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CONTENTS

- 8 COMMUNITY PROGRAMS AT HSCA
- 9 COMMUNITY POTLUCK
- 10 THE FRESH FOOD BASKET COULD USE A HAND!
- 12 NEIGHBOUR NIGHT
- 14 COMMUNITY PLANNING AND ENGAGEMENT UPDATE
- 17 THE YEAR OF THE FARMER STEPS INTO THE SUN
- 19 STAYING HEALTHY AND FIT SPRING/SUMMER 2019
- 26 ABOUT WINE
- 27 CALGARY PUBLIC LIBRARY
- 28 RESIDENT PERSPECTIVES: COEXISTING WITH BOBCATS
- 33 BUSINESS CLASSIFIEDS



Disclaimer: Published articles, reports or submissions reflect the opinions of the author and should not be considered to reflect the opinions of Great News Media (GNM) and the Hillhurst-Sunnyside Community Association (HSCA). The information contained in this magazine is believed to be accurate but is not warranted to be so. GNM and HSCA do not endorse any person(s) advertising in this newsletter. Advertisements are not an endorsement of any goods or services.

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Sunnyside School is 100 years old!

Join us on Friday, May 31 from 3-7pm for a very special event.

Take a stroll down memory lane as you explore the school. Music, YYC food trucks, antique cars and family activities will make for a wonderful springtime afternoon.

A beautiful commemorative 100th Anniversary book, created by Sunnyside School students, will be available for \$35.

Please spread the word—we'd love to see past, present and future Sunnyside families join us for this momentous occasion! Everyone is welcome.

NEW Garden Share Program

Our new Garden Share program matches up people with a desire to garden with homeowners who have underutilized garden space. This program will create neighbourly connections and improve food security for all participants. At this time, our first match-ups have been made. If you are interested in being involved in this program, on either side, please email Debbie.o@hsc.ca to be added to our email list. Participants of this program are encouraged to join us for the May Community Potluck (open to all – May 10th at 6pm) for a basic gardening workshop.



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Hillhurst Sunnyside Community Association

Community Centre

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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

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Heather Ramshaw	Community Programs Coordinator	587-700-9387, heather.r@hsca.ca
Sarah Howden	Community Connections Coordinator Ext 247	sarah.h@hsca.ca

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PROGRAMS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Flea Market 7:00 am to 3:00 pm</p>	<p>*Knitting/Seniors Morning Group 9am-noon</p> <p>*Badminton 10:30am-1:00pm</p> <p>*Seniors' drop-in 1 pm to 4 pm</p> <p>*Fresh Food Basket 4 pm to 6 pm</p>	<p>Spanish Lessons 9am -10am</p> <p>Sportball 12:15-1:15pm</p> <p>Children's Sparring 6 pm to 7 pm</p> <p>Youth Adult Beginner 6 to 7 pm</p> <p>Karate StrengthFit Sparring 7 pm to 9 pm</p> <p>Taekwondo 7:15 to 8:15 pm</p> <p>*Drop-in ESL Club 7:15 pm to 8:45 pm</p>	<p>*Badminton 10:30am-1:00pm</p> <p>*Watercolour Art Classes 9am-noon</p> <p>*Farmers' Market 3-7pm</p> <p>Spanish Lessons 4:30-5:30pm</p>	<p>*Badminton 10:30am-1:00pm</p> <p>*Chair Yoga 11:00am-noon</p> <p>Little Dragons Karate 6 -7 pm</p> <p>Karate StrengthFit Sparring 6 - 8 pm</p> <p>*Neighbour Night 6-8pm</p> <p>Taekwondo 7:15-8:15pm</p>	<p>Acrylic Art Classes 9:00am-noon</p> <p>Sportball 10am-noon</p> <p>Capoeira 12:30-1:30pm</p>	<p>Capoeira 12:30 to 1:30pm</p>

