

MAY 2017

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



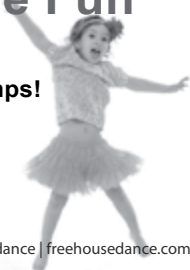
**OUTDOOR FARMERS'
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Small yoga classes and workshops in West Hillhurst that specialize in women's health in all reproductive stages of life. Taught by a Registered Nurse and YAA certified Yoga Teacher. Upcoming 3 hour workshop intensives for painful menstruation, pelvic floor health, postures & breath work for childbirth, postpartum practice, bone health, and hormonal balance. No yoga experience is necessary.

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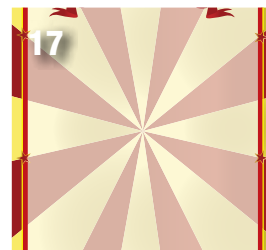
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HILLHURST-SUNNYSIDE COMMUNITY ASSOCIATION

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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

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

Upcoming Events

- Samaritan Sale**
May 6, 9am-1pm
- H-S Planning Committee Meeting**
May 9, 7-9pm
- Rocky Mountain Folk Club**
May 12 Doors @ 7:30pm
- New Age Fair**
May 13, 10am-4pm
- Opening Outdoor Farmers' Market**
May 17, 3-7pm
- Community Potluck**
May 19, 6-8pm
- Closed for Victoria Day**
May 22
- Comic Fair**
May 27, 10am-3pm



NEW! **2017 HSCA Membership**

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

HSCA Membership benefits:

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

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

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

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

Do you live in Hillhurst or Sunnyside?

We want to hear from you!

To complete a short online survey visit



www.hsca.ca/survey/

To 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 2016 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 complete the survey or set-up a time for an in person 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!

Survey respondents will have the chance to win a gift certificate for a local business.

Help us plan the future of your community association.



PLANNING COMMITTEE AND DEVELOPMENT UPDATE

The **Hillhurst Sunnyside Planning Committee** or “HSPC” is a group of dedicated volunteers that works to respond to development applications, policy initiatives and communicating the community’s vision through the **Hillhurst Sunnyside Area Redevelopment Plan** or ARP to our partners at the City of Calgary and to developers and decision-makers at City Council. The ARP helps guide redevelopment and was arrived at after a multi-year community consultation and the desire to accommodate inner city growth while preserving the community character of our historic neighbourhood.

Our meetings are scheduled for the second Tuesday of every month from 7-9pm at the HSCA. Our next meeting will fall on **May 9th, 2017**. All residents are welcome to join or sit in as guests to learn more about what is happening in our vibrant and engaged community. Go to www.hasca.ca/meetings to find a copy of the agenda a few days before our meetings or to read past minutes.

Connect with Us

For more up-to-date news, please check out or join the HSCA Community Planning website at <https://hsca-community-planning.mn.co>, sign up for our e-newsletter at www.hasca.ca, and social media to receive updates and get involved with the various planning projects in your area.

Development plans are available at our front desk during office hours. You can also send an email to Lisa Chong, Community Planning Coordinator at lisa.c@hsca.ca or call 403-283-0554x229. City-related concerns should be directed to 311. Parking concerns should be directed to the Calgary Parking Authority at 403-537-7000.

Planning and Development Updates

Russell RED | 916-926 2nd Avenue NW | LOC2017-0091

Russell Real Estate Development has submitted a new development application to the City Planning Department for the site which is currently occupied by 5 single detached dwellings, east of the Vendome Café. The developer seeks to increase the allowable height to allow for a 20 metre building with setbacks (the same height as Bucci’s “The Kensington” building at 303 10 Street). The applicant is also seeking a Floor Area Ratio of 3.5, which will add 79 new units. The applicant will also seek an ARP amendment; the ARP allows for 16m buildings

with a Floor Area Ratio of 2.5 in the area. Because this requires a change to bylaw, the City Council has the final decision. A Development Permit (DP, or plans for the building) is expected in a couple months.

At the time of writing, an open house has been scheduled for April 13 - please go to www.2AveNW.ca for details. If you would like to send comments or have questions for the City and developer, please contact Jordan.Furness@calgary.ca and jennifer.dobbin@me.com. You can also copy us at lisa.c@hsca.ca and Councillor Farrell’s office at caward7@calgary.ca.

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

This is an active rezoning application to increase the allowable height and density from 16m and 2.5 FAR to a 26m or 8-storey building and a 5.0 FAR with ~70-90 condo units. The developer intends for the new building to front both the alley and onto Bow to Bluff, a community parks improvement project parallel to the C-Train tracks (the B2B project is restarting soon). This application is expected to go through the planning process and will require approval from Council. A DP will be submitted soon after. Please send us an email if you would like to get involved with this project. Visit www.mintoengagement.com for details.

Westmount Projects | Former Salvation Army Church site at 1705 Westmount Road NW | LOC2017-0312

Last December, a rezoning application was submitted to change from M-CGd72 to M-CGd111. This increases the allowable density on the site from 8 units to allow for a condo building containing 13 units. Many affected neighbours were involved with the planning process and stated their concerns. The prior DP for three buildings (at 12m/four storeys) with 8 units has been inactivated by the City. The developer cannot submit new building plans with 13 units until Council approves the current rezoning application.

The City Development Authority is recommending approval to Calgary Planning Commission (date set for April 20) and will move forward for City Council’s final decision on June 12th. Please send us an email if you would like to get involved (such as if you would like to submit content for Council or speak at the public hearing).

