

SEPTEMBER 2017


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HILLHURST SUNNYSIDE VOICE



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






**HARVEST
FAIR
FARMERS'
MARKET**
SEPTEMBER 20



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LISA DAVIS
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He loves outdoor sporting activities, staying fit, and spending time with family and friends.

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Contact in confidence (fees paid by client)
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divinematchmaking.com | 403-456-4870



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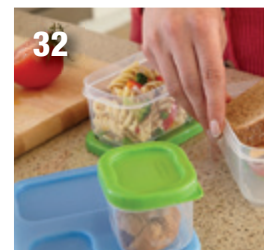
We assist you in understanding your strengths and weaknesses in learning, and find ways to help.

CanLearn is a leader in services for ADHD and learning disabilities.

www.canlearnsociety.ca | 403-686-9300 ext. 102

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





HILLHURST-SUNNYSIDE COMMUNITY ASSOCIATION

1320-5 Ave. NW
 Calgary, AB – T2N 0S2
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Editorial Submissions

jessica.c@hsca.ca

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

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 87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

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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



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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Darren Anderson	Member at Large
Emma Yang	Member at Large
Sandra Walker	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

Vacant	Executive Director Ext. 221	
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
Vacant	OOSC Program Manager	403-270-9705
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 – 5th Avenue NW

Free Admission



EVENTS CALENDAR

Sunday Monday Tuesday Wednesday Thursday Friday

Flea Market 7:00 am to 3:00 pm	Knitting/Seniors Morning Group 9 am to 12:00 pm Drop-in Badminton 9:30 am to 12:30 pm Seniors' drop-in 1 pm to 4 pm Fresh Food Basket 4 pm to 6 pm Food Fit 6 pm to 9 pm Foxy Kickboxing 6:15 pm to 7:15 pm Drop-In Tennis Outdoor: 7:00 pm to 8:00 pm	Children's Sparring 6 pm to 7 pm Youth Adult Beginner 6 pm to 7 pm Cardio Karate 7 pm to 9 pm Taekwondo 7:15 to 8:15 pm Drop-in ESL Club 7:15 pm to 8:45 pm	Neighbour Night 6 pm to 8 pm Foxy Kickboxing 6:15 pm to 7:15 pm	Drop-in Badminton 9:30 am to 12:30 pm Little Dragons Karate 6 pm to 7 pm Cardio Fit Karate 6 pm to 8 pm Taekwondo 7:15 to 8:15 pm	
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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
Drop-In Tennis	Darren Anderson	Darren.anderson1000@gmail.com

Upcoming Events

Closed for Labour Day, Monday, Sept 4

- Comic Fair**
Sept 2, 10 am to 3 pm
- New Age Market**
Sept 9, 10 am to 4 pm
- Community Pot Luck**
Sept 15, 6 pm to 8 pm
- Antique Market**
Sept 16, 10 am to 4 pm
- Harvest Fair**
Sept 20, 3 pm to 6 pm
- Samaritan Sale**
Sept 30, 9 am to 1 pm



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 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.hsca.ca for news and updates about this program



The Hillhurst Sunnyside Farmers' Market is proud to present Harvest Fair on Wednesday September 20th from 3-6pm.

A celebration of urban agriculture, the fair has gardeners and crafters from around the city competing for the red ribbon and local bragging rights.

Based on the classic rural horticultural fair, the Hillhurst Sunnyside Harvest Fair is a community based, friendly contest with every entry eligible to win a ribbon and local bragging rights. In addition to 1st and 2nd place we are excited to announce a people's choice award! Categories range from the Largest Pumpkin, Most Unusually Shaped Vegetable, and Best Pie.

Visit www.farmersmarket.hasca.ca for a full list of categories and details on how to enter.

Harvest Fair will take place at the Hillhurst Sunnyside Community Association in conjunction with the weekly Farmers' Market.

HARVEST FAIR

WEDNESDAY
SEPTEMBER 20, 2017
3-6 PM
 (FARMERS' MARKET 3-7PM)
 VISIT
WWW.FARMERSMARKET.HASCA.CA
 FOR RULES AND CATEGORIES

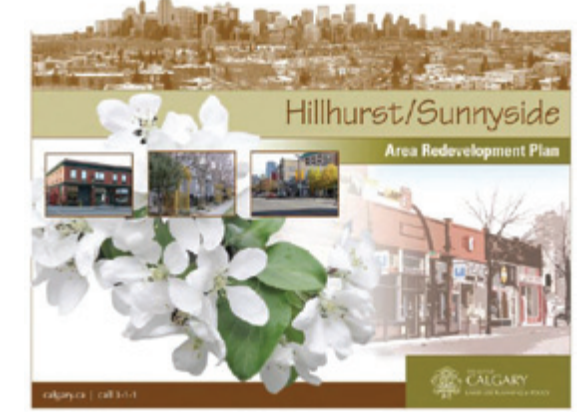


FARMERSMARKET@HASCA.CA | 403-263-0554 EXT. 228
 WWW.FARMERSMARKET.HASCA.CA | 320 5 AVE NW | FOLLOW US

The Hillhurst Sunnyside Community Association is the formal entity that responds to the City of Calgary on development requests and works to inform and engage residents on the many applications in our community. While the HSCA does not have the authority to approve or refuse applications, we have some influence on the design of our community by way of communication to the City of Calgary, developers/ applicants and the decision-makers at City Council (votes from 14 councillors and the Mayor).

