

NOVEMBER 2017

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Photo Credit: Ara Shmoon, Glorified.ca  
Sunnyside 365 November 2015

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.



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Contact me to discuss and review your portfolio.	<b>Kara Cubbon</b> Investment Advisor	T: 403.508.3812 <a href="mailto:kara.cubbon@canaccord.com">kara.cubbon@canaccord.com</a> <a href="http://canaccordgenuity.ca">canaccordgenuity.ca</a>

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## HILLHURST-SUNNYSIDE COMMUNITY ASSOCIATION

1320-5 Ave. NW  
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### Editorial Submissions

jessica.c@hsca.ca

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

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*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Hillhurst-Sunnyside Community Association and Great News Publishing.*

*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](http://www.hsca.ca)

### BOARD OF DIRECTORS

Tyler Chalmers	Board Chair
Robert McKercher	Vice Chair
Peter Piliounis	Secretary
Yasmeen Huq	Treasurer
Kerri Treherne	Chair Community Vitalization Committee
David Brindle	Chair Emergency Planning & Response Committee
Louisa Ferrel	Member at Large
Darren Anderson	Member at Large
Emma Yang	Member at Large
Sandra Walker	Member at Large
David Reese	Member at Large
Trevor Gair	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

Karen Gallagher-Burt	Executive Director Ext. 221	karen.g-b@hsca.ca
Vacant	Front Office & Rentals ext 232	
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
Shannon Martel	OOSC Program Manager	403-270-9705, shannon.m@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 248	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
Heather Ramshaw	Farmers' Market Manager	587-700-9387, farmersmarket@hsca.ca
Jenae White	Food Fit Program Coordinator Ext 233	foodfit@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 – 5<sup>th</sup> Avenue NW

Free Admission





# EVENTS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Flea Market</b> 7:00 am to 3:00 pm <b>Spanish Lessons</b> 9am-10am	<b>Knitting/Seniors Morning Group</b> 9 am to 12:00 pm <b>Drop-in Badminton</b> 9:30 am to 12:30 pm <b>Seniors' drop-in</b> 1 pm to 4 pm <b>Fresh Food Basket</b> 4 pm to 6 pm <b>Food Fit</b> 6 pm to 9 pm <b>Foxy Kickboxing</b> 6:15 pm to 7:15 pm <b>Drop-In Tennis</b> <b>Outdoor:</b> 7:00 pm to 8:00 pm	<b>Spanish Lessons</b> 9am -11am <b>Children's Sparring</b> 6 pm to 7 pm <b>Youth Adult Beginner</b> 6 pm to 7 pm <b>Karate StrengthFit Sparring</b> 7 pm to 9 pm <b>Taekwondo</b> 7:15 to 8:15 pm <b>Drop-in ESL Club</b> 7:15 pm to 8:45 pm	<b>Watercolour Art Class</b> 9am –noon <b>Spanish Lessons</b> 4-5pm <b>Neighbour Night</b> 6 pm to 8 pm	<b>Drop-in Badminton</b> 9:30am to 12:30pm <b>Little Dragons Karate</b> 6 pm to 7 pm <b>Karate StrengthFit Sparring</b> 6 pm to 8 pm <b>Foxy Kickboxing</b> 6:15 pm to 7:15 pm <b>Taekwondo</b> 7:15 to 8:15 pm <b>Chair Yoga</b> 11am-noon	<b>Acrylic Art Class</b> 9am-noon <b>Sportball</b> 10am-noon
<b>Drop in Badminton Mon / Thu • Pay to Play Minimum \$3.00 • 9:30 am-12:30 pm</b>					



## Now Available: 2018 Memberships

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 403-283-0554 ext 232 for assistance or drop by HSCA during administrative hours (Monday-Friday 9:00am-3:30pm).

### HSCA Membership benefits:

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

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

- **Sunnyside Natural Market:** Save 5% with your HSCA Card (case discounts not included)
- **Swizzlesticks Salon & Spa:** 15% discount on all services at the Salon & Spa.
- **Vine Styles Kensington:** 15% off total purchase. Show your HSCA membership to Vine Styles staff to create your customer profile with built-in discount. Not applicable to already existing discounted items and/or case discounts.
- **Midtown Kitchen & Bar:** 10% off regular priced orders
- **Flippn' Burgers:** 10% discount on all purchases
- **Marathon Ethiopian Restaurant:** save 10% on all regular priced purchase with your HSCA card
- **Kensington Riverside Inn:** 10% discount on breakfast/brunch, dinner or guest room accommodation
- **Pushing Petals Flowers:** 10% discount on any purchase with your HSCA card
- **Kensington Auto Pro:** 10% off on parts & labour
- **Framed on Fifth:** 10% discount on all framing
- **Float Life:** 30% off on a single float, 90 minute session
- **Rejuve your Body:** Get a 30 minute massage FREE when you book the next 30 minutes for \$49.00 for 1st visit clients only. Also 15% off on all other services at Rejuve.
- **Kensington Fitness:** \$15 off your first massage treatment
- **Beagle 14 (formerly the Regal Beagle):** 10% off your order (excludes daily specials)

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

## 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>		403-283-0554 ext 232
<b>Drop-in ESL Club Classes</b>	Chuck Churchill	esl@hsc.ca
<b>Foxy Kickboxing</b>	Jessica	1-888-974-FOXY (3699)
<b>Kids Karate</b>	Richard Fossey	403-203-8710
<b>Neighbour Support Network</b>	Amanda Palmer	Ext. 247 amanda.p@hsc.ca
<b>Jugando Spanish</b>	Guilliana	403-835-2650 www.jugando.ca
<b>Drop-In Tennis</b>	Darren Anderson	Darren.anderson1000@gmail.com

## Upcoming Events

- Christmas Craft Fair**  
November 4, 10am-3pm
- Art Show**  
November 4, noon-4pm  
*Remembrance Day Closures November 10 & 11*
- Community Potluck**  
November 17, 6-8pm
- Comic Fair**  
November 18, 10am-3pm
- New Age Fair**  
November 25, 10am-4pm





The Hillhurst Sunnyside Planning Committee (“HSPC”) meets regularly to discuss planning and development initiatives in the community. Our next meeting is scheduled for Tuesday November 14 from 7-9pm. Meeting agendas and minutes are posted to [www.hsca.ca/meetings](http://www.hsca.ca/meetings).

Development in our community is guided by the Hillhurst Sunnyside Area Redevelopment Plan (“ARP”). While we are not an approving authority, we respond to applications based on ARP policy, *Good Planning Principles*, local knowledge and through engagement with community members by providing information in our newsletters, email and online at <https://hsca-community-planning.mn.co>.

**NorthWest Healthcare Properties Grace Hospital Site Redevelopment**

This is a large redevelopment site at the northeast corner of 14 St and 8 Ave, roughly the size of three NFL football fields (2.96 HA). The rezoning and ARP amendment was submitted in the spring; the City of Calgary hosted an open house on June 29, collected feedback over the summer and documented residents’ feedback to date.