Other Active Development Proposals

- **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.
- **Sunnyside Triangle Site:** City of Calgary’s affordable/ mixed market housing development at 1020 2nd Ave. Info at <http://www.calgary.ca/sunnyside-triangle>.
- **Truman Memorial Drive project:** new 5-storey condo at 922, 926 & 928 Memorial Drive – see www.engagememorial.com for details.
- **Bookmark the City of Calgary’s Planning and Development Map at calgary.ca/pdmap to find information on current major rezoning and development applications in your area.**

GRACE HOSPITAL REDEVELOPMENT

Checkout the website for upcoming updates and a public open house date.

Become reintroduced to this exciting project!

www.gracehospitalredevelopmentsite.com



Bowview Pool

Bowview pool is now starting to book pool rentals for the summer! Rental times are available on Saturday mornings from 9-noon and Friday, Saturday and Sunday evenings from 8-10 pm. Please note, that this year bookings will be capped at 50 participants. Inquiries for bookings exceeding 50 people should be made directly to the pool manager. Bookings fill up quickly, so anyone interested should check out our website, read our rental guide, at <http://hsca.ca/bowview-swimming-pool-3/> act now to secure your booking! Contact the pool manager with any questions.

Swim Lesson registration is now online, for all levels from parent and tot to Red Cross Swim Kids 10, leadership courses and private lessons! Registrations will all be done online this year. Spaces fill up quickly, so sign up soon! Please read the lesson registration guide prior to booking at <http://hsca.ca/swimming-lessons/> Any questions can be directed to the pool manager.



Name	Age	Contact	Course
Luc	14	587-435-3896	Yes
Eva	15	403-560-1658	Yes
Jake	15	587-832-3005	Yes
Millie	16	403-262-2272	No
Grace	17	403-604-4366	No
Erika	19	403-402-3060	Yes
Teaghan	19	403-560-0238	No
Briana	22	403-401-5571	No
Jordan	26	403-969-0165	No
Debbie	58	403-909-9382	No
Ann	66	403-270-7738	No

Calling All BABYSITTERS

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

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

Get Involved! FREE Community Programs and Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 4:00 to 6:00 p.m. Fresh Food Basket HSCA 1320 5 Ave NW	2 7:15 to 8:45 p.m. Drop in ESL Club HSCA 1320 5 Ave NW	3 6:00 to 8:00 p.m. Neighbour Night HSCA 1320 5 Ave NW	4 6:00 to 8:00 p.m. Neighbour Support Network CHC 325 10 St. NW	5
8 4:00 to 6:00 p.m. Fresh Food Basket HSCA 1320 5 Ave NW	9 7:15 to 8:45 p.m. Drop in ESL Club HSCA 1320 5 Ave NW	10 6:00 to 8:00 p.m. Neighbour Night HSCA 1320 5 Ave NW	11 6:00 to 8:00 p.m. Neighbour Support Network CHC 325 10 St. NW	12
15 4:00 to 6:00 p.m. Fresh Food Basket HSCA 1320 5 Ave NW	16 7:15 to 8:45 p.m. Drop in ESL Club HSCA 1320 5 Ave NW	17 6:00 to 8:00 p.m. Neighbour Night HSCA 1320 5 Ave NW	18 6:00 to 8:00 p.m. Neighbour Support Network CHC 325 10 St. NW	19 6:00 to 8:00 p.m. Community Potluck HSCA 1320 5 Ave NW
22 VICTORIA DAY	23 4:00 to 6:00 p.m. Fresh Food Basket HSCA 1320 5 Ave NW 7:15 to 8:45 p.m. Drop in ESL Club HSCA 1320 5 Ave NW	24 6:00 to 8:00 p.m. Neighbour Night HSCA 1320 5 Ave NW	25	26
29 4:00 to 6:00 p.m. Fresh Food Basket HSCA 1320 5 Ave NW	30 7:15 to 8:45 p.m. Drop in ESL Club HSCA 1320 5 Ave NW	31 6:00 to 8:00 p.m. Neighbour Night HSCA 1320 5 Ave NW		For more information contact Amanda at amanda.p@hsca.ca or 403-283-0554 ext. 247.

Community Potluck

Friday, May 19 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.

Neighbour Support Network

Thursdays, 6:00 p.m. to 8:00 p.m. at Calgary Housing (325 10 St. NW)

Join us for snacks and conversations! 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!

Neighbour Day 2017 – Save the Date!

Mark Saturday, June 17 in your calendar! Hillhurst Sunnyside will once again be celebrating our neighbours with an afternoon of food, music, and of course lots of kids' activities! More details to follow – so stay tuned.

Pathway and River Cleanup volunteers needed!

The 50th annual **Pathway and River Cleanup** will be held **Sunday May 7, 2017, from 9 am - 12 pm (ish)**. Hillhurst Sunnyside Community Association will once again participate in this City event by getting a volunteer group together. We're looking for around 30 volunteers to help out. Here are the details:

This one day City of Calgary event engages hundreds of local volunteer groups to participate to remove accumulated litter along designated pathway areas. Garbage bags and an orientation are included.

What: Volunteer to help clean the river pathway adjacent to Hillhurst Sunnyside of litter. This year's location – **TBD**

When: **Sunday, May 7, 2017, 9 am - 12 pm (weather permitting)**

Where: Meeting place - Poppy Plaza, Memorial Dr. & 10 St. NW

Who: YOU (and any of your friends, family, neighbours)

- Age 12 years and older.
- Youth ages 12 - 16 must be accompanied by a parent or guardian.*
- Physically fit and willingness to get dirty.

Why: A good deed, fresh air, exercise, fun, meet new people and / or your neighbours

To volunteer or for more information, please email Maria L at ideahamstergirl@gmail.com.