The Hillhurst Sunnyside Planning Committee ("HSPC") meets on the second Tuesday of every month from 7-9pm at the community centre. All residents are welcome! Please follow HSCA Community Planning online for up-to-date news at <https://hsc-community-planning.mn.co> and on Facebook/Twitter.

Height, density, setbacks, site layout and to some extent, the design of new buildings are guided by City of Calgary policies, such as the Calgary Municipal Development Plan (calgary.ca/mdp) and rules in the Land Use Bylaw (lub.calgary.ca) for individual lots/parcels. The Hillhurst Sunnyside Area Redevelopment Plan or "ARP" (http://bit.ly/HS_ARP) represents many hours of collaboration and compromise with community stakeholders and the City of Calgary to form a comprehensive plan that accommodates growth while enhancing the unique character and livability of the community.



The Part II Transit Oriented Development of the ARP was approved by City Council in 2009. This reaffirmed existing residential policies and represented three years of extensive community engagement. Over the years, we

have seen several ARP amendments to accommodate individual development applications. In some cases, the HSCA and its residents have been successful in influencing the direction of redevelopment projects by submitting thoughtful feedback rooted in good planning principles, ARP policy and getting involved throughout the City of Calgary's development process and communication with the applicant/developer.

We are not able to continue our work with community engagement without your help! Whether you would like to join the HSPC or by getting involved by spreading the word about projects nearby to neighbours or writing letters about individual applications in the community or on your block (you can include support, concerns, or a mix of both). We like hearing from you and will use residents' feedback to inform our formal letters to the decision-makers at City Council. You can write to the City of Calgary's file managers and copy the HSCA (Lisa Chong, Community Planning Coordinator, lisa.chong@hsc.ca) and copy Councillor Farrell's office (Dale Calkins, Community & Community Liaison, caward7@calgary.ca).

Grace Hospital Redevelopment (NorthWest Healthcare Properties)

This is a very large Land Use Amendment (rezoning) and ARP amendment application at the northeast corner of 14 Street and 8 Avenue. This application seeks to add significant residential density, medical and commercial square footage through larger and taller buildings (30m on the west side and 70m on the east side). Please see www.calgary.ca/gracehospital and the August Voice newsletter for more information.

Thank you to everyone who has submitted feedback on this significant development proposal. Comments received after July 29 will not be included in the City's "What We Heard Report" but will still be accepted by the City File Manager. You can still email your feedback to neil.macdonald@calgary.ca; the City report will detail and summarize community comments (support or opposition). Community comments will be used by the City's engagement team to form and drive the topics for further engagement/workshops in the fall. Please stay tuned online for more opportunities to get involved.

916-926 2nd Ave NW (Russell Real Estate Development)

Calgary Planning Commission recently approved the rezoning application to build a residential condo building

~continued next page~



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at a height of 16m (5 storeys with the top floor recessed) and a Floor Area Ratio of 2.5. The HSCA and residents were in support of a development that does not exceed the height and density specified in the ARP. While we are aware that a Development Permit, or plans for the site have been submitted, we have not yet received it at the time of writing. We will be reviewing this DP carefully with affected neighbours and will get the word out online for those interested – plans will be made available for the public at the HSCA. Follow the developer’s website at www.2avenw.ca.

922, 926, 928 Memorial Drive NW (Truman)

This is a proposal for a 22m condo building (6 storeys including the rooftop residents’ amenity space and elevator mechanicals) with a Floor Area Ratio of 3.35 and 39 dwelling units. The HSPC is opposed to the height and FAR being proposed outside of the ARP areas specified for increased density. This site is also not in the *Medium-Density area* of the ARP which allows for a height of 16m and 2.5 FAR. City Administration and Calgary Planning Commission have both recommended approval of this application. The HSPC is very disappointed with this outcome as HSPC and neighbour feedback has had little impact on this application and the final requested height has now increased by 2 metres.

The applicant’s rationale for the total 22m height indicates that the residential part is 15.5m with the increased height attributed to a required 1.1m floodway elevation. HSPC questions this assertion: new multi-residential developments are generally 12 metres along Memorial Drive under the current zoning; this application calls for a height increase of 83%. Another 2013 (not yet built) development at 834-840 Memorial Drive (at 1,100m2) was approved with a max height of approx. 13m (3 ½ storeys) and a FAR of 1.6 containing 22 units – this is a far more modest proposal, and comparable to the Truman site, which has a site coverage of 1000m2.

The decision to approve or refuse this proposal will rest with City Council at the September 11 public hearing. Visit agendaminutes.calgary.ca few days before the hearing to find the agenda and report. Residents can also write letters and speak at Council. The developer’s project website and response to community comments can be found at: www.engagememorial.com.

1724 Westmount Road NW - CBC Site

We are expecting an introduction from Anthem Properties about their newly acquired redevelopment site at our next HSPC meeting on September 12. Please check www.hsca.ca/meetings for a copy of the agenda a few days before the meeting and if you live in the area, please come join us. More info at http://bit.ly/HSCA_CBC_Engagement.