This is a very significant proposal in our community; this application proposes a height of 30m within 75m of the western boundary of the site and up to 70m tall buildings on the eastern side (or 20-25 storeys); an increase in density to 800 units (or 8x the size of the Ezra building on 5 Ave) and 13,395m2 of medical offices/supportive retail uses. This goes far beyond the Grace Hospital (2001) policy recommendations for this site.

At the time of writing, two detailed workshops have been scheduled by the City’s team for Oct 26 and 28. Due to the scale of the proposal, we hope to get as many residents involved as possible. What do you see in terms of constraints (traffic, height, density, uses, exceeding the ARP) and opportunities (supportive care, affordable housing, accommodation for seniors and medical services)? Comments can still be emailed to the City File Manager at [neil.macdonald@calgary.ca](mailto:neil.macdonald@calgary.ca). You can follow [www.calgary.ca/gracehospital](http://www.calgary.ca/gracehospital) for future updates and read the City’s engagement report from feedback received during the summer.

**Russell RED “Glo” Project at 916-926 2nd Ave NW**

This is a proposal for a 5-storey condo building in the middle of the block on 2nd Avenue between 8th and 9th Streets. The project will have a height of 16m and a 2.5 FAR. The rezoning application for this project went forward to City Council on the evening of Sept 11. There was a big push from neighbours at Council speaking on a variety of topics.

With support from Councillor Farrell, First Reading was approved with Second and Third Readings withheld so that the applicant can work with the City on the design to transition respectfully with the multi-family and single-family historic homes in the vicinity. At the time of writing, a developer open house has been scheduled for Oct 19. This is the final opportunity for public input; feedback to the City File Manager is due on Nov 7 to [stephanie.loria@calgary.ca](mailto:stephanie.loria@calgary.ca). If you missed the open house, the content should be posted on the developer’s website at [www.2avenw.ca](http://www.2avenw.ca).

**Truman Condo Project at 922, 926, 928 Memorial Dr NW**

This is a proposal for a 22m, 3.35 FAR condo building at 6 stories and 39 units. The HSPC is opposed to such a dramatic increase to height and FAR outside of the Transit Oriented Development (TOD) boundaries (see August

*Voice newsletter*), where most of Memorial Drive only allows for a max building height of 12m and where the ARP specifies that parcels in the Medium-Density area are permitted a height of 16m and 2.5 FAR.

Truman’s rezoning and ARP amendment application was also heard at City Council on Sept 11. Councillor Farrell agreed with the HSPC’s recommendation and made a request to defer to November’s Council hearing to allow for more community engagement on the final building height, which goes beyond the ARP; her request was not supported by Council and failed by a vote of 5-9. Ultimately, this application was approved by Council by a vote of 13-1 (opposed by Councillor Farrell).

The applicant’s representative stated that: the ARP did not consider newer features such as the Peace Bridge, the 9 St intersection, Poppy Plaza; that the shadowing resulting from the extra height is negligible; that more height is needed for a better-quality building and their voluntary \$50K density bonusing contribution. HSPC refutes these assertions: the Peace Bridge was already planned at the time of the ARP consultations, the ARP-TOD amendment was updated to protect the heritage and various single- and multi- family homes on Memorial Drive and 1 St behind the site; new buildings have been built but not to the height that Truman requests and that density bonusing was intended for areas within the ARP TOD areas and not to “buy” density.

City Administration has also been directed to investigate via community consultation with regards to: (a) the floodplain rule that requires main floor heights to be 1.1m and how this affects the total building height of buildings in the flood zones and (b) an ARP update to help retain heritage and character buildings using the City’s Developed Areas Guidebook and other policy.

The Development Permit (or plans for the building) was approved shortly after by Calgary Planning Commission on Sept 21. The HSPC is disappointed in this outcome, despite active neighbour and community association involvement throughout the process and the lack of support from City Administration and Council throughout the process. You can view the plans and renderings at the developer’s website at [www.engagememorial.com](http://www.engagememorial.com).

The HSCA Board of Directors is proud to announce that, after a thorough search process, Karen Gallagher-Burt will take over the executive director position. Karen comes to us from the Calgary United Way. With over 10 years of experience in the non-profit sector, Karen holds a master’s degree in social work and specializes in community engagement.

Karen will head the executive department and will be responsible for liaising with our board of directors and various sub-committees. She’ll serve as the main public contact and spokesperson for the organization, and will represent the company in all professional business capacities. Karen will also oversee the HSCA administration department managers.

Karen describes herself as a “social worker, social justice activist, political geek, voter, life partner, husky lover, mum, Canadian, social media and gaming nut, and a nerd”. Karen says she is excited for the opportunity to return to work in a strong and diverse community. We believe that her passion and expertise will complement the HSCA staff nicely. We also believe that under Karen’s leadership the organization will continue to deliver on its mission to preserve and enhance a healthy and vibrant quality of life for the residents of Hillhurst-Sunnyside community, as well as members and program participants throughout Calgary.

Anticipate seeing Karen around the office soon. Her first official day is October 17th. Please join the HSCA board of directors in welcoming Karen to our dynamic organization.

Sincerely,

*Tyler Chalmers, President, Board of Directors  
Hillhurst Sunnyside Community Association*

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

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**UNIVERSITY OF CALGARY**  
**Department of Community Health Sciences**  
We want to learn more about parents’ (18 years or older) thoughts and experiences with children’s dental health in Calgary. We are also interested in parents’ views on various policy choices to improve the dental health of children.  
If you are interested in sharing your views and experience, please contact the researchers by email at: [dentalhealth.ucalgary@gmail.com](mailto:dentalhealth.ucalgary@gmail.com) or via phone: 1-403-210-7194  
If you participate in this study you will be asked to attend a focus group in person, at a central location in Calgary (e.g., community centre). The focus groups will last 2 hours, plus travel time. Reimbursement for your time will be provided (\$35.00 CAD). We will provide child care during the time of the focus group.  
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (REB17-0800)

Get Involved! FREE Community Programs and Events

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

		1 6:00 to 8:00 p.m. Neighbour Night	2	3
6 4:00 to 6:00 p.m. Fresh Food Basket  6:00 to 9:00 p.m. Food Fit	7 7:15 to 8:45 p.m. Drop in ESL Club	8 6:00 to 8:00 p.m. Neighbour Night	9	10  HSCA CLOSED (Remembrance Day Stat Holiday)
13 4:00 to 6:00 p.m. Fresh Food Basket  6:00 to 9:00 p.m. Food Fit	14 7:15 to 8:45 p.m. Drop in ESL Club	15 6:00 to 8:00 p.m. Neighbour Night	16	17 6:00 to 8:00 p.m. Community Potluck
20 4:00 to 6:00 p.m. Fresh Food Basket  6:00 to 9:00 p.m. Food Fit	21 7:15 to 8:45 p.m. Drop in ESL Club	22 6:00 to 8:00 p.m. Neighbour Night	23	24
27 4:00 to 6:00 p.m. Fresh Food Basket  6:00 to 9:00 p.m. Food Fit	28 7:15 to 8:45 p.m. Drop in ESL Club	29 6:00 to 8:00 p.m. Neighbour Night	30	For more information contact Amanda at amanda.p@hsca.ca or 403-283-0554 ext. 247.