Bow to Bluff Outdoor Open House

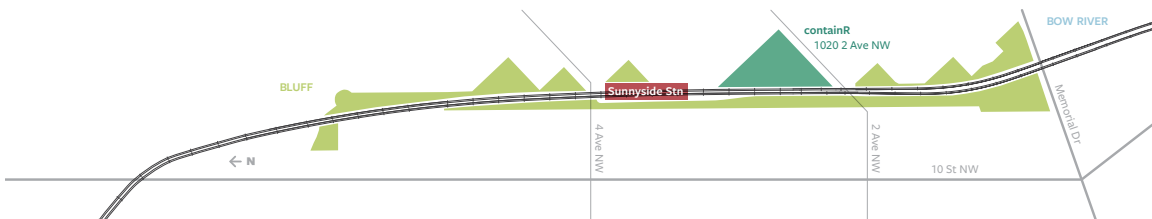
Saturday May 27 | 9am – 5pm
containR | 1020 2 Ave NW | Sunnyside



Share your ideas with us to launch the new phase of design!

The Bow to Bluff public realm plan will guide redevelopment of the corridor along the Sunnyside CTrain line. This project will use your feedback to design a unique space that will help connect neighbours, celebrate arts, and build a strong and vibrant community.

For more information visit calgary.ca/bowtobluff



SENIOR SYNERGY

TURNING 65?

If you are approaching 65 at some point in the next year or so, here is some helpful information. The federal and provincial government suggest strongly that you start the process at least six months before your 65th birthday. The Federal programs are Canada Pension Plan (CPP), Old Age Security (OAS) and Guaranteed Income Supplement (GIS).

Provincially you should receive a Senior's Financial Assistance application package three months before you turn 65. If you do not receive it, contact Alberta Senior Supports. The one application provides access to Alberta Seniors Benefit, Special Needs Assistance, Dental and Optical Assistance and more

When you reach 65 you and all eligible dependents automatically qualify for premium-free Alberta Blue Cross coverage. Use the following contacts to learn more:

- Federal Programs and Supports: Service Canada
1-800-277-9914 / www.canada.ca
- Provincial: Alberta Supports Contact Centre
1-877-644-9992 / www.albertasupports.ca
- Alberta Blue Cross
1-800-661-6995 / www.ab.bluecross.ca

These processes can take a long time, so don't put it off. Being prepared means a smoother transition when you turn 65.

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.



Hillhurst-Sunnyside GOOD FOOD box

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

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

The Good Food Box may include:

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

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

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

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

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Samaritan Club of Calgary

Spring Super Garage Sale **ALERT!**

The new date for our spring sale is Saturday MAY 6, 2017 - 9:00 am to 1:00 pm at HSCA, 1320 – 5 Ave NW.

Find and buy art, jewellery, collectibles, household goods, clothing for all, tools, toys, books, and much, much More. Bargain pricing. All proceeds to Calgarians in need.

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NEIGHBOUR DAY PARTY

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- ★ Talent Show Open Mic Hosted by the Sadlier-Brown Band
Register: gerald.wheatley@gmail.com
- ★ Baby and Toddler Racing
- ★ Bring your Patio Furniture and Make Yourself at Home!



In Memory of Ben Davenport

On March 3rd, 2017 Hillhurst Sunnyside lost a dear neighbour and friend. Ben has been a fixture in and around Hillhurst Sunnyside community for years, often spotted deep inside a book, or growing food in his beloved community garden.

Much loved oldest child and friend of Peter and Francesca Davenport, Ben started playing cello at the age of 5 at St. Teresa's School, Mundy Pond (St. John's), and at Trinity College School in Ontario, where he also played trumpet.

He entered Memorial University School of Music at the age of 15 to study cello performance, with external semesters at the Guildhall School and City University in London UK. He was one of the original members of the Newfoundland Symphony Youth Orchestra and National Youth Orchestra of Canada. He and his mother often performed together, most memorably a piece by Peter Racine Fricker entitled "Arguments for Bassoon and Cello" recorded on the last day of his teen years during a June snow dump in St. John's. Ben also played with the Newfoundland Symphony Orchestra, the Terra Nova Chamber Players, and the Acquaintance Ensemble with whom he recorded a CD in 1990.

Ben's other passion in life was justice and he worked for several years in the legal profession in St. John's and Toronto before changing course and becoming more engaged with the arts once again. Ben moved to Calgary in 2000. He was the first artistic director of the ProArts Society at the Cathedral Church of the Redeemer, where he also sang in their choir for several years. He was a freelance cellist, playing in several ensembles including the Symphony of the Kootenays, the Calgary Civic Orchestra and the Bach Festival Society. In the months before his death he played in a memorable performance of Mahler 2 and in Bach's 3rd Brandenburg concerto. He was a member of the IATSE local and worked on many artistic productions.

Ben's loves included gardening, especially growing organic vegetables, reading everything and anything he could get his eyes on, cooking, eating, and family. His sense of humour was unique and extremely enjoyable. He volunteered with the Red Cross, Inn from the Cold and many other charities. For the past year, he volunteered extensively with the Hillhurst Sunnyside Community Association's Fresh Food Basket program, where he grew and harvested fresh produce at St. Barnabas Community Garden to be distributed amongst residents struggling to access fresh food. His dedication to supporting his neighbours was inspirational and greatly appreciated.

On March 18th, the St. Barnabas Community Garden decided to dedicate Ben's normal garden plot as the Ben Davenport Memorial Garden, which will be used to grow food for Hillhurst Sunnyside's food access program. A very fitting gesture to honour the memory of a great friend and neighbour, who will be greatly missed.