Evolution of Retail/Commercial Spaces

The community has seen big changes with commercial spaces; most recognizably, the addition of several new buildings on 10 Street NW. The nature of shopping has changed significantly from locally accessible services and corner grocery stores to the rise of suburban shopping malls (and now possibly their decline as seen with the North Hill Mall redevelopment and the closure of Sears department stores across Canada). We are experiencing a transition with the increased popularity and ease of online shopping.

There are more and more “experiential” stores, such as the new cat café, board game café, ground-floor gyms and two new escape rooms. With federal legislation changes, we have also seen two new development applications this summer for “medical marijuana counseling” uses on 10th Street.

The Kensington shopping district continues to be a draw for visitors and locals alike. Do you shop locally? What are your thoughts or observations? What do you love about the retail/commercial areas of the community? What are some of the barriers you see? Let us know!

Corrections

July Voice Update: *Strike out NW Corner of Kensington Close and 13 Street NW as a potential redevelopment; our apologies - there is nothing happening at the moment. Our newsletters are written a month before they delivered and while we endeavour to provide timely information to residents, things do change month to month.*

August Voice Update: *1705 Westmount Road NW - the councillor stated that Hillhurst Sunnyside is “not an anti-development” community; we misquoted by writing “pro-development”.*

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- Demand City Hall get value for taxpayer dollars
- Protect our seniors & most vulnerable citizens

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Get Involved! FREE Community Programs and Events

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

For more information contact Amanda at amanda.p@hsc.ca or 403-283-0554 ext. 247.				1
4 LABOUR DAY	5 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	6 6:00 to 8:00 p.m. Neighbour Night & Youth Matters HSCA 1320 5 Ave NW	7	8
11 4:00 to 6:00 p.m. Fresh Food Basket HSCA 1320 5 Ave NW	12 7:15 to 8:45 p.m. Drop in ESL Club HSCA 1320 5 Ave NW	13 6:00 to 8:00 p.m. Neighbour Night & Youth Matters HSCA 1320 5 Ave NW	14	15 6:00 to 8:00 p.m. Community Potluck HSCA 1320 5 Ave NW
18 4:00 to 6:00 p.m. Fresh Food Basket HSCA 1320 5 Ave NW 6:00 to 9:00 p.m. Food Fit HSCA 1320 5 Ave NW	19 7:15 to 8:45 p.m. Drop in ESL Club HSCA 1320 5 Ave NW	20 6:00 to 8:00 p.m. Neighbour Night & Youth Matters HSCA 1320 5 Ave NW	21	22
25 4:00 to 6:00 p.m. Fresh Food Basket HSCA 1320 5 Ave NW 6:00 to 9:00 p.m. Food Fit HSCA 1320 5 Ave NW	26 7:15 to 8:45 p.m. Drop in ESL Club HSCA 1320 5 Ave NW	27 6:00 to 8:00 p.m. Neighbour Night & Youth Matters HSCA 1320 5 Ave NW	28	30

Community Potluck

Friday, September 15 from 6:00 p.m. to 8:00 p.m. at HSCA (1320 5 Ave. NW)

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

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

Drop in ESL Club

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

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

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

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

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@hsc.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@hsc.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, 6:00 pm to 8:00 pm at HSCA (1320 5 Ave. NW)

Join us for dinner & conversations here at HSCA! Come make new friends and have a free weekly evening of fun.

Children of all ages welcome. Childminding provided. For more information call Amanda at 403-283-0554 ext. 247 or email Amanda.P@hsc.ca.

Youth Matters

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

Youth aged 13 to 21 are invited to join this new weekly program that is designed to help youth and young adults make smart and informed decisions on issues such as family and peer relationships, employment, school and housing. Come for an evening of fun, and make new friends!

For more information call Patrick Howell at 403-472-0396.

Looking for volunteer opportunities? Get in touch!

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

Donate your excess garden produce to Fresh Food Basket!

Did you know that our weekly food access program accepts donations of locally grown food? If you are interested in sharing some of your harvests with us, please let us know! **This includes fruit harvested from your trees!** We also accept CSA donations when people are on holidays! Call or e-mail Amanda at Amanda.P@hsc.ca or 403-283-0554 ext. 247 to discuss further.

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

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Hillhurst-Sunnyside Community Association 2017 Good Food Box Dates

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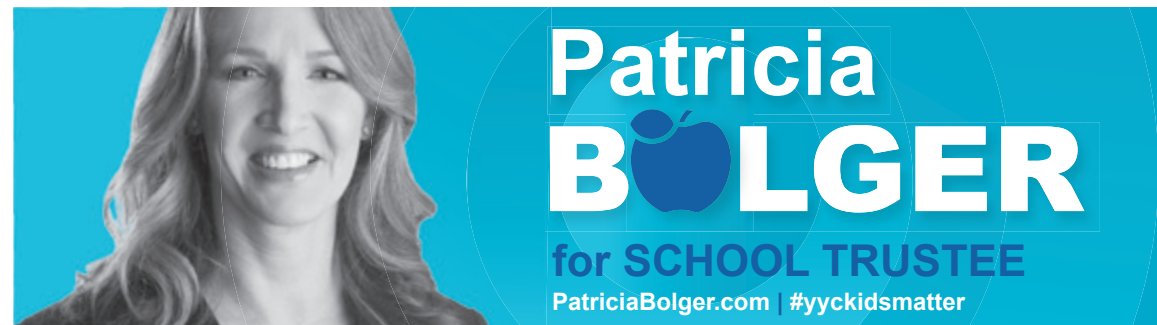