All events are at the Hillhurst Sunnyside Community Association (1320 5 Ave NW) unless otherwise stated.

**Community Potluck**

Friday, November 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. Have a talent? Share it with us!

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.

**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 or 403-283-0554 ext. 233 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.

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

**Neighbour Night**

Wednesdays, 6:00pm to 8:00pm 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.

**Looking for volunteer opportunities? Get in touch!**

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

**Do you have a special talent or skill that you want to share with your community?**

Consider helping to plan or co-host a Community Potluck in 2018! Get in touch with Amanda to discuss further – Amanda.P@hsca.ca or 403-283-0554 ext. 247.

**PIE JUNKIE**  
and Bakery

**ORDER YOUR PIE TODAY!**

8 Spruce Centre SW 403.452.3960  
piejunkie.ca | 1081 - 2nd Avenue NW 403.287.8544





## Hillhurst-Sunnyside Community Association 2017 Good Food Box Dates

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



Name	Age	Contact	Course
Alicia	24	587-437-3769	No
Ann	66	403-270-7738	No
Briana	22	403-401-5571	No
Debbie	59	403-909-9382	No
Eva	16	403-560-1658	Yes
Frankie	25	587-890-5966	No
Grace	18	403-604-4366	No
Jacob	24	403-465-4379	Yes
Jake	16	587-832-3005	Yes
Jennifer	40	403-671-5331	Yes
Jessica	29	519-903-4846	Yes
Jordan	26	403-969-0165	No
Luc	15	587-435-3896	Yes
Millie	17	403-262-2272	No
Nadine	61	403-283-4781	No
Teaghan	20	403-560-0238	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).



# SENIOR SYNERGY

### COMMUNITY CONNECTIONS:

Would you like to make a difference for someone age 55+ in the community? Would you like to be part of a team of volunteers who increase interactions for older adults? Would you like to help develop programs and opportunities for older adults? Would you like to help increase an older adult's sense of safety and belonging? Would you like to help make connections? Would you like to share you "gifts" with others? Do you know an older adult in the community who appears housebound or isolated? Do you know an older adult in the community who may need some help?

If you answered yes to any of these questions, if I have piqued your interest or if you would just like to know more about the program, call me. If you would like to learn how you could become an integral part of connecting with or making connections for, older adults or just explore the possibilities, call me, I love to talk! Or send me an email, which would work as well.

I look forward to engaging with you soon.  
403-283-0554 ext. 224 / email [Debbie.o@hsca.ca](mailto:Debbie.o@hsca.ca)

### 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 always 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 (stop the bus...a really easy to learn game) refreshments and socializing. This free and informal drop-in group welcomes seniors to come out and get to know some new people, share stories and have fun.

### Chair Yoga:

The Chair Yoga program runs on Thursdays, from 11:00 – 12:00 until December 14, 2017.

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.

### FLU CLINICS:

The 2017/18 Influenza Immunization Program started on Oct. 23, 2017. Locations for the clinics are the same as previous years: Times for all clinics is Monday to Friday from 11:00 – 6:45 and Saturday from 9:30 – 5:15

#### Brentwood Village Mall

3630 Brentwood Road NW  
Calgary, AB – Beside Safeway

#### Northgate

A154, 495 36 Street NE  
Calgary, AB – Located on main level, beneath weight watchers sign

#### Richmond Road Diagnostic Treatment Centre

1820 Richmond Road SW  
Calgary, AB - Old Children's Hospital Site - the clinic is located on the main floor room # 1076.

#### South Calgary Health Centre

31 Sunpark Plaza SE  
Calgary, AB – Take the elevator to the third floor  
Check out the website for any changes that may occur: <http://www.albertahealthservices.ca/influenza.asp>  
The vaccine is offered free of charge to all Albertans six months of age and older. Check at your pharmacy and doctor's offices.

**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.**



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## FOR ART'S SAKE



## November

By Hilary Angrove

November: the month where there's too much snow for hiking but not enough for skiing, when the snowbirds go south and potential tourists stay south. Not a snowbird and don't have a November vacation lined up? Luckily, November in Calgary offers many opportunities to get cultured, from just a stone's throw away.

The Calgary Underground Film Festival elevates Calgary's cultural landscape with the best in local and international independent cinema. Recently, they noticed Calgarian's growing desire for non-fiction films so from November 16th - 19th they will be presenting a unique roster of never before screened in Calgary documentaries.

Without a doubt, Calgarians have an appetite for engaging, educational, cinematic output. From November 16-19, The Marda Loop Justice Film Festival will be screening films on issues important to us as individuals, Canadians, global citizens, and humans. Improve your dinner table discussion and hang out for post-show discussions with local and international cinematographers, and take advantage of the Festival's different opportunities to interact with experts.

Not a cinephile? Explore the untold stories of lemurs in Madagascar with Mireya Mayor during the National Geographic Live presentation at Arts Commons on November 5th and 6th. The talk includes a post-show Q & A - a chance for you to fully engage with this inspiring explorer.

Calgary is a wonderful place with much to offer - and there are a multitude of places to get cultured, beyond this list.



## Casino 2018

HSCA has its next Casino fundraiser coming up on Wednesday January 31 and Thursday Feb 1, 2018 at the Cash Casino on Blackfoot.

The date for the casino is fast approaching and if you haven't yet signed up, please consider doing so as soon as possible. This is an important fundraiser for the community. We need to fill a total of 36 positions, and should have one or two backups each day just in case.

We need a general manager, banker, 2 cashiers, 2 chip runners for the day and evening shifts both days. The count room which is a late shift starting at 11:00 pm each night is in need of 5 count room staff.

Some positions need volunteer applications completed and submitted to Gaming. Please check out the HSCA website, under volunteers for position descriptions and for a copy of the worker application if you would like to help out in one of those positions. If transportation is an issue, let me know, we have always been able to work something out.

If you have any questions or want to know what positions we still need volunteers for, you can send me an email or give me a call. Come join us if you can.

**Debbie - 403-283-0554 ext. 224 / Debbie.o@hsca.ca**

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## Riley Park's Proposed Drinking Fountain is Public Art

While the Water for Riley volunteer committee took summer vacation, Calgary's public art policy stayed controversial. W4R followed the debate because the drinking fountain in Riley Park will be public art.

### How to recognize public art

The simple test for deciding what is public art: did an artist create it? The drinking fountain is art because an artist designed it. It'll be in a public space. Ergo; it's public art.