KENSINGTON WINE MARKET

2017 SPRING TASTING SCHEDULE

Tastings start at 7 pm unless otherwise indicated

- | | |
|---|--|
| Pretty in Pink \$30
Let's get Mother's Day weekend off to a Rosé start with a global tasting of our prettiest pinks, including bubbles. Stand up format. Fri May 12 | Napa Blockbusters \$75
Napa is without a doubt the most famous wine region of the New World. Let's explore the complexity of this intriguing valley, from Los Carneros to Calistoga. Tue Jun 6 |
| Italian Masterpiece \$85
Don't miss a great opportunity to taste some dream wines, side by side, in a comparative tasting from the best wine regions and top producers in Italy. Brunello, Barolo, and Amarone will shine! Tue May 16 | The Refreshing Beers of Summer \$35
What else are we going to drink while the weather is hot!! It's time to discover your new summertime favourites, from dry hoppy session ales and crisp kettle sours, to comforting brown ales, and more! Fri Jun 9 |
| 25th Anniversary Wine Festival \$50
Let's celebrate KWM's 25th anniversary! The fun starts with a storewide tasting and an early bird's peek at our anniversary sale which runs from Friday to Sunday. Thr May 18 | Compass Box KWM Blend Launch \$30
It has been a few years since John Glaser of Compass Box has been in Calgary. He's coming to town to help us launch an exclusive collaboration blend marking our 25th Anniversary. Tue Jun 13 Two sittings: 6PM or 8PM. |
| 25th Anniversary Special Tasting \$25
Join us for a unique tasting to celebrate KWM's exclusive 25th Anniversary bottlings: Port, Whisky, Cognac and Armagnac, all bottled just for us. Special one night only discount of 25% on 25th Anniversary purchases! Stand up format; drop in between 6 and 9. Fri May 19 | Tight Wad Oenophile: Summer Sippers \$20
Penny pinching for wine lovers. We'll taste 7 guaranteed delicious wallet friendly wines just in time for summer. Discover what the experts won't admit to taking home. Thr Jun 15 |
| Bubbles Galore \$50
Champagne isn't the only game in town. Join us for a tasting of the best of the best: Prosecco, Cava, Cremant, Espumate, Asti, and maybe a taste of the real thing just for good measure! Tue May 23 | Cool Climate South Seas \$40
Let's explore some "off the track" growing regions of the South Seas. We'll visit the cooler climate wine regions of Australia, New Zealand and Tasmania. Tue Jun 20 |
| Cheese Please \$30
Peasant Cheese, our next door neighbor in Kensington, will guide us as we explore the world of cheese and a global tasting of Pinot Noir. Stand up format. Thr May 25 | Volcanic Wines \$35
This one's sure to be a unique tasting for those looking for something different! We'll explore the link between volcanic soils and the wide range of wine styles they produce. Wed Jun 21 |
| Glenfarclas with George Grant \$50
George Grant is coming to town to help us celebrate our 25th Anniversary and we'll have a stellar range of whiskies to mark the occasion, including some old Family Cask bottlings. Anniversary tasting glass included. Fri May 26 Two sittings: 4PM or 7PM | Master Malt 25 Year Old Edition \$100
To celebrate Kensington Wine Market's 25 years in business we'll be sampling a range of 7 25 year old single malts. Fri Jun 23 |
| Rare Malts 1992 Vintage Edition \$80
KWM opened its doors in 1992! To help celebrate 25 fabulous years, we'll be sampling a range of 1992 vintage single malts. Tue May 30 | Oh Canada! Canadian Craft \$20
Please join us for a patriotic roundup of the finest Canadian craft beers in honor of our nation's 150th Anniversary. Tue Jun 27 |
| Wine Festival : Spain and Portugal \$40
We close shop early so we can clear the floor! Travel the Iberian peninsula in this edition of our Wine Festival. Cava, port, sherry, and so much more! Thr Jun 1 | The Spirit of Canada \$35
Canadian whisky has caught the world's attention in the last few years, just as a surge of craft Canadian whiskies are about to hit the market. We'll feature some of the best new releases! Thr Jun 29 |
| | Cheese Please: Canada Day Edition \$35
Please join KWM and our neighbor Peasant Cheese as we celebrate 150 years of all things Canadian with a great tasting of Canadian cheese and wine. Fri Jun 30 |

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

Water for Riley

Start of the coordination team

Water for Riley volunteers met with the construction coordination team for the first time in March, to discuss building and installing the drinking fountain, *Reflecting Blooms*.

Michelle Reid, City of Calgary, identified Riley Park as Calgary's best example of an historic cultural landscape. In other words, Riley Park is very distinctly of its time, 1910 and 1920s, and would look quite different if it were a modern park. Thus, the City wants Riley Park to be distinguishable yet compatible with and subordinate to the landscape of rolling hills that mark Calgary's natural features.

Wow, that's a demanding framework W4R must respect. Fortunately, Michelle Reid concluded the winning design does that: "It's amazing the ACAD and SAIT student designers were so successful in designing their drinking fountains, considering how complicated intervening in historic landscapes can be."

Now in place are an early phased plan to: obtain approvals, create preliminary drawings, and prepare design templates. The processes to fund raise, build, and install the drinking fountain are tentatively mapped and the first round of tasks assigned. Michelle Lazo, the winning designer, will have the opportunity to work with these wonderful experts as part of her award. Together, they will turn her concept into reality.

Exciting news from Water for Riley's partner This Is My City Art Society (TMC)

Water for Riley is honoured to again be part of TMC city-wide festival from April 3 to 28, 2017. The 21 drinking

fountain designs will be exhibited at – appropriately – the Louise Riley Branch of the Calgary Public Library. W4R is proud to continue Calgary's longstanding connection to the Riley Family.

In 1910, Ezra Riley donated the land that became Riley Park. His daughter, Margaret Louise, was a children's librarian and author. The Louise Riley Library is named for her.

The Louise Riley Branch is easily accessible from the Lions Park C-Train station and many Calgary Transit buses.

Additional brilliant new resources for Water for Riley

New people have come forward to help move Water for Riley towards the goal of a drinking fountain in Riley Park. Thank you; the community and City thrive with volunteers. **Michelle Vincent**, who recently moved into the heart of Kensington, is the new genius behind the fundraising efforts. Stay tuned for news about events.