Name	Age	Contact	Course
Alicia	24	587-437-3769	No
Ann	66	403-270-7738	No
Briana	22	403-401-5571	No
Debbie	59	403-909-9382	No
Eva	15	403-560-1658	Yes
Frankie	25	587-890-5966	No
Grace	18	403-604-4366	No
Jake	16	587-832-3005	Yes
Jennifer	40	403-671-5331	Yes
Jessica	29	519-903-4846	Yes
Jordan	26	403-969-0165	No
Luc	14	587-435-3896	Yes
Millie	17	403-262-2272	No
Nadine	61	403-283-4781	No
Teaghan	19	403-560-0238	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.



SENIOR SYNERGY

COMMUNITY CONNECTIONS:

Have you read about the Community Connections Program in the last couple of issues of the VOICE? Is this the first time you have seen the name? Have you thought about possibly being a connector but then forgot about it? Are you not sure about becoming a connector? Worried that you don't have something to offer?

There is a huge capacity of caring and connecting when there is a need in HSCA not generally seen in other communities. We all have gifts and skills that can be shared - remember the flood of 2013 - and in return for sharing those gifts and skills, we form connections, make a difference for others and the gifts we have to share become a powerful and valuable resource that has far-reaching benefits for the entire community.

The Community Connections program is looking for Connectors (volunteers in the community) to match with individuals aged 55+ for a minimum of one hour a week for three to six months, to interact and provide opportunities to engage and make contacts in the community.

Help me to connect your gifts with others. Call me and let's talk.

Call Debbie at 403 - 283 - 0554 ext 224 or send me an email at Debbie.o@hsca.ca

Alberta Seniors Benefit:

The new numbers for accessing Special Needs Assistance for seniors from July 2017 to June 30, 2018, based on your 2016 Income.

Seniors	Annual Total Income	Funding Level
Singles:	\$22,900 or less	Primary and secondary
	\$22,91 - \$27,300	Primary items only
	Over \$27,300	No funding
Couples:	\$36,135 or less	Primary and secondary
	\$36,136 - \$44,335	Primary items only
	Over \$44,335	No funding

If you need more information about what is available as a primary and secondary item, please check out the

website below or call me and I can send you more information.

<http://www.seniors-housing.alberta.ca/seniors/SNA-income-levels.html>

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 Begins again in September

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.

~continued next page~

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admissions@mywic.ca

CAIS AP

SENIOR SYNERGY CONT'D

Chair Yoga:

The Chair Yoga program returns for the fall and runs Thursdays, from September 28 until December 14, 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.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 26

SAFE & SOUND

Back to school safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

SERIOUS FUN
Adults • Teens • Kids

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Your Voice on Council

- Brent Alexander Campaign
PO Box 22388
Calgary, AB T2P 4J1
- info@BrentAlexander.ca
- @yycbrent
- BrentAlexanderWard7
- 587.432.6777