*Indicates HSCA Programs

Program Phone Numbers

*Art Classes		
*Badminton	Allison	403-283-0554 ext. 232
Capoeira		
*Chair Yoga	Debbie	403-283-0554 ext. 224
*Drop In ESL Classes	Norman	esl@hsca.ca
*Farmers' Market		
*Fresh Food Basket	Heather	587-700-9387
*Flea Market	Bonnie	403-283-0554 ext. 231
(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)		
Karate	Richard	403-203-8710
*Neighbour Night	Shaye	403-283-0554 ext. 247
*Seniors' Knitting/Morning & *Seniors' Drop In	Debbie	403-283-0554 ext. 224
Spanish Lessons	Guilliana	403-835-2650
Sportball		403-700-7994
Taekwondo	Brad	403-809-8856

Upcoming Events

- May 4**
Mid-Century Modern Show and Sale, 10am-4pm
- May 4**
Jane's Walk -Gentle Density, 11am-1pm
- May 4**
Jane's Walk – Sunnyside Garage Art Tour, 1:45-3:15pm
- May 5**
Jane's Walk – Laneway Housing, 1-2:30pm
- May 10**
Community Potluck 6-8pm
- May 11**
Witches Brew Market, 10am – 4pm
- May 11**
Comic Book Sale, 10am-4pm
- May 14**
H-S Planning Committee Meeting, 7-9pm
- May 15**
Outdoor Farmers' Market Season Opener, 3-7pm
- May 20**
Closed for Victoria Day
- May 24**
Cooking Class, 6-9pm
- May 31**
Sunnyside School Open House & 100th Anniversary, 3-7pm



Drop-in Knitting & Crocheting

Mondays, 9am – noon, Hearth Room

Drop by HSCA on Monday mornings from 9:00 to 12:00 for knitting, crocheting, conversation coffee and learning. Everyone is welcome –you can stop in for a visit, start a knitting or crocheting project or **check out the items the group has for sale**. You can also find the group's items for sale at the Farmers' Market each Wednesday! If you want to learn, the group will be more than happy to help you learn and build your skills.

The group is always looking for yarn donations. If you have some extra yarn that you would like to give to a good home, bring it by HSCA and ask for Debbie.

Have questions? Contact Debbie for more information: 403-283-0554 ext. 224 Debbie.o@hsca.ca.

Monday Afternoon Card Group

Mondays, 1pm – 3:30pm, Boardroom

This group meets each Monday from about 1 p.m. to 3:30 p.m. to chat and drink coffee over a game of cards (stop the bus...a really easy to learn game). This free and informal drop-in group welcomes seniors to come out and get to know some new people, share stories and have fun. Come join them for an afternoon and enjoy some good fun. Feel free to bring new game ideas too!

Contact Debbie for more information: 403-283-0554 ext. 224, Debbie.o@hsca.ca.

Drop-In Badminton

Mondays, Wednesdays and Thursdays, 10:30am-1:00pm, Gymnasium

Join an enthusiastic group for competitive, but friendly badminton on Monday, Wednesday and Thursday mornings! Bring your own racket, running shoes and \$3 to play.

Fresh Food Basket

Mondays, 4pm – 6pm, Hearth Room

Are you facing financial barriers to accessing good, fresh food? Drop by and pick up a few servings of fresh produce for free! Please bring a bag if you can.

Please note on statutory holiday Mondays, Fresh Food Basket is open Tuesdays instead.

For more information, contact Heather at 587-700-9387 or at heather.r@hsca.ca.

Drop-in ESL Club

Tuesdays, 7:15pm – 8:45pm, Board Room

HSCA's Drop-in ESL Club is currently at capacity. To be added to the waitlist, please email esl@hsca.ca.

Farmers' Market

Wednesdays, 3pm – 7pm year round

Join us for great local food, music and fun Wednesdays when farmers, artisans and chefs gather each week to bring the community the best in local food and goods.

Don't forget, the market is **year-round** and is inside.

For more information visit www.farmersmarket.hsca.ca or call or email Heather at 587-700-9387 or farmersmarket@hsca.ca

Chair Yoga

Thursdays, 11am-noon, North Social Hall

Enjoy the benefits of yoga while seated comfortably in a chair during this free and fun exercise class. This low impact activity is great 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.