The unique aspect of Water for Riley is that its designer is a student artist. Michelle Lazo was in her first year at ACAD when she submitted her winning design, Reflecting Blooms. She's an emerging artist, with many successes already on her resume.

### The artist has a vision

Michelle also has a special connection to Riley Park, which the jury didn't know when it selected her design. Michelle, in her acceptance speech, told the crowd that her father worked for Calgary's Parks Department. "Dad worked there. Now my thumbprint will be there too."

She grew up going to Riley Park and loved the flowers that inspired her design. She said all the experiences came together, and she felt like she'd come full circle.

*"The idea of Reflecting Blooms is to create an area in Riley Park that provides not only a hydrating space but also to engage a whimsical interaction with the sculptures. The major inspiration for the fountain derived from the beautiful floral beds of Senator Patrick Burns Rock Garden."*

### Taste in art is subjective

As a community-based, volunteer driven project, W4R welcomes opinions about the drinking fountain's design. Some visitors to Riley Park will appreciate and love the winning design, and, obviously, some people won't. We look forward to being part of the larger civic discussion.

### Be part of Calgary's public art legacy; for Riley Park, for you, and for the future.

Donate to make this vision become reality. At the instructions to seller page, specify that your support is for Water for Riley project. The Parks Foundation ([www.parksfdn.com](http://www.parksfdn.com)) issues tax receipts for donations greater than \$10.00.

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

### Experts comment on the controversy.

Aritha van Herk wrote her opinion, published September 11, 2017 as the following:

### City can be a leader in investing in the arts

"Calgary is becoming a world-class city, and art has to be part of our evolution," writes Aritha van Herk. Read more in the Calgary Herald at this link: <http://calgary-herald.com/opinion/columnists/van-herk-city-can-be-a-leader-in-investing-in-the-arts>

## RESIDENTIAL PARKING PERMITS ARE GOING DIGITAL.

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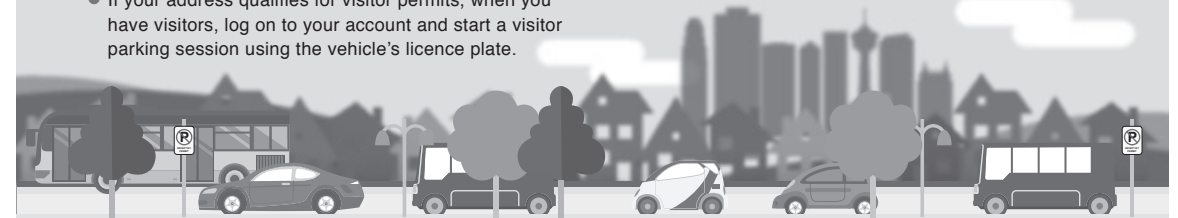


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- More effective and efficient enforcement of permit zones



For more information, visit: [permits.calgaryparking.com](http://permits.calgaryparking.com)

## BRAIN GAMES SUDOKU

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	7					9	2	
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FIND SOLUTION ON PAGE 21

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### 2017 FALL TASTING SCHEDULE

Tastings start at 7 pm unless otherwise indicated

<b>Autumn Ales</b> Comforting spicy brews, pumpkin ales and marzens as far as the eye can see! This is the perfect time to start thst transition into the darker side of beer! <b>Fri Nov 10</b>	<b>\$20</b>	<b>Masters of Malt</b> Only the rarest and very special whiskies are showcased at this tasting which always highlights some of the most exciting new whiskies in the world! <b>Thurs Nov 23</b>	<b>\$125</b>
<b>Tesson Cognac with Jacque Chastanet</b> Tesson is a unique brandy, more masculine and Scotch-like than any other Cognac. Tesson Director Jacque Chastenat will be our guest as we sample their portfolio up to an including the Royal \$2200. <b>Tue Nov 14</b>	<b>\$75</b>	<b>Cheese Please: Christmas Party Edition</b> Planning a holiday wine and cheese party? With the help of our neighbor Peasant Cheese we'll show you how to put together the perfect holiday wine and cheese pairings. <b>Fri Nov 24</b>	<b>\$30</b>
<b>Discovering the Douro</b> We'll gently journey down the storied Douro River with "Cavaleiro do la Confraria do Vinho do Porto" (AKA Port Exper) Cindy Opsal as we drift past the iconic port houses of Taylor, Fonseca and Croft. <b>Thurs Nov 16</b>	<b>\$40</b>	<b>37. Red Wine Icons – Bordeaux</b> Is Bordeaux really the world's most prestigious wine growing region? The critics and collectors think so, and Bordeaux sets the benchmark for wine pricing worldwide. You be the judge! <b>Tue Nov 28</b>	<b>\$125</b>
<b>Wine Fest</b> We'll clear the floor to make room for more than 80 of our favourite pours. There is no better way to spend a Friday night than with some good friends, great food, and even better... wine. It includes a KWM 25th Anniversary logo tasting glass. <b>Fri Nov 17</b>	<b>\$50</b>	<b>Whisky Advent 2017 Launch Party</b> Twas the night before Whisky Advent and all over the floor there were tables full of whiskies for sampling throughout the store! A mini whisky festival celebrating the launch of our 2017 Whisky Advent Calendar, includes a glass... FREE WITH THE PURCHASE OF A CALENDAR! <b>Thurs Nov 30</b>	<b>\$25</b>
<b>Beyond Burgundy and Bordeaux</b> There is more to French wine than Burgundy and Bordeaux! We'll explore some of the lesser known French wine regions you should know! <b>Tue Nov 21</b>	<b>\$35</b>	<b>Glenfiddich with Beth Havers</b> Glenfiddich is launching three new expressions this year, and our friend Beth Havers, Glenfiddich Canadian Brand Ambassador, is making a special trip to Calgary just to showcase them! <b>Tue Dec 5</b>	<b>\$30</b>

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# Hillhurst/ Sunnyside Adult Badminton Club



We welcome anyone who is interested in playing with us. The gym has four rubberized compound courts and is well lit and maintained. There are showers and lockers as well. The fee is \$3.00 per visit and \$2.00 drop-in shuttle fee. Our skill levels are post-beginner to advanced. Drop in on Monday and Thursday 9:30 am-12:30 pm and try it out!

For more information please contact Grace Yuen: gymyuen@gmail.com



## Unique Cherry Chocolate & Cranberry Apricot Fruit Cakes

The Unitarian Church of Calgary (1703 1st NW), has been baking fruit cakes for over 40 years! In addition to the traditional light and dark fruit cakes, we also offer a luscious cherry chocolate version (great with port) and a cranberry apricot version (amazing with fruit dessert wine).