Another contact is **Calgary Public Art**, which offered ideas for achieving W4R goals. Next, W4R volunteers met with **Calgary Arts Development** and got leads and suggestions that W4R can implement.

From this progress, we are inspired to continue our intensive community engagement approach, because W4R exemplifies Calgary Arts Development's mantra: "Community engagement is a way of being not something you do."

Fundraising news

W4R is honoured to be one of ten projects to compete for a \$10,000.00 Calgary Foundation, Soul of the City Neighbour Grant. Volunteers worked hard on W4R's pitch to get votes at the Pitch Night, April 19. An update on the outcome of the vote will be in the next Voice and posted on waterforriley.org and HSCA social media.

A great question

W4R was asked: Is the winning design public art or is it a public drinking fountain? We asked: can it be both? What do you think? Is it art or is it drinking water or is it more than either or both of those labels?

Help bring drinking water to Riley Park.

Donate through the Parks Foundation (www.parksfdn.com) and designate your contribution to Water for Riley project.

Call 403 862 1923 to volunteer with the other fun people who are making it possible to plant Reflective Blooms in our lovely Riley Park.



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About Wine

by Nik Rasula

About Wine features wines not typically on one's shopping radar. Special wines – made from grapes or blends, regions or countries – that may not be common or well known. About a wine or winemaker, with a story to

tell; of place, process or style. Highlighting smaller artisanal producers making unique, reasonably priced

(< \$50 retail), all the while demonstrating careful earth stewardship.

Paolo Conterno, Nebbiolo

2014, Langhe "A Mont" - Piedmont, Italy

ABOUT THE MAKER: Founded in 1886 by Paolo Conterno who recognized the connoisseurs' market for quality wine. In 1955, Paolo Conterno II replanted the vineyards with Nebbiolo clones better-suited to the family's alpine Langhe sites. In 1993 Paolo II was knighted by the Italian Federation for contributions to the Italian wine industry. Now run by a fourth generation, Giorgio Conterno carries on the tradition of his visionary ancestors.

ABOUT THE MAKING: Combining traditional methods (ageing in 35 hectolitre French barrels) with modern vinification (temperature controlled fermentation), the Conternos bring together best-practices of both winemaking worlds.

They live their motto "We make wine for our family that we share with others."

ABOUT THE ESTATE: South-facing calcareous clay slopes, that average 300 metres a.s.l. provide ideal conditions for growing Nebbiolo. With vineyards on 38 degree slopes, the 10 acre estate-vines are hand-maintained and hand-harvested.

ABOUT THE WINE: Medium-bodied wine with luscious aromas of roses and dark fruits. Elegantly structured, this wine is round, with complex - slightly spicy flavours lingering lusciously on the palate as the long finish concludes.

ABOUT PAIRING: Pair with ripe cheeses, risotto, roasted vegetables, pasta with red sauces, or lean cuts of beef.

ABOUT STEWARDSHIP: Sustainable production.

ABOUT AVAILABILITY: Check liquorconnect.com (call the listed store too) confirming availability prior to heading out for purchase.

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ABOUT PRICE: \$26





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Let's Keep Sunnyside

By Ximena Gonzalez

Sunnyside is one of the most vibrant communities in Calgary. If you live here, you love it; if you don't live here, you'd like to. Diversity, density, and attachment to the neighbourhood are just a few of the key ingredients that make our neighbourhood a great place to live.

The existing mix of housing, from high and mid-rise buildings to single-family homes, not only attracts a diverse assortment of residents, but also allows people and families to grow, to evolve, and stay in the neighbourhood for a long time. Nevertheless, as more people are attracted to live here, our neighbourhood has become a hot target for development.

According to data compiled by the Calgary Herald, Sunnyside is among the ten densest communities in Calgary. In the last three years, three mid-rise buildings have gone up in Sunnyside alone. Unfortunately, it doesn't look like Calgarians are ready to raise a family in a multi-family building yet. In 2014, while 65% of census families in Calgary had children living at home, only 35% did at Sunnyside (source: City of Calgary Community Profiles). Will this affect the character of our community?

Sunnyside is way more than buildings, tall or short. Our community can only thrive if we stand together to preserve diversity in our neighbourhood, a place where everyone can flourish. Write to Druh Farrell, our city councillor, tell her what makes Sunnyside special, what you'd like to maintain and improve, this is the only way we can ensure Sunnyside will remain the vibrant community it is now for many generations to come.

To stay up to date with current planning and development happenings, read the Planning section in this newsletter or visit <http://hsc.ca>

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.

IN & AROUND SCHOOLS



Each year our preschool holds an Annual Fundraiser and Silent Auction to help support the programs and special events that our preschool has. We are looking forward to our Annual Fundraiser and Silent Auction on Saturday, May 6th from 7:30pm -11pm. All proceeds directly support the preschool and its programs, such as soccer, ice skating, music, and Bricks-4-Kids. If you have any questions, comments, or would like to make a donation, please contact donate@westhillhurstpreschool.com.

WHCA Preschool still has spots remaining for our 2017/2018 School Year.

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.



Art Classes at HSCA

ART CLASS SPRING 2017

Instructor Joy Kaitman

Intermediate Watercolour and Acrylics

Wednesday 9 AM – 12 PM (8 weeks)

Apr 19, 26

May 3, 10, 17, 24, 31

Jun 7

COST \$ 110 HSCA community member

\$ 125 non- member

The price does not include the supplies, please ask the Front Office for the supplies list. Please bring the supplies to the first class.

