think about why you wish to send them to preschool. While it does allow your child to expand their social horizons and learn new things in a positive, caring environment, it is not the only option (ex - care from relatives, play dates, organized activities) Before making any decisions, remember that you don't need positive responses to all of these questions to determine “preschool readiness”. Many items like socialization, routine, cognitive development and physical fitness can also be learned within the classroom when the school year begins.

When you are ready, please consider your local West Hillhurst Community Preschool. WHCA 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](http://www.westhillhurstpreschool.com).



## 2016/2017 SCHOOL YEAR CLOSURE DATES

### 2017

<b>Monday, January 2</b>	Closed in lieu of New Year's Day
<b>Monday, February 20</b>	Closed for Family Day
<b>Friday, April 14</b>	Closed for Good Friday
<b>Monday, April 17</b>	Closed for Easter Monday
<b>Friday, May 5</b>	Closed for Samaritan Sale
<b>Monday, May 22</b>	Closed for Victoria Day
<b>Monday, July 3</b>	Closed in lieu of Canada Day
<b>Monday, August 7</b>	Closed for Heritage Day



## Hillhurst School

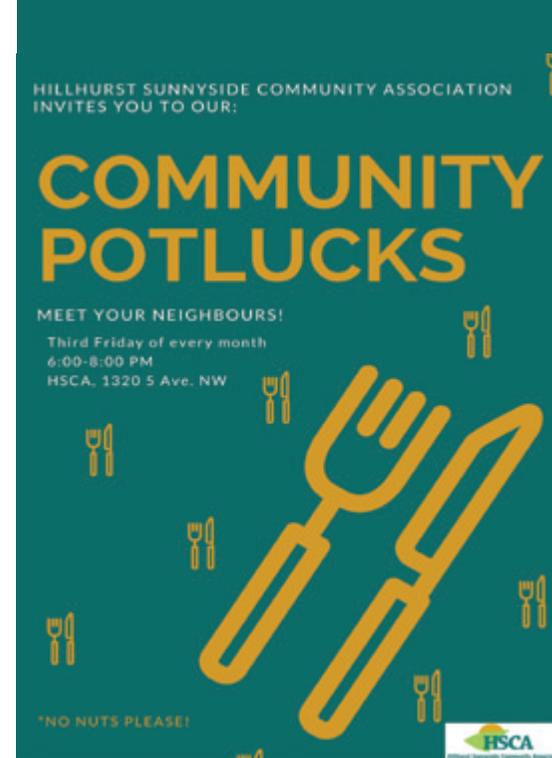
We are so fortunate here at our small community school to have a truly mindful, engaged and devoted staff of educators, administrators and support staff. In conjunction with students, parents and community innovators, Hillhurst School has, over the last few years, taken on an inspiring array of projects and initiatives. This includes, to name just a few, our student opera, Field of Crosses volunteerism, the development of our Maker Space, Take Me Outside Day, Giving Day, Tsuu T'ina classroom exchanges, Marathon Club and Dare to Care workshops.

The entire school community has benefited from these endeavours and from the guidance and encouragement of our principal, **David Ball**, whose incredible leadership and wholehearted commitment to expansive, meaningful learning experiences has opened all our minds and hearts.

Mr. Ball is now leaving Hillhurst School, having accepted the principal position at John Ware Junior High School. We are sincerely and immensely grateful to him for his focused, enlightened and inclusive approach to education, and for his desire to build a strong and understanding school community. He insisted on a school environment where no child was left out or left behind, where ideas were heard and celebrated, and where everyone was encouraged to be true to themselves. We know he will do great things at John Ware, and we will miss him very much. He arrived here wanting to make a difference, which he most certainly did, and he has inspired all of us, in all things, to do our very best.

**Dare to Care** workshops were held at our school in January, for both students and parents. Dare to Care is a school-based program that teaches anti-bullying strategies, problem-solving, open parent-child communication, and how to build a **caring majority** within the student population. Students came away from this workshop highly motivated to implement courage and compassion, and parents were reminded of their vital role in fostering resiliency in their children. Many thanks to Kim Edwards for her thoughtful, humorous and honest presentation.

Further to this theme, Hillhurst School will partake in **Pink Day** on February 22, which was originally conceived in Canada by students in Toronto, who wished to stand in solidarity with fellow-students who were being bullied for wearing pink. It is heralded as an anti-bullying day, but we have tweaked it at our school to be, primarily, a day of inclusion, understanding and positive messaging. Accepting and encouraging the inclusion of all people is critical to healthy and happy communities, and is a positive lifelong goal. If you see our students decked out in pink, you'll know why!



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Even during the current economic downturn, interest in new infill housing remains strong. While housing development brings investment and new families into our neighbourhoods, there are often challenges that come with construction.