**Dark Fruit Cake** - raisins, dates, figs, currants, candied fruit and walnuts

**Light Fruit Cake** - candied fruit, golden raisins and almonds

**Cranberry Apricot Millennium Fruit Cake**- apricots, cranberries, figs, apples and pecans

**Cherry Chocolate Fruit Cake** - Bing cherries, dates, figs and milk chocolate

The price is just \$35 per cake and every cake comes attractively gift-wrapped and weighs just under 1 kilo! We always make our cakes with loving care and quality ingredients. No cakes contain any alcohol.

To order a cake, please contact Jane at 403-283-7162 or at jane.ebbern@gmail.com. But hurry, we are selling out fast!



## BRAIN GAMES SUDOKU

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



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## West Hillhurst Preschool News

By Hector Flores

### Explaining Remembrance Day to our Preschoolers

Remembrance Day is celebrated annually in Canada on November 11th to honour soldiers and civilians who lost their lives on behalf of our country. Many people wear a poppy to remember those lost. Across the globe, other countries have similar holidays (ie, Veterans Day in the US).

Talking with preschool aged children about complex topics like war can be a challenge, granted important, and it can be difficult for our little ones to understand the meaning of Remembrance Day. Without needing to provide the details of war, it is important to share the courage and bravery of those protecting our freedom and our country. **Talking about "Peace" and "Respect for Others"** is a great way to start the conversation.

Here is an **easy at home craft** you can do with our preschooler to create their own poppies for an at-home Flanders field using muffin liners. Have your child paint 3-4 muffin liners with red paint. Once dry, help them to stack and secure the liners together with a green pipe cleaner and a black button! Voila!

Some quick tips to talk to our kids about this commemoration, and the honour and courage of our Canadian Armed Forces are: check out **a book with pictures from the library**, tell the truth, make it personal, and participate in local ceremonies. (Check out the Kensington Legion if looking for a nearby ceremony).

### Join the West Hillhurst Community Preschool

We offer classes for three and four-year-old children. Using a play-based curriculum, our children develop the social, emotional and intellectual skills to help them

lay a strong foundation as they move forward through more formal schooling. Using the in-house facilities of the community centre including the ice rink and playground, we are able to offer a selection of unique activities as part of our regular curriculum.

Visit our website for more information and registration details: [www.westhillhurstpreschool.com](http://www.westhillhurstpreschool.com)

## Sunnyside School

It's been a busy and exciting fall at Sunnyside School, welcoming our new principal, Trudi Tallerico, and many new families to our school community. Ms. Tallerico is a wise and collaborative addition to our school.

We have already been up to a lot around Sunnyside. Our grade six class went on an exciting 3-day trip to Camp Chief Hector. They returned with tales of adventure and may have just caught up on their sleep! The Terry Fox Run was held indoors this year due to inclement weather. The students had fun and raised money for cancer research. The annual Sunnyside School fall fair was a resounding success, raising over \$5,000. It was a wonderful day of music, community, play, food and fundraising. The proceeds will go toward continued funding of our annual artist in residence program, exciting in-school initiatives, as well as many off-site opportunities for students throughout the year. Our annual pumpkin parade was very popular with our little (and not so little!) witches, ghosts, and goblins. What a fantastic display of creativity, costumes and community!

We are thrilled to announce the upcoming transition of our library to a learning commons and maker space. Stay tuned for details!

## Hillhurst School

We are thrilled to have started our **2017-2018 Math Residency** with Geri Loriway. Geri will be working with staff and students until May 2018. Our Math Residency will focus on ensuring mathematics learning programs are active and rigorous, enhancing positive mathematics cultures in our school, and building clarity and coherence in mathematics instruction and assessment practices. Geri will also be providing professional learning to enhance teacher confidence and skill.

~continued on page 24~



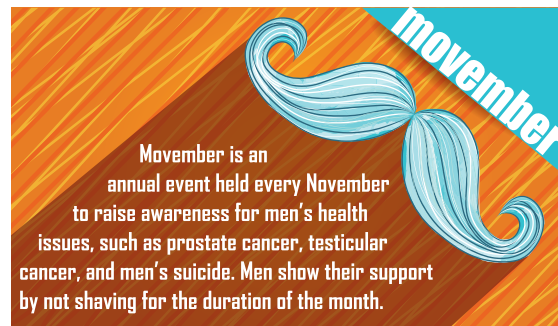


## Hillhurst School cont'd

We are extremely proud that our **Grandparent Reading** program is continuing this year, which brings a devoted and enthusiastic group of seniors into our school to share their love of learning with our students, through reading, games and activities. The program runs each **Wednesday from 9:00 to 12:00**, with snacks and good conversation provided. Please contact Hillhurst School at 403-777-6360 or email [hillhurstschoolcouncil@gmail.com](mailto:hillhurstschoolcouncil@gmail.com) if you are a senior interested in becoming a grandparent reader. You need not have a grandchild in the school to take part in this tremendously rewarding community program.

Hillhurst School's major fundraiser each year is our **Cheque Writing Campaign**, whereby families, community members and local businesses make a one-time financial donation to our school to fund important school programs such as arts integration, special residencies (including our Math Residency), classroom technology, field studies, and our Learning Commons and Maker Space. We encourage any interested businesses or community members to support us in this critical fundraiser (tax receipts will be issued). For more information please contact Hillhurst School at 403-777-6360.

An ongoing fundraiser at Hillhurst School is the monthly Bottle Drive. It is held the third Thursday of every month, so if you have any refundables you would like to get rid of, please bring them to the front of Hillhurst School between 8:15 and 9:00 am November 16th.



## Queen Elizabeth School

Queen E students are snuggled in to their classes as the colder weather sets in. November brings the culmination of a few athletic seasons. Congratulations to our Senior Girls Soccer team and our Cross-Country competitors. Thank you for representing Queen E so well. A big thank you to all the staff coaches, league officials and competition organizers for their dedicated work with our students. Did you know that Queen Elizabeth has 8 volleyball teams? November brings volleyball playoffs and we are busy! Our students would love some extra cheerleaders!

We have also some field trips in the past few months with a highly successful Grade 9 Outdoor Education classes camping at Writing-on-Stone Provincial Park in September. In October, Science 9B class went to Weaselhead in support of the Biodiversity Unit. Coming up, on November 21, the Queen Elizabeth Debate Team and our fantastic student and staff volunteers will be hosting a city-wide debate tournament.

This month, Parent-Teacher Interviews will occur on Thursday November 16 and November 17. Please visit the school website for more information regarding interview times.

On November 24, Band Director Ms. Shannon Fehr, and her band students will be hosting a Winter Gala. Please join us for a night of big band music, dancing and desserts. Please see the school website and the Band webpage for more information.

It's never too soon to announce our Open House here at Queen E. Come by and see what your community school is offering and meet the staff! Our Open House will be held on December 11. Please visit the school website for more information closer to the date.

Did you know Queen Elizabeth High School is collecting donations for the Cinderella Project?