Intermediate Watercolour and Acrylics

Wednesdays 9am to Noon – Fall – Winter - Spring Sessions

Hillhurst Sunnyside Community Centre 1320 5 Ave NW

Instructor: Joy Kaitman

In these instructional and open studio sessions you will paint in the Watermedia of your choice. We will explore creativity, paint application techniques, colour harmony, drawing, composition and design. It's a great opportunity to use play and experimentation to explore and develop your own personal style, have the encouragement of other artists and take your painting skills to the next level. By using fun and informative demonstrations, experiments and open studio sessions this class will create an opportunity for developing your ability to see, express yourself and paint in your own style.

Beginner and Intermediate Acrylics

Instructor Joy Kaitman

Friday 9 AM – 12 PM (8 weeks)

Apr 21, 28

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

Jun 2, 9

COST \$ 110 HSCA community member

\$ 125 non- member

The price does not include the supplies, please ask the Front Office for the supplies list. Please bring the supplies to the first class.

Acrylic Painting Class for Beginner & Intermediate Painters

Friday 9am to Noon – Fall – Winter - Spring Sessions
Hillhurst Sunnyside Community Centre 1320 5 Ave NW

Instructor: Joy Kaitman

Acrylics are a versatile and exciting medium making them fun and easy to work with. Each semester will touch on the building blocks for creating successful paintings, such as colour harmony, techniques, composition and drawing. A combination of instruction, demonstrations, one on one and open studio sessions are used throughout the program to help each artist develop their individual expression. This course is a wonderful opportunity to express your creativity using Acrylic paint.

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FOR MORE INFORMATION GO TO: HSCA.CA

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Calgary Immigrant Educational Society

It should come as no surprise that immigrants and refugees arriving in Calgary face numerous challenges to settlement. While newcomers routinely say that learning English is the biggest hurdle to their family's integration into Canada, a close second is finding employment – 90% of Calgary's newcomer population is under the age of 44, which represents a tremendous future workforce for the city. They are also educated - at least 38% have a Bachelor's degree or higher, compared to just 34.8% of established Calgarians. And while their immigration status doesn't mean that they are any less qualified, newcomers often come up against barriers to employment in Canada.

Former professionals, such as engineers and accountants, often require years of additional schooling to obtain accreditation in Canada. Those that don't have professional qualifications often face even greater challenges as they learn to integrate with Canadian work culture – Canadian work experience is often a prerequisite for employment in Canada, but employment is required to obtain that same work experience. To address these challenges, CIES offers a series of employment training programs designed to bring newcomers into the workplace faster, including industry-specific courses in accounting, clerical, and computer skills. We also offer programs that build on existing skill sets and prepare clients to succeed in business.

The first of these programs is Employment Skills Training. This free, full-time program equips unemployed permanent residents and refugees with the skills to secure employment in Canada. Over three months, attendees learn how to make a career plan, build an effective cover letter and resume, learn how to navigate

Canadian business culture, and develop their interview preparation skills. Up to 88% of graduates will go on to find employment in industries such as healthcare, child-minding, education and trades.

The second program we offer is Entrepreneurship Development Training. This innovative new program encourages and removes the barriers to entrepreneurial success for immigrants and low-income Calgarians. Through a series of workshops, clients receive financial literacy in the Canadian banking system, including credit, savings products, and home ownership. Building on this foundation, students learn the principles of successful entrepreneurship, including business selection, plan writing, risk management, human resources issues, and taxation. The program completed its first intake of students in March; they will graduate in June.

It is in our best interests as Canadians to provide newcomers with the support they need to successfully settle and begin to provide for their own families in Canada. Settlement agencies across the country are continually tailoring their programs to offer newcomers the education and social skills they need to achieve independence for their families. As a Canadian citizen, take some time to reflect on the sacrifices made by your own family as they emigrated to Canada, and then ask yourself how you can help others do the same.

The Calgary Immigrant Educational Society (CIES) provides immigrants and low income Canadians with various levels of language, employment, computer, and settlement programs. They assist over 1400 students a day, 7 days per week, in-class and online.

Building Community

Join us for an expert panel discussion on laneway and secondary suite development in your neighbourhood. Learn about maximizing infrastructure, creating affordable homes and boosting your income, while making your community more livable.

Featured Experts:

Sano Stante (RE/MAX)	RBC Hillhurst
Dwayne Murray (RBC)	417 – 10th Street NW
Cliff de Jong (City of Calgary)	Calgary, AB, T2N 1W1
	Please RSVP by contacting Paula Barnes by May 10, 2017
	403-292-3583



Join us on May 17, 2017, 6-7 p.m.

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SEEDTHEMOVIE.COM

Hear ye, hear ye: May is Speech & Hearing Awareness Month!

Deaf & Hear Alberta is hosting its 2nd Annual Safe Sound Awards.

Safe Sound Awards raises awareness about hearing health and hearing loss. In support of May being Speech & Hearing Awareness Month, we want Calgarians to participate in Safe Sound Awards.

Sound represents a variety of things to different people, all ultimately connecting us to our environment. It is all around us, impacting many facets of our lives. It is family conversation at the dinner table, leaves rustling, music playing, heavy traffic and so much more. Sound is measured in decibels (dB) and like all things in life, there are healthy and harmful levels.

In general, sounds 85 dB and below are in the safe zone while sounds above 85 dB can start to cause damage inside the ear. Safe and harmful sound levels are also highly dependent on *how long, how often* and *use of hearing protection*.

Continuous dB	Examples	Permissible Exposure time
85 dB	Noisy restaurant	8 hours
88 dB	Window air conditioner	4 hours
94 dB	Subway	1 hour
103 dB	School dance	7.5 min
106 dB	Leaf blower	3.75 min
112 dB	Jackhammer	Approx. 1 min

There are numerous benefits to ensuring the protection and management of our hearing. How can you help maintain your hearing? Limit time using ear buds,

check the volume on TVs and stereos, wear ear plugs to concerts, and adhere to occupational & safety guidelines at work. Maintaining hearing health also includes using appropriate hearing devices such as hearing aids or personal amplifiers.