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



KENSINGTON WINE MARKET

2017 FALL TASTING SCHEDULE

Tastings start at 7 pm unless otherwise indicated

- | | | | |
|--|-------------|---|-------------|
| Tight Wad: Back to School Bargains | \$20 | Not Just a Man's World | \$35 |
| Summer's over, the kids have been kitted out and are back to school. Time to treat yourself to some great bang for your buck wines that won't leave you disappointed. Fri May 12 | | Join us as we introduce you to some of the world's best wine makers, who just happen to be women, and their fabulous wines! Tue Oct 3 | |
| High Octane Whisky | \$40 | Canadian Harvest | \$30 |
| Does low alcohol whisky make you feel bored? Want to raise the stakes for greater reward? Some see 43 or 46 percent as 'a good place to start'. The bottles we taste are not for the faint of heart. High Proof? Cask Strength? Call it what you will! The higher the alcohol... the greater the thrill! Thr Sep 14 | | Let's all give thanks for Canadian wine and cheese. We show you some of the best Thanksgiving friendly Canadian wines, paired of course, with Canadian cheese. Thr Oct 4 | |
| Nature vs. Nurture | \$30 | Awesome Acidic Ales All'Round! | \$25 |
| Natural wines have been garnering increasing attention over the last few years, but what exactly is a natural wine, and is it better than your favourite plonk? Fri Sep 15 | | The love of sour beers shows no sign of wavering. This tasting will satisfy the curious novice and the lip-puckered-veteran alike, with a taste of Lambic, kettle sour, fruity, hoppy and funky, we're running the gamut! Tue Oct 10 | |
| From Goa With Love | \$25 | Balvenie with Jamie Johnson | \$35 |
| Hot on the heels of Amrut, Paul John single malt whiskies are taking the world by storm. Madhu Kanna of Goa's John Distillers will introduce you to one of Asia's hottest new whiskies! Mon Sep 18 | | For her first ever Master Class at KWM, we're going vertical with Balvenie's Brand Ambassador, Jamie Johnson. We'll tackle the range from 12 - 25 years of age. Wed Oct 11 | |
| Kilchoman with Anthony Wills | \$30 | Millstone Whisky with Patrick van Zuidam | \$25 |
| Anthony Wills, will be our special guest as we launch our oldest ever single cask of Kilchoman. Bottled at 10 years of age, the Kilchoman 2007 KWM 25th Anniversary is the oldest Kilchoman yet to be sold in Canada! Tue Sep 19 | | Patrick van Zuidam is one of the Netherland's most respected distillers. He'll walk you through a range of some of the best single malt and rye whiskies in the world, including a new cask bottled for KWM! Thr Oct 12 | |
| Cheese Please | \$30 | "I Ain't Afraid of no Spice" | \$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 | | Dining on Thai, Curry or Sichuan? We've got a wine for that! We'll take you through a range of whites and reds that have got the right stuff to handle the spiciest of dishes! Fri Oct 13 | |
| Talking Terroir | \$35 | Up and Coming | \$30 |
| Same grape, different soil, dramatically different wines. We'll explore the role terroir plays in shaping a wine's personality. Thr Sep 21 | | What do Ontario's Prince Edward County, Slovenia, the Republic of Georgia and Southern England all have in common? Let us introduce you to some of the World's new and rediscovered wine regions! Tue Oct 17 | |
| Gin, The Ruin of Many a Mother | \$30 | An Introduction to Single Malt Scotch | \$30 |
| The Gnaissance the world has been experiencing over the last few years shows no signs of abating. We'll introduce you to some of our new favourite examples of "Mother's Milk!" Fri Sep 22 | | Your inception into the complex world of single malt whisky. We'll debunk the myth of regions while introducing you to a range of different styles. Thr Oct 19 | |
| Craft vs. Classics: American Whiskey | \$35 | Cheese Please: French Edition | \$30 |
| American craft whiskey is on the rise, but is it ready to go toe to toe with the established Bourbon and Rye brands? There is only one way to find out! Tue Sep 26 | | You'll enjoy a carefully curated selection of French wines paired with fromage from our favourite neighbour, Peasant Cheese. Fri Oct 20 | |
| Heading Back to Alberta | \$20 | Spectacular Speysiders | \$75 |
| It's been nearly 4 years since the minimum brewing laws were cut, and Alberta is well on its way to peak beer! It's high time to take another glance at our rock star brewers, see who's leading the pack! Thr Sep 28. | | Quite simply this is a range of our favourite Speyside whiskies new and old... you won't be disappointed! Tue Oct 24 | |
| Cheese Please: Pinot Edition | \$40 | All Things Bubbly Festival | \$30 |
| What do you get when you pair an amazing range of Pinots from KWM with some of the world's best cheese from our neighbour, Peasant Cheese? We could tell you, but you should come find out for yourself. Fri Sep 29 | | This bubbles festival will feature a wide range of Champagne, Prosecco, Cava and other sparkling wines. But it doesn't end there... we'll also feature some sparkling cider, ales and more! Thr Oct 26 | |
| | | Red Wine Icons - America | \$50 |
| | | Rich velvety Pinots, big bold Cabs and the jammiest Zyns. We'll highlight some of the best American wines we have to offer! Fri Oct 27 | |

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403 283 8000

www.kensingtonwinemarket.com

FOODFIT

Get a FRESH START this Fall!



- ARE YOU READY TO...
- gain **cooking skills** and learn **new recipes**?
 - join in a 30-minute **walk or activity** each week?
 - share **healthy meals** with new **friends**?
 - make a **12 week commitment** to becoming a healthier you?

JOIN ↘



A **FREE** 12-week program that combines good food and exercise.

WHEN DINNER TIME MONDAYS FOR 12 WEEKS
September 18—December 11, 2017
[No class October 09]

WHERE The HSCA — 1320 5 Ave NW

COST FREE! (Pre-registration required)

Contact foodfit@hsc.ca to register

Or call Jenae @ 403-283-0554 ext. 233



HSCA
Hillhurst Sunnyside Community Association

Saturday September 16, 2017
10am-4pm

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7 Week Weight Loss Workshop

Are you tired and struggling to lose the weight? Are you feeling alone and losing hope? You've come to the right place. I hear you. I have been there.

I am a fitness instructor and a yoga teacher, and I still struggled! In 2013 I gave up gluten, dairy and sugar in one moment of insight, and I lost three dress sizes. And I have never gone back. This is because I made a decision from a place of power. This decision stuck. You see, you have two minds, one part of the mind knows that you can stop eating all that junk food, and yet another part craves and wants to eat it.

Let me guide you to strengthen your ability to make a decision from a place of power, by changing your think-

ing patterns and energy patterns. This will help you come to a clear decision, and this will change your life!

If you are ready to be free of your fat, then you have come to the right place. I have created this workshop that will guide you to lose weight that you know you can.

This 7 Week Weight Loss Workshop is valued at \$997. With over 14 hours of in class experience transforming thinking, emotional, self-rejection and addictive eating patterns, we will create a healthy eating and an exercise plan that fits into your life, that you can achieve easily. Plus, a private Facebook group page for you to share your journey and get continuous support from your class peers. You will receive a workbook that will help you follow along and provide you with a step-by-step guide, so you can go at your own pace.

Maximum 14 people per workshop, therefore you will receive support from a small group of committed people ready to be free of weight once and for all. I am truly committed to helping you be free of the pain you are carrying underneath all that fat, let me help you now! Release the pain and release the fat!