The Cinderella Gown Project provides the opportunity for young grade 12 women in our school to be treated to a Cinderella experience of choosing a beautiful gown and accessories for their graduation ceremony. This project started within the Calgary Board of Education many years ago. The Cinderella Project was created to allow students in financial need to be able to experience their graduation banquet with style and dignity where they would be otherwise unable to do so.

If you would like to donate dresses, shoes, jewellery, and so on you are most welcome to. Please drop off items to the front office at Queen Elizabeth High School.

## Tips for using your blue, green and black carts

Now that Calgarians are able to recycle and compost all year-long, it's important to put items in the right carts. Here are a few tips to follow:

### Green Cart

- Every little bit counts! Plate scrapings, fruit pits, bones, egg shells and sauces can all be composted.
- Is your green cart full? Put extra leaves and branches into paper yard waste bags. Roll closed and place at least 1 ft. to the side of your green cart on collection day.

### Blue Cart

- Remember to bag your plastic bags! All plastic grocery bags, bread bags, sandwich bags and plastic wrap need to be put in one bag and tied closed before recycling.
- Is your blue cart full? Make sure to break down all boxes to make room or take extras to a community recycling depot.

### Black Cart

- If an item can't be recycled or composted, then it has reached its end-of-life and belongs in the garbage. This includes chip bags, granola wrappers, foam packaging, and dryer lint.
- Is your black cart full? You can put out extra garbage bags by placing at least 1 ft. to the side of your black cart on collection day.

If you're not sure of how to dispose of an item, use our online search tool What Goes Where to find the answers! Visit [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere) to look up hundreds of different items.

## It's time for everyone to keep food and yard waste out of the garbage

Live in an apartment, condo or townhouse? It's time to keep your food and yard waste out of the garbage. As of November 1, 2017, all multi-family complexes in Calgary are required to separate food and yard waste from the garbage for composting or diversion. Your building owner or manager is responsible for setting up a food and yard waste program in your complex – ask them how it works.

Businesses and organizations are also now required to separate food and yard waste from the garbage. Look for the food waste bin at your workplace, food court or favourite coffee shop. If your multi-family complex or workplace does not offer a food and yard waste program, you can contact 311 for support.

Food and yard waste makes up nearly 40 per cent of garbage from apartments, condos and townhouses, and over 30 per cent from businesses and organizations. Composting will create a useful new product and keep this material out of the landfill.

Find out more at [calgary.ca/multifamily](http://calgary.ca/multifamily).

## November is Adopt-a-Senior-Pet Month

The City of Calgary's Animal Services is proud to feature their Seniors-for-Seniors adoption program during 'adopt-a-senior-pet' month. The program's focus is to connect mature dogs and cats with owners who are 60 and over. Through this, a 60% adoption fee discount is offered to seniors when adopting a senior animal (age 7 or older).

Senior cats and dogs, while mature and well-socialized, are often overlooked by adopters because of their age. However, when well cared for, senior animals can be a source of love and companionship for many years to come. Ideally, the owner and pet will complement the lifestyle and pace of each other.

The program's goal is to enrich the lives of both pets and people. The adopter can benefit from reduced loneliness, increased opportunities for exercise, socialization and companionship. Owning a pet also has added health benefits (such as lowering blood pressure and cholesterol).

To inquire about adopting a senior pet, please visit [www.calgary.ca/adoptapet](http://www.calgary.ca/adoptapet).





## Hillhurst-Sunnyside Real Estate Update

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

	Average Asking Price	Average Sold Price
September 2017	\$769,900	\$758,350
August 2017	\$639,999	\$639,999
July 2017	\$722,450	\$700,000
June 2017	\$874,900	\$860,000
May 2017	\$679,900	\$675,500
April 2017	\$769,900	\$744,000
March 2017	\$599,000	\$581,000
February 2017	\$779,450	\$769,000
January 2017	\$1,184,444	\$1,157,000
December 2016	\$999,999	\$975,000
November 2016	\$879,000	\$870,000
October 2016	\$999,900	\$967,500

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

	No. New Properties	No. Properties Sold
September 2017	13	5
August 2017	4	1
July 2017	5	8
June 2017	6	5
May 2017	17	13
April 2017	9	3
March 2017	6	7
February 2017	9	8
January 2017	6	2
December 2016	1	3
November 2016	6	7
October 2016	6	5

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

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# Northwest Warriors 2017 City Finals

We had 2 champion teams, 1 city finalist and 1 city  
champion combined team. Go Warriors!

Midget 1 2017 City Champs Roster: Cayden Murray, Ei-  
jaz Kassam, Jack Moroney, George Moroney, Brendan  
Durant, Braden Wright, Brett Broten, Mason Freer, Jack  
Siemaszkiewicz, Josh Fernandez, Noah Laursen, Rory  
McCabe, Ryan Davis, Jett Leonard-Bedier, Ethan Wood-  
ward, Harry Osler, Jace Kent, Aliya Strong. Coaches Ted  
Osler, Barry Burrows, Shaun Laursen, Bryce Halverson.  
TM: Laura Strong

PeeWee 3 City Champions Roster: Adam Reid, Alex King,  
Arjun Sarin, Brodie Brown, Brodie Gohmann, Carter  
Blumes, Cole Verweire, Ethan Conroy, Evelyn Lawrence,  
Jack Wiwchar, Kieran Ferguson, Jackson Romeril, Max-

ence Guay, Sasha Caron, Scott Radke, Shaan Shergill,  
Ty McKay, Tyler Ritchie. Coaches: Adam Verweire, Brian  
McKay, Dave Brown, Korey Conroy, Stovel Ferguson,  
Mark Ritchie Team Manager: Stephen Caron. Go War-  
riors!

NWW Warriors joined West Wolves Jr C team this year  
and won the City Champions. Roster: Shylo McConnell,  
Mitchell Pinsent, Lucas McLeod, Daniel Alaire, Alexan-  
der Lane.

Northwest Warriors is a co-ed minor hockey league and  
partnership between West Hillhurst, Triwood, Brent-  
wood Community Associations and Crowchild Hockey.  
Check out on Facebook at Northwest Warriors Hockey  
Calgary.

## REMEMBRANCE

Canada observes the tradition of Remembrance Day on  
the eleventh hour of the eleventh day of the eleventh  
month. Other nations observe a solemn day but at differ-  
ent dates. For example, ANZAC Day is observed in New  
Zealand on April 25. In South Africa, Poppy Day is marked  
on the Sunday that falls closest to November 11.