Some of the most common calls to our office from communities experiencing redevelopment are about public property damage, noise, and unkempt sites during construction. While we have bylaws to deal with noise and site conditions, damage to public property is usually discovered after the fact.

The costs are significant. When we added up the damage to public trees, sidewalks, laneways, and roadways, we discovered there was an average of \$163 in tree damage and \$1,391 in concrete damage per infill site. Historically, The City has been on the hook for covering the costs. Between 2011 and 2015, contractor damage to public property cost Calgarians over \$9 million.

This is why I put forward a motion to Council to ensure that contractors, not Calgarians, are responsible for covering all the costs of property damage. We are already seeing improvements and responsible contractors are working to prevent damage in the first place. The City's new strategy has three parts:

- Increase oversight of construction sites and work with the construction industry to improve behaviour.
- Encourage all citizens and City employees to use the 311 service to track and measure damage.
- Require pre- and post-construction photographs of nearby City property including trees, sidewalks, laneways, and street signs. Please note: Similar documentation can be used to protect your own property if you live beside or behind a construction site.

This work will help save Calgarians millions and encourage infill developers to be good neighbours. You can help by reporting damage and other infill concerns. If you see unsafe construction sites, unkempt sites, noise bylaw violations, or property damage, please call 311 or report online at [www.calgary.ca/311](http://www.calgary.ca/311).

## What's Your Excuse?

If you needed a life-saving organ or tissue transplant, would you expect our healthcare system to do everything possible to make that a reality and save your life? Of course you would.

However, the real reason you likely would not get that life-saving operation is because there is a shortage of organs in Canada ... well, not the organs, but the donors.

There are 4,600 Canadians in need of a transplant and hundreds of those will die this year waiting for a one. Shockingly, only 8% of adult Albertans are registered to donate their organs. (In Ontario, 29% are registered!)

We don't have a lack of healthy organs in Canada, but we do have shortage of people willing to donate them.

As one eight year-old girl recently said to me, "Why wouldn't you donate your organs? What are you going to do with them after you die?"

Is it fair not to offer your organs for donation, but expect others to donate to you if you need a transplant? That's a question only you can answer but I am a firm believer in the Golden Rule.

I will continue to encourage Canadians to register to be an organ donor. My proposed legislation would make registering to be a donor easier by allowing people to register as an organ donor through their tax return.

Research shows that 90% of Canadians support organ and tissue donation and yet only 24% have taken the time to register as donors. In real numbers, we have 2.84 million willing donors and the potential to increase that to 11.74 million.

Registering is only half the process, as you need to also discuss your wishes with your family. Sadly, many families overrule those wishes upon death. It is estimated that 10% of registered donors have their families veto their wishes. Imagine how many lives could have been saved.

It is critical that you discuss your intentions with your family and let them know you really do want to save another life when you have the opportunity. The life you save could end up saving theirs one day.

Registering is easy. Just visit [www.lenwebber.ca/donate-today](http://www.lenwebber.ca/donate-today) and follow the link to the Alberta registry.

While some have legitimate reasons why they cannot donate, most simply have an excuse. What is yours?



## CALGARY POLICE SERVICE

# Changes to Calgary's Alarm Bylaw

The Calgary Police Service and The City of Calgary have revised the current Alarm Services Bylaw, changing how officers are dispatched and introducing paid, annual alarm permitting.

As of Sunday, Jan. 1, 2017, you'll need an alarm permit in order for police to attend your location for an alarm call. Annual permitting ensures we have the most up-to-date and accurate information about your location and can attend in a timely manner. Permits are \$15 for residences and \$20 for businesses, and are subject to an annual renewal. For any existing permit holders renewals will begin in July 2017. Premise owners will be contacted two months before their permit needs to be renewed and new permit holders will pay when they apply for a permit.

This spring, the false alarm penalty fee structure will also change. More than 75 per cent of alarm users only have one false alarm each year; CPS used to charge \$75 for each false alarm. With the new fee structure, the first false alarm is free. The second false alarm will be \$75, with an escalating scale for additional alarms to a maximum of \$625 for 10 or more alarms in any 12-month period. This is intended to hold alarm systems users more accountable to properly manage their systems.

Police are making these changes to reduce the amount of false alarms we respond to each day. Before initial changes to dispatch criteria were made, police were responding to approximately 45 alarm calls every day; 96 per cent of those calls were false alarms.

In May 2016, Calgary police changed the requirements so that two or more alarm zones within a location need to be activated and that at least two key holders must be called by the alarm company prior to police being dispatched. These changes alone have reduced the number of dispatched alarm calls by 54 per cent, better ensuring that police resources are available to respond to priority calls.

It is important to note that police will continue to respond to any panic, duress, or hold up alarms, confirmed criminal activity, public safety concerns, and verified alarm activations.

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