Let's do this! I would like to offer you a special Early Bird price for this workshop of \$397 from now until August 27th. After this date, the price is \$497. Payment plans available. Call now to claim your seat at 403.472.3143 or visit facebook.com/7weekweightlossworkshop.

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ART CLASSES

Fall 2017

Intermediate Watercolour

Wednesday 9 AM – 12 PM (10 weeks)

Instructor: Joy Kaitman

Oct 4, 11, 18, 25

Nov 1, 8, 15, 22, 29

Dec 6

COST: \$135 HSCA community member, \$150 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.

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

Friday 9 AM – 12 PM (10 weeks)

Instructor Joy Kaitman

• Oct 6, 13, 20, 27

• Nov 3, (Nov 10 Class off site, field trip), 17, 24

• Dec 1, 8

COST: \$135 HSCA community member, \$150 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.

HILLHURST SUNNYSIDE COMMUNITY ASSOCIATION INVITES YOU TO OUR:

COMMUNITY POTLUCKS

MEET YOUR NEIGHBOURS!

Third Friday of every month
6:00-8:00 PM
HSCA, 1320 5 Ave. NW

*NO NUTS PLEASE!

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YEAR-ROUND

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Laura

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Change your life, learn Karate!



LOCATION
Hillhurst Sunnyside
Community Association
1320 5th Avenue NW
Calgary, AB

Classes for all ages

- Little Dragons (5-7 years), Children's Sparring (8-12 years), Youth/Adult Karate (13 years & up)
- CardioFit Karate Bootcamp (14 years & up)

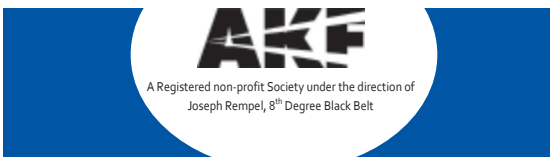
Classes start September 5, 2017
Register NOW!

CLUB PHONE #

403-203-8710

calgary@akfkarate.com

www.akfkarate.com



COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

LOOKING FOR DEALS ON GENTLY USED CHILDREN AND BABY ITEMS? Or do you have items of your own to sell? Rosedale Playschool will host its Tiny Treasures Sale on Saturday, Oct. 21, 2017 from 9 a.m. to 2 p.m. at the Rosedale Community Centre, 901 11 Ave. N.W. Email rosedale.tiny.sale@gmail.com.

SCHOOL SHOUT-OUTS

Queen Elizabeth High School

Welcome back to school to all of our students and parents! It is our hope that the summer was wonderful and filled with lots of adventures.

One of our goals this year is to cultivate greater community connections and relationships. Monthly contributions to Great News community newsletters are part of this commitment. We would also like to work with local businesses, organizations and individuals. Our initial ideas are to start a speaker series and/or mentorship program with members from the community. If you have an idea for how we might be able to cultivate greater community connections and relationships, please contact Rachel Pruitt at rdpruitt@cbe.ab.ca

Please visit our website at <http://schools.cbe.ab.ca/b806/> for September class information. Grade 7 and Grade 10 students will start classes on Tuesday September 5. All other grades will have their first day of classes on September 6. Our office is open to parents on Wednesday, August 30.

High school girls' soccer tryouts will happen early September. There is an informational meeting after school on September 8 in Room 231 with Coach Perfect.

Our school will hold our Terry Fox Run for cancer research on Thursday September 28. Please join us to either participate or donate. Our school assembly will be held at 10:30am with the run to follow. Please visit our website for more information.

If you have refundables (bottles, cans and milk/juice cartons) collecting, Queen Elizabeth Band students would love to take them off your hands! We will be in your neighbourhood on Saturday October 14. Band Director Shannon Fehr would then like to thank you for your support the best way she knows how – by welcoming you to a band concert on Wednesday October 18. Please visit the website for more information closer to the date.



Jugando Spanish Centre For Kids

REGISTRATION IS OPEN

PROGRAMS START OCTOBER 2, 2017

Tuesday 9 to 10 am 3 to 5 y/o

Tuesday 10 to 11 am Moms and Tots
(18 months to 3 y/o)

Wednesday 4 to 5 pm kids 6 to 8 y/o

Saturday 9 to 10 am kids 3 to 5 years old (8 weeks)

Classes will be held at Hillhurst Sunnyside Community Center

1320 5th Ave. NW – Calgary

We follow the Calgary Board of Education calendar for Statutory Holidays as well as Winter and Spring Breaks. Availability of classes is dependent upon registration numbers. Max students per class 10.



August/September 2017 Newsletter
Pre-Kindergarten Educational Services
-Sunnyside School-

Pre-Kindergarten ages 3-5 yrs. (Pre-K)
Kindergarten Enhancement (KE)
Out of School Care (OSC)

Sunnyside School @ 211 – 7 Street, NW

Pre-Kindergarten ages 3-5 years – 2, 3 or 5 half days (2.5 hr. program)

Kindergarten Enhancement – ½ day program combines with Kindergarten

Out of School Care – Grades K-6

PRE-K & KINDERGARTEN ENHANCEMENT

FALL SESSION NEWS

We hope that you have enjoyed the beautiful summer weather and made wonderful memories with your families. School will be starting before you know it, and we have planned a fabulous Fall session for our children. Our program is an early literacy focused program, where children play and learn while gaining valuable social skills. We have partnered with a great new program offered by "Jumping Jellies," which we enthusiastically look forward to seeing in action. Our annual field trip to the corn maze is an off-site favourite each fall.