## THE SANTALAND DIARIES – LUNCHBOX THEATRE, NOVEMBER 27 – DECEMBER 23

This is one elf that won't make the nice list. His name is Crumpep and he'll tell you the truth about Santaland. An out of work and broke actor in New York city takes a job as an elf in Macy's Santaland Village. The behind-the-scenes reality of holiday cheer is not the blissful peppermint dream that he had imagined. Based on David Sedaris' hilarious book chronicling his outlandish experience working as an elf in a Macy's Santaland, The Santaland Diaries is a one-man riff on one elf's truly odd encounters with his fellow man. More info: [lunchboxtheatre.com/the-santaland-diaries/](http://lunchboxtheatre.com/the-santaland-diaries/)



## TREES WITH TEA – YYC BEESWAX HQ, DECEMBER 5

Join us for a fun evening of candle making fun! We'll have hot tea for you to enjoy as you learn about bees and beeswax. After that, we'll celebrate the season by making some adorable beeswax tree candles. This is a perfect workshop for kids to make Christmas gifts! Instruction and all materials are included. More info: <https://www.eventbrite.ca/e/trees-with-tea-tickets-3625547811?aff=es2>.



## A CHRISTMAS TALE CARRIAGE HOUSE INN, DECEMBER 17

An incredible event for the whole family in Calgary! Beautiful, full of fun and magic Christmas show with Santa will take you into the world of music and dance. Magic tricks and games with Santa and his friends will provide you and your family with an unforgettable experience of the Christmas spirit and fill your holidays with joy. Children under 2 years old are free. More info: [artstarcreations.net/category/news/](http://artstarcreations.net/category/news/).



# YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

## International Christmas Market – Spruce Meadows, Dec 1 - 3

This final weekend of the International Christmas Market invites you to take in over 250 vendors in the indoor comfort of Spruce Meadows. Take in the lively, festive atmosphere while crossing those last few gifts off of your list. Live entertainment, dining, choirs, and much more. More info: [sprucemeadows.com](http://sprucemeadows.com).

## Boy film screening – Esker Foundation, Dec. 7

Boy is a dreamer who loves Michael Jackson. Boy's other hero, his father Alamein, is the subject of Boy's fantasies, and he imagines him as a hero and a close relation of Michael Jackson. In reality Alamein is an inept, wannabe gangster who has been in jail for robbery. When his father returns home, Boy is forced to Sidewalk Citizen will be providing complimentary treats for this screening. Dir. Taika Waititi, 2010, 87 mins. Event is free, registration essential. [www.eventbrite.ca/e/boy-registration-37158757845?aff=es2](http://www.eventbrite.ca/e/boy-registration-37158757845?aff=es2).

## A Cowtown Christmas by Cowtown Opera Company – Central United Church, Dec. 9

Do you hear what I hear? It's your annual get-together with your opera-singing relatives! This year dress in your pajamas and most festive onesie receives a prize. Baby, it's cold outside and Cowtown is the musical equivalent of a warm cup of cocoa. You'll laugh, sigh, and sing-along (of course!) to your favourite Christmas tunes. Hosted by Calgary's beloved Heebie-Jeebies, and featuring Calgary's top musical talent, come celebrate the most wonderful time of the year. More info: [cowtownoperacompany.com](http://cowtownoperacompany.com).

## The Brick Teddy Bear Toss – Scotiabank Saddledome, Dec. 10

The annual Teddy Bear Toss is hosted by the Calgary Hitmen in support of children in need in Calgary. Bring a teddy bear or plush toy of your choice and at the end of the first period all in attendance will toss their toys onto the ice. Last year almost 24,000 toys were collected to put under trees all over the city. This year the hitmen will square off against the Moose Jaw Warriors. Tickets and info: [hitmenhockey.com/teddy-bear-toss](http://hitmenhockey.com/teddy-bear-toss).



CALGARY PUBLIC LIBRARY

## Explore expanded access to TumbleBookLibrary

Calgary Public Library has partnered with the Calgary Board of Education and Calgary Catholic School District to expand our access to TumbleBookLibrary. This free online resource for kids offers more than 1,100 titles, including talking picture books, narrated chapter books, ebooks, and graphic novels, all available at [calgarylibrary.ca/tumblebooklibrary](http://calgarylibrary.ca/tumblebooklibrary).

## \$1M grant transforms early learning at the Library

The Calgary Foundation Early Learning Centre at Saddletowne Library opened September 16. This new space for children ages zero to five to play and learn in is the first of four Calgary Foundation Early Learning Centres set to open this year, thanks to a transformational \$1 million investment from the Calgary Foundation and an anonymous donor. Discover the new space today!

## What does Calgary Public Library mean to you?

In celebration of Canadian Library Month this October, Calgary Public Library is part of a nation-wide initiative sparking conversation about the importance of libraries. Share your most vivid memory or meaningful library moment on social media using #LibraryMoments and tag us @calgarylibrary.

## Math is No. 1 at this free after-school program

Students ages 6 to 12 are invited on a Math Quest! Explore the library while completing numeracy challenges at this one-hour drop-in program, offered at 18 Library locations. Quests are connected to Alberta's curriculum, have real-world applications, and demonstrate math can be fun. For more details, visit [calgarylibrary.ca](http://calgarylibrary.ca), click programs, and search Math Quest.



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# Treating the Litterbox Blues

By Jennifer L. Scott, D.V.M.

A cat missing the litterbox or refusing to use the litterbox is easily the first, second, and third most common reason a cat owner will seek out veterinary advice. Unfortunately, if not successfully treated, it is also why an owner may elect to euthanize or rehome a pet cat. Effective treatment with a single simple solution is often difficult.

Seeking help for inappropriate urination early is critical. What started as a medical problem can become a habit the longer the cat continues to urinate outside the litterbox, then treatment becomes more complicated. Minimal medical workup should include physical examination, bloodwork and urinalysis, and radiographs of the bladder. Radiographs or x-rays will also allow evaluation of a cat's bones for arthritic changes. Back pain may make a cat avoid stepping into the box and being squeezed into uncomfortable shapes. Very old cats may have some cognitive problems.

Basic management to try and treat cats peeing and/or pooping outside the litterbox starts with keeping the litterbox clean. Use a litterbox that is one and one-half times the length of the cat from nose to base of the tail. Try uncovered and covered litter boxes, if possible. Try cutting a second hole at the other end of the litterbox cover. Keep the litterbox out of high traffic, noisy, drafty areas and provide a little light, especially for elderly cats. Older cats may also need a slightly lower entrance if it hurts to step into the box. Long-haired cats may need hair between the toes and around the rear end trimmed.

Get creative. Try different kinds of litter in boxes, and avoid perfumed litters. Try moving the litterbox to a

new location. If the cat had a painful infection or bladder stones, it may associate the current location with pain when he urinated. A litterbox by a furnace that turns on now and then with a loud roar is not the best location.

Rule of thumb in multiple cat households is to offer one more litterbox than the number of cats. If there is conflict between cats in the household it may need to be addressed. If the cat is marking around windows and doors because it's seeing cats outside the house, that may require action to prevent the cat seeing out of that window or door. Marking territory and anxiety are two of many underlying reasons a cat may eliminate outside the litterbox.