Changes in hearing health can impact a person's physical, social and emotional health. If you or someone you love is already living with hearing loss, there are ways to improve communication. Here are some suggestions:

Set the stage. Find places that have soft surfaces such as carpets, tablecloths, curtains and/or places that are well lit which makes it easier to see body language and facial expressions.

Communicate effectively. When speaking to a person with hearing loss– make sure you have their attention before speaking and keep your face visible. Move closer to the person you are speaking to, speak at a moderate pace and use a normal volume of voice. Most importantly, be patient and open to repetition; use alternate phrasing if needed.

We invite you to nominate hearing friendly places that allow for conversation, fun and connection to those around us. Then vote. Pick your favourites and as a community we will celebrate Calgarian's favourite hearing friendly spaces with the Safe Sound Awards. Let's celebrate Speech and Hearing Awareness Month together!

To be involved visit: <http://hearalberta.ca/safe-sound-awards/>

Written by: Alia Bharwani, Hearing Services Coordinator & Kylie Bradbury, Peer Mentoring Coordinator at Deaf & Hear Alberta

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NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Hillhurst and Sunnyside. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Hillhurst and Sunnyside areas with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

BMC GROUP - ARCHITECTURAL DRAFTING SERVICES: With 12 years of construction industry experience, BMC GROUP offers a wide range of drafting services and construction consultation including kitchen, bathroom and basement renovations, building and development permits, deck permits, record drawings and contractor shop drawings. Contact Brian for a free estimate: bmcgroupdesign@gmail.com, 403-400-3291.

DO YOU NEED AN EXTRA SET OF HANDS? C & L Helping Hands can provide them! We offer handy-man services, personal assistant, kitchen helper, cleaning and much more! Email: cl@clhelpinghands.ca. Call Craig or Laurie at 403-880-7125 or 403-510-8551.

CALGARY FENCE & DECK: We are a trusted and referred leader in wood fence and deck construction. Specializing in fence and deck removal and replacement using pressure treated lumber. Call today for a free on-site quote. 403-461-6682. www.calgaryfence.ca.

NORTHWEST ELECTRICIAN/PLUMBER: Affordable and professional installations/repairs. Install/repair lights, ceiling fans, switches and outlets, garage sub-panel, hot tubs, noisy bathroom fans, OTR microwave/hood fans. Renos and basement developments. Plumbing: toilets/sinks/faucets, garburator and dishwasher installs. Licensed, certified, insured. 19-year resident of Hidden Valley N.W. <http://ca.linkedin.com/pub/nick-dabrensky/8/1b17b5/>. Call/text Nick 403-471-5553 or Nick@PlatinumElectric.net. "Bryan Baeumler Approved".

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

YARD BUSTERS LANDSCAPING: Weekly lawn mowing \$36, power-rake \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. yardbusterslandscaping.com.

ELLIPSIS LANDSCAPING: Independently owned and operated Landscape/Handyman company specializing in lawn care, hedge trimming, snow removal, junk removal, window cleaning, tree planting/removal, gutter cleaning, painting, build and fix fence and decks and all other handyman work. The one call that can do it all at very affordable rates. 403-282-8766, ellipsis2010@live.ca.

LOOKING FOR A LOCAL PROFESSIONAL ELECTRICIAN? FCC Electric can efficiently assist with your commercial projects; from Service work, repairs, maintenance to retail development. We also specialize in residential renovations, troubleshooting, inspections, service upgrades, smoke, Co alarm upgrades, as well as attractive landscape and security lighting options around your home or shop. 65+ discounts. For free estimate call 403-462-8801.

DETAILED HOUSE CLEANING: Weekly, bi-weekly and monthly. Also move in and move out. Licensed, insured and bonded. We work according to our clients' needs. Call 403-470-6548.

LOCAL HANDYMAN - RELIABLE HOME SOLUTIONS: Minor repairs/replacements and odd jobs. Plumbing (e.g. fix/replace leaky/running faucet or toilet, install new garburator), electrical (e.g. repair/replace wall switch or light fixture not working, exhaust fan), install new window hardware &/or coverings, fix sticky door, painting, etc. Call/text Tom 403-970-4466, or email tomh5566@gmail.com.

THE GUTTER DOCTOR! We install, fix and clean eaves-troughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB member. 2017 Consumers Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

ROCK'IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 25+ years' experience, informative, reliable. Call Ken 403-259-5226.

SERIOUS ABOUT IMPROVING YOUR DRUMMING? One of Western Canada's leading professional musicians is offering private lessons. Covering jazz, rock and dance band, Malcolm brings 50+ years of experience to the art of drumming. For info call: 403-510-7590, 403-283-4985 or e-mail pmpage@shaw.ca.

MAY MOON CALENDAR

 First Quarter May 2	 Full Moon May 10	 Last Quarter May 19	 New Moon May 25
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IN & AROUND CALGARY



Blue Cart Recycling Tip of the Month

Say no to Stringy Things!

Hoses, electrical cords and rope, oh my! Because they get caught in the machines at the recycling facility, keep stringy things out of your blue cart.

If it dangles, it will cause a tangle! Please do not put these items in your blue cart.

- No garden hoses
- No rope, string or yarn
- No electrical cords, cables or wire
- No Christmas tree lights

What should I do with these items instead?

- If the item is still usable, consider donating to charity, giving to family or friends or posting on an online bartering site like Kijiji.
- If the item is broken, it should go in your black cart as garbage.
- Still not sure what to do with your stringy item? Use the online search tool at calgary.ca/whatgoeswhere to find the answers.