For more information, please visit our website.

If you are already registered in our program, we would ask you to please visit our website or email the Registrar to make sure that you do not miss the important "first dates."

Some space is still available and registration is on-going in all programs. To register for any of our programs, please email our program Registrar at her contact address below. Our experienced teaching team is looking forward to meeting your children in the fall.

www.Pre-KindergartenEd.com
Registrar: RegistrarPreK@gmail.com

Water for Riley



Thank you, City of Calgary, and the Parks Department

With the drinking fountain fabrication close to starting, our terrific partners at the City of Calgary have identified the necessary water lines, hookups, and road digs. And, have given Water for Riley a big boost in morale.

Water for Riley enters its final stages

In July 2017, the Parks Department staff sent a more precise map of where the Reflecting Blooms of the fountain will be planted. The water for the drinking fountain will run from 12 Street N.W., shown on the map as a red dotted line.

The location is north of the playground. City staff explained: "As you will see the plan is to have the new line skirt the planting bed and then end up by the playground/benches/picnic tables. This is the most efficient way for the water."

The prior location, during Water for Riley's development stage, was further north of the playground, west of the bandstand pad. The change, while small in distance, is significant in finalizing details to complete the project.



Parks Department's additional contribution

Water for Riley has long expressed its gratitude to the City of Calgary, Parks Department for permission to use the land in Riley Park, and to City of Calgary staff for all the support. As the project moves forward, Parks staff notified Water for Riley's volunteer organizing committee of another decision.

As well as working out the details, after a meeting 5 June 2017, staff emailed that "Parks can cover the water line." This is more significant news. It means that the Fundraising Committee won't have to raise the cost of digging the trench for the water line. It is a gift beyond words in this economic climate where all projects struggle to raise funds.

What you can do

To help with Water for Riley call 403-862-1923.

Donate at the Parks Foundation Calgary, (parksfdn.com) and, at the instructions to seller page, designate the project as Water for Riley.

BRAIN GAMES SUDOKU

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

SCHOOL SHOUT-OUTS



West Hillhurst Preschool still has openings in our afternoon programs for the 2017/18 School Year. Register now for the opportunity for your child to participate!

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

Lions Park denture clinic
Dhiren Bharradia, 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



Please join us for the
7TH ANNUAL WALK FOR THOMAS!
 Sunday, September 24th
 in support of Neuroblastoma Research.

Queen Elizabeth Elementary School, 402 - 18th St. NW.
 Registration and refreshments at 9:30 am.
 3km Walk starting at 10 am.

A tasty BBQ lunch for all participants will follow the walk. We are so grateful for the continued support from our partner, the Alberta Children's Hospital Foundation and all of our generous sponsors. Donations will be accepted at the event along with lots of great merchandise for purchase. All of the funds raised will directly support local research towards developing innovative therapies for children with high risk neuroblastoma. We hope you and your family will join us and show your support for this worthwhile cause.

This event is partnered with the Alberta Children's Hospital Foundation
 Please find us on facebook or go to peloton65.com for more information.

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Hillhurst-Sunnyside Real Estate Update

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

	Average Asking Price	Average Sold Price
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
September 2016	\$729,900	\$700,000
August 2016	\$724,900	\$695,000

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

	No. New Properties	No. Properties Sold
July 2017	5	8
June 2017	8	5
May 2017	18	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
September 2016	7	3
August 2016	10	5

To view the specific SOLD Listings that comprise the above
MLS averages please visit hillhurst_sunnyside.great-news.ca

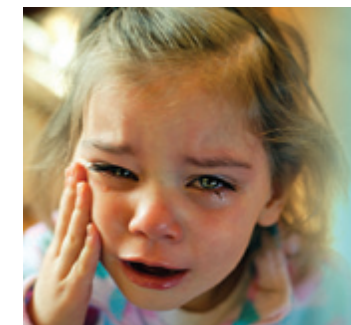


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Selected Evenings - All Year	5:00 pm to 8:00 pm

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Back to Cruel

Didaskaleinophobia is the fear of going to school, which 2.4 per cent of children world-wide suffer from.

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DOES YOUR CHILD LIKE TO SING? Scandinavian Youth Choir is now accepting new singers aged 8 - 14, of all cultural backgrounds. Rehearsals are on Mondays, 6:00 - 7:00 p.m., starting in September. Location: 739-20 Ave NW. Please contact Grace the director for more information.

ARE YOU OVERWHELMED BY YOUR STUFF? Whether you're moving into a new home or need to organize your current space, there's too much stuff to get through. You don't have the time or energy to sort through it all. I will help you bring order and peace back into your home, for good. Call Heather 403-703-0605. www.wildroseorganizing.com.

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Back to School Health Checklist



It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most of the year ahead—taking care of your child's health. As the most important head-start you can give your child, beginning the year with good health is also simple with this back-to-school health check-list:

- **Immunization:** Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her important grade 5 and/or grade 9 immunizations.
- **Vision screening:** Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.
- **Hearing/speech screening:** If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.