Appropriate medical treatment can be started if your veterinarian finds a medical reason. Behavioral causes are much more complicated. Veterinarians stock two products sold over the counter which can be plugged into the wall to release a pheromone into the air which may reduce anxiety and competition between cats. There is also a veterinary diet called Calm diet, which many of my clients have had success with. There are many effective anti-anxiety drugs on the market today to treat cats, as well as some alternative treatments. In most cases, more than one tool needs to be utilized and finding the combination of effective tools can be a journey before success is achieved.

Over the last few decades, the veterinary profession has become more successful at treating inappropriate elimination in cats, but still treating difficult cases demands a huge commitment and partnership between pet owner and veterinarian.

# 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, highlighting artisanal producers producing unique, reasonably priced (under \$50 retail) wines, all the while demonstrating careful earth stewardship.

## 2013 Sepp Moser, Zweigelt (Zwei-gelt) Grosse Reserve, Apetlon Vineyard, Burgenland, Austria

**About the Maker:** The Moser family is considered one of Austria's grand viticultural dynasties. Current winemaker Nikolaus (Niki) Moser represents the fifth generation. Niki is the grandson Dr. Lenz Moser, the man responsible for modernizing Austrian vineyard management (the Lenz Moser System). His system - based on training vines higher off the ground - enables better ventilation and sun exposure; leading to improved vine health, grape quality and profitability.

**About the Winery:** After selling the family business (Weinkeller Lenz Moser) in 1986, Niki's father Josep (Sepp) branched out on his own, establishing Weingut Sepp Moser in 1987.

**About the Grape:** A crossing of European varietals St. Laurent and Blaufränkisch, Zweigelt is Austria's most widely-planted red grape.

**About Sustainability:** Biodynamic since 2000, Weingut Sepp Moser was one of Austria's first to adopt biodynamic farming practices, meaning natural practices (and much more) are followed in all aspects of growing and making. Certified Biodynamic by demeter.

**About the Wine:** A lovely garnet red in-glass, aromas of cranberries blend with leather and tobacco. In the mouth, light-to-medium bodied red plum flavours meld with notes of sour cherry and walnut. The palate finishes long and clean.

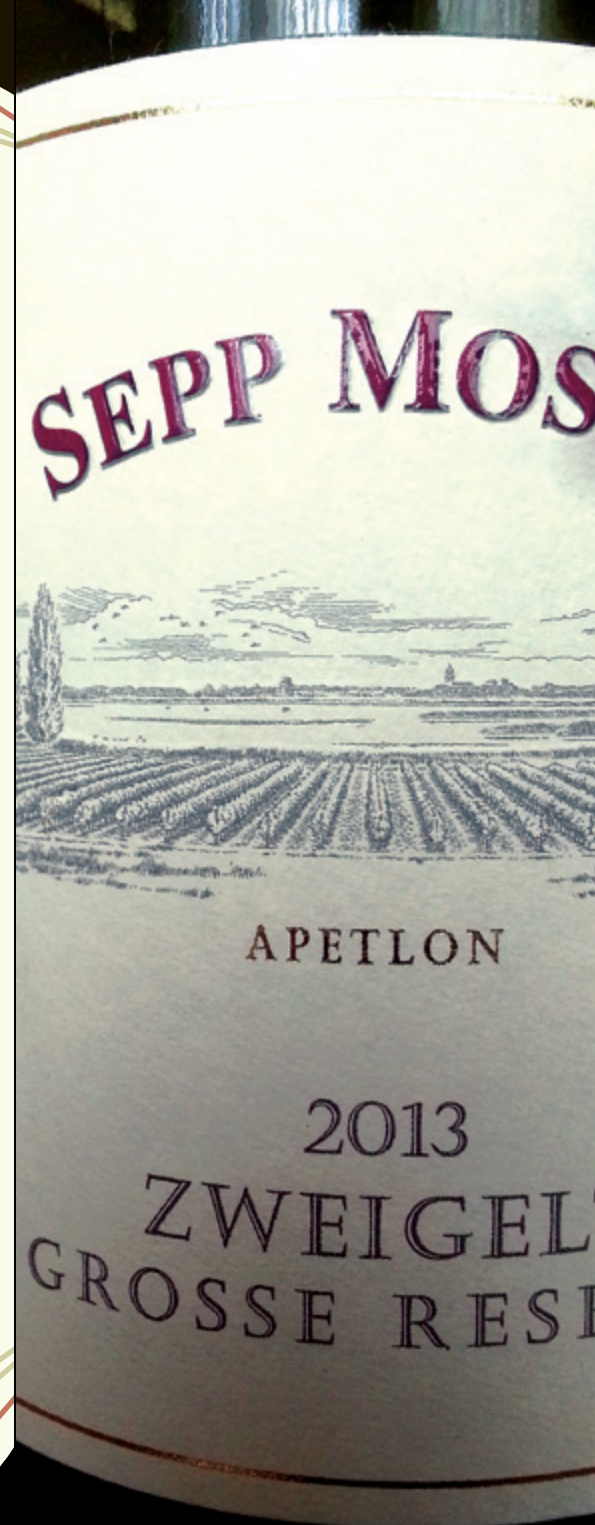
**NB.** Unfiltered, so please be aware of sediment.

**About Pairing:** Pair with paté, tender cuts of pork, or roast pheasant and turkey.

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

**CSPC #792723**

**About Price:** \$48





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Following the Great War in 1919, the Parliament of Canada, like other countries of the British Empire, passed legislation to mark November 11th as Armistice Day.

The day was to celebrate the Allied victory in the First World War but quickly became a day of remembrance to those who had died in WWI and conflicts before.

Many Canadians are not aware of a campaign that started in 1928, by many veterans and their families, to change the date of Thanksgiving Day.

At the time, Thanksgiving was celebrated on the second Monday in November and this put the two occasions on the same date much of the time. Activities of remembrance often conflicted with the celebration of Thanksgiving.

In 1931, Parliament decreed that Armistice Day would become known as Remembrance Day and be marked on November 11th every year. It also changed the occasion from one celebrating the political and military successes that lead to victory in WWI to instead focus on the memory and sacrifices of those who served and died in defence of our nation.

At the same time, they decreed that Thanksgiving would be moved to the second Monday in October. In the United States, Thanksgiving is still celebrated in November and they conduct their remembrance activities during the Memorial Day weekend in May.

Early ceremonies were observed primarily within the military community but with the passage of time it has become an occasion for the general population to show appreciation and remembrance for those who made Canada what it is today.

This November 11th, Canadians will again pause to remember those who bravely volunteered at great risk to serve Canada, to go abroad to fight hate and oppression and to protect our peaceful nation. Let us forget.





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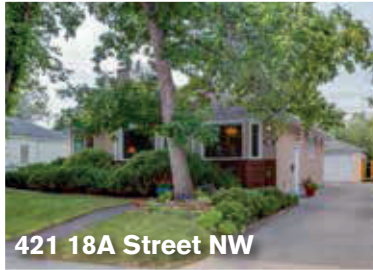
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