Green Cart service is coming to your home

As the Green Cart program rolls out this year, you'll see how a small change to your routine can cut your garbage in half and turn your food and yard material into valuable nutrient-rich compost. Here's what homeowners can expect from the program.

You'll receive everything you need to get started

When your green cart arrives look inside to find:

- Kitchen pail and samples of compostable bags to collect food scraps
- Samples of paper yard waste bags to use when your cart is full
- Instruction guide
- Collection schedule

You'll be amazed at how much can go in

All food and yard waste can go in the green cart. You can even put in things that you can't compost at home like meat, bones, cheese, bread, pasta, branches and pet waste too.

These materials can be safely composted because the material reaches and maintains a temperature of at least 55 degrees Celsius during the composting process, which kills any harmful bacteria.

Green carts will be rolled out by quadrant

Once everyone in your quadrant receives their carts, weekly green cart pick up will begin and garbage collection will move to once every two weeks.

Once the community rollout schedule is finalized it will be available on calgary.ca/greencart.

Live in an apartment or condo?

By Nov. 1, 2017 your building is required to separate food and yard waste from the garbage for composting or diversion. Talk to your building owner or manager or visitcalgary.ca/multifamily.

Make a difference in the life of a family...



Are you looking for a way to give back to your community? Our Home-Start program is looking for volunteers!

What does a Home-Start volunteer do?

- Visits a family's home once per week
- Provides support, friendship and encouragement
- Gets the family involved with the local community
- Shares their own experiences of parenting and family life

Interested in getting involved?

For more info, or to learn about upcoming training sessions, contact Home-Start or visit www.boysandgirlsclubsofcalgary.ca

East Calgary: 403-660-6809
West Calgary: 403-660-1136





Calgary Confederation
Len Webber, MP

2020 10 St NW, T2M3M2

403-220-0888 | len.webber@parl.gc.ca

Visit our National Parks

This year Canada marks its 150th birthday and there are many ways to celebrate.

Canada is known for its natural beauty and one of the best ways to experience Canada is to visit our National Parks -- for free.

By visiting www.parksCanada.gc.ca or by calling 1-888-773-8888, you can order your free Canada 150 pass and this will allow you to have unlimited daily visits to all national parks and historical sites across Canada. You can also request a free Visitors Guide for each region of the country.

Alberta is home to Canada's first national park. Banff National Park of Canada was created in 1885 and is a UNESCO World Heritage Site. Alberta is also home to four other national parks too; Elk Island, Jasper, Waterton Lakes and Wood Buffalo -- as well as many national historical sites.

The special Canada 150 pass is only good for free daily visits but you may want to consider extending your experience by staying overnight for a very reasonable cost.

If you do not have access to camping equipment, you may want to consider some of the more innovative solutions offered by Parks Canada. There are oTENTik, teepees and Equipped Campsites available at most Alberta parks, but space is limited. Accommodation options are much more limited in other provinces.

oTENTik sites are a cross between a tent and a rustic cabin, similar to what early settlers and gold rush pioneers lived in. They accommodate up to six and are both dry and spacious and include the beds. The kids will love the bunk beds!

The teepee equipped sites are only available at Waterton Lakes Park and Rocky Mountain House National Historical Site.

The Equipped Campsites are perfect for those who do not own any camping equipment or do not have the

space to transport camping equipment (cyclists and motorcyclists). These sites come equipped with the basics for up to six people.

Visit www.parksCanada.gc.ca or call 1-888-773-8888 to book your overnight visit before space runs out.

Finally, visiting our national parks is a fun experience, but can be deadly if you are not prepared or do not use common sense. Please remember that many parts of our national parks are remote, not well monitored and rely on park users to know their own limits. If you are unsure of the risks in a specific park, please take the time to speak with the knowledgeable staff.

Sharing your experiences on social media will help raise awareness of the fantastic opportunities our national parks and historical sites offer Canadians every day

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Redevelopment and Public Benefit

Over the years, I have advocated for smart growth policies to reduce Calgary's dependence on sprawl, while also bringing investment and public benefit to inner-city communities. Our city's Municipal Development Plan sets a 60 year target of 50-50 growth between established areas and new communities. This target is not just about density. It is about promoting great neighbourhoods that deliver value to current and future residents.

To strengthen our inner-city, The City of Calgary promotes walkable communities that are well connected by transit. Communities will have vibrant public spaces, strong local shops, and diverse housing options for Calgarians of all ages and incomes. To make these goals a reality, The City is focussing on the Main Streets initiative and Green Line Light Rail Transit (LRT).

Main Streets will rejuvenate Calgary's historical main streets through redevelopment, heritage preservation, and funding for public spaces. When properties are redeveloped for higher density, The City sees an increase in tax revenue. The City plans to use a portion of this increase to fund traffic calming, rebuilt sidewalks, improved park spaces, and other amenities prioritised by communities during Main Streets public engagement.

Main Streets planning is currently wrapping up along Bowness Rd NW in Montgomery, 1 Av NE in Bridgeland, and 17 Av SW in Killarney-Glengarry. In coming years, Ward 7 Main Streets will include 16 Av N, Kensington Rd NW, 14 St NW, 10 St NW, 4 St NW, Centre St N, and Edmonton Tr NE. Ward 7 residents can expect robust public engagement that helps communities plan for change and identify local priorities for improvements funded through redevelopment.

The Green Line LRT will connect Calgary communities with high-quality transit and promote Transit Oriented Development (TOD). A focus on TOD helps more Calgarians live close to transit and local amenities, with great spaces in between. TOD also enables The City to fund improved streets, parks, libraries, community centres, and recreation facilities.

In the end, successful redevelopment means investing in communities experiencing significant change. I look forward to working through the Main Streets and Green Line processes to help Ward 7 communities identify local priorities and realise public benefits.

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

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