- **Dental checkup:** Regular dental checkups start early! If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health. Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.
- **Emergency contacts:** Make sure the school has up-to-date emergency numbers for each of your children, including contact information for parents, physicians, etc.
- **Health conditions:** Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.
- **Backpack basics:** Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture. For more information visit: <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abk0958>
- **Nutrition plan:** Ensure your child has a healthy breakfast before heading to school in the mornings, and help him or her pack a nutritious lunch. Planning meals ahead of time and involving children in planning and preparation can make this task more manageable and fun. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>.



Councillor, Ward 7
Druh Farrell
 ward07@calgary.ca druhfarrell.ca
 @DruhFarrell Druh Farrell

Pedestrian Safety

Pedestrian safety and cut-through traffic are top issues for Ward 7 communities. Most older neighbourhoods were built on grid networks, where streets connect at right angles with frequent intersections. The grid makes our communities easy to navigate by foot and by bike, but it also makes them easier to shortcut through, given that multiple routes can be taken to reach a destination. While communities that have "loop and lollipop" streets experience less cut-through traffic, they work poorly for walking and cycling. Both types of Calgary communities have their challenges, which is why we need a wide-reaching approach to make Calgary a better city for walking.

The City's new **Step Forward** pedestrian strategy is a long-term plan to improve the safety, accessibility, and desirability of walking in Calgary. The strategy includes 49 actions which were shaped by input from thousands of Calgarians. To learn more about Step Forward, visit: www.Calgary.ca/StepForward

The world is also taking notice of Calgary's plan to become a more walkable city. In September, we will play host to the **International Walk21 Conference**. Previously hosted in global cities like Hong Kong, London, and New York, it is an honour to sponsor this prestigious conference in partnership with the University of Calgary. It comes as a direct result of Calgary's work to shift from a city known for its auto-dependent sprawl, to a city that offers real transportation choice. Delegates will include walkability experts from around the world. To learn more about Walk21 and how you can participate, visit www.Walk21.com

As Step Forward rolls out, and as we celebrate Walk21 in Calgary, you can take action today to improve walkability and street safety in your community.

Many communities apply for community traffic studies to identify ways to redesign residential streets to prioritise walking, slow down traffic, and discourage cut through traffic. Due to high demand, a thorough traffic study can take time to complete. Sometimes what is needed is a quick, temporary, and inexpensive way

to address concerns. That is why Council supported my motion to create the **ActivateYYC microgrants**. Communities can apply for grants to fund "temporary local projects and events that motivate Calgarians to walk, play and be neighbourly." For details, visit www.CalgaryCommunities.com/ActivateYYC

If your community is interested in a **community traffic study**, residents should work with the local community association to generate broad support for a study. To learn more about how to apply for a community traffic study, visit www.Calgary.ca and search for "Community Traffic Concerns".

Let's foster healthier and more vibrant neighbourhoods by working together to make walking safer, more accessible, and more desirable.

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

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Community Conversations

This past summer was very busy in our community with many neighbourhood events, special Canada 150 festivities, cultural celebrations and, of course, the annual Stampede. With Parliament recessed over the summer, I was able to attend many more events and enjoy the very best our communities had to offer.

Our community is shaped by our vibrant mix of cultures, languages and interests, and yet we remain a strong community because we also share so much in common. I am always amazed at how welcoming one community is of another and their desire to share their passion for their cultures, their sports, their music, their art and many other things. If you have never attended a cultural celebration for a culture other than your own, I strongly suggest you do and you will find the experience both welcoming and educational.

Community events provided a great opportunity for me to informally speak with many residents and I found the conversations to be both insightful and thought-provoking as people shared ideas on many topics. I spoke with seniors, students, families and small business operators who also shared their concerns on several issues too. The economy, jobs, marijuana legalization and the payment to Omar Khadr were the top three issues raised with me throughout the summer and I expect they will be the top issues when Parliament resumes this month.

This summer I also spent time door-knocking in several communities and appreciated the warm welcome I received at virtually every door. Even those who openly stated they had not voted for me in the past were appreciative of the fact that I came to their door to hear their concerns so that I can better represent them in Ottawa. I find these doorstep interactions so candid and refreshing and they offer a great opportunity to speak with people who would not otherwise reach out to participate in our great democracy. We really are fortunate that

we live in a country where this is possible as such activities in many other nations are unimaginable.

It is the volunteer efforts of hundreds of folks in our community that make our city such a great place to call home. On behalf of all residents, I want to thank all those who made this summer so memorable for everyone in our community.

My monthly email newsletter is received by thousands of households and it details many of the things I am involved in and provides critical information for all residents. Those who receive the newsletter often comment that they appreciate the balanced tone of the newsletter and its timely updates. Others remark that reading the community survey results is their favourite part of the newsletter and encourage me to keep providing them with the opportunity to share their opinions on important issues. If you are not receiving my monthly email newsletter and would be interested in receiving it, please visit my website at www.lenwebber.ca to sign up.

**Support HSCA's
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Help community members struggling to make ends meet access fresh, healthy food by sharing your garden or backyard harvests - fruit and vegetables are in high demand! Financial donations are also welcomed.

Contact Amanda at Amanda.P@hsc.ca or at 403-283-0554 x247.



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