Have questions? Contact Debbie for more information: Debbie.o@hsca.ca or (403)-283-0554 ext. 224

Neighbour Night

Thursdays, 6pm – 8pm, Hearth Room

Join us weekly for FREE dinner, childminding, and connecting with your neighbours! Every Thursday, we begin by sharing a healthy, vegetarian meal. After dinner, the kids are entertained by a qualified team of childminding volunteers while the adults participate in an activity or craft.

Neighbour Night runs every Thursday on a drop-in basis

For more information, contact Sarah at 403-283-0554 ext. 247 or at sarah.h@hsca.ca.

Community Potluck

2nd Friday of every month, 6pm – 8pm, Hearth Room

All are welcome to join in this FREE monthly event. HSCA cooks up a healthy, vegetarian dish for all to share, and we welcome neighbours to bring a dish (no nuts please) if you are able, and if not, just bring your appetite. Community Potlucks are family friendly with a free craft to entertain the kiddos.

Join us for our May Community Potluck on May 10th!

For more information, contact Sarah at 403-283-0554 ext. 247 or at sarah.h@hsca.ca.

Gathering of Wisdom

4th Tuesday of every month, 10am – 12pm, Hearth Room

The next Gathering will be held May 28, from 10:00 to 11:00 a.m. in the Hearth room. Join us to chat about what you would like to see in the community for seniors. If you can't attend the scheduled Gathering but would like to discuss anything related to older adults and seniors, please contact Debbie.

Debbie: 403-283-0554 ext. 224 or debbie.o@hsca.ca.

Volunteer Opportunities

To find all volunteer opportunities available at HSCA, visit www.hsca.ca/volunteer Computer Support.

Do you have computer skills, and could help a senior to learn how to use their computer, laptop or tablet, to help them to expand their ability to use these devices? There are some seniors in the community who have asked for help learning how so we would like to find a volunteer who would enjoy providing some support in this area. Give Debbie a call if you would like to help out. **If you're looking to get involved at HSCA and you don't see an opportunity that suits you, please reach out to chat –we would love to hear from you!**

For anything related to seniors: Debbie at Debbie.o@hsca.ca or 403-283-0554 ext. 224

For anything related to Fresh Food Basket or the Farmers' Market: Heather at heather.r@hsca.ca or 587-700-9387.

For questions about Neighbour Night, Community Potlucks, resources and supports: Sarah at sarah.h@hsca.ca or 403-283-0554 ext. 247



Simply Divine!

The carnation, a common flower in bouquets, is also known as dianthus. The name allegedly was created by Greek botanist Theophrastus 2000 years ago, and it is made up of the two Greek words dios (divine) and anthos (flower).

HILLHURST SUNNYSIDE

Community Potluck

Gardening Edition

FRIDAY MAY 10TH, 2019 6-8 PM
HSCA | 1320 5TH AVE NW

Share a meal with your neighbours and learn tips and tricks to start or improve your garden

Bring your appetite, a neighbor, or a nut-free dish to share
Family friendly with a free craft for the kids!



Potlucks are FREE and HSCA will cook a big, vegetarian dish for all to share
For information contact Sarah: sarah.h@hsca.ca or 403-283-0554 ext 247



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The Role of Parents During Preschool

by Hector Flores

As parents, our attitudes about education can inspire our children and show them how to take charge of their own educational journey. These best practices will help you guide and encourage their learning process:

1. Be a role model! A parent's job is to show school learning can extend to all aspects of life. Be curious and explore the world with your child, trying to apply class themes.
2. Pay attention to what your child loves and encourage those interests.
3. Understand how your child learns. Some learn visually, others through tactile experiences, and others are auditory learners.
4. Read together. Having a reading routine helps develop this positive habit. Kids love to read with their parents, and this goes beyond preschool!
5. Avoid external rewards. Children should learn responsibility for their own successes and failures and to act by self-conviction.
6. Don't over-schedule your child. Children need downtime, and creative playing is a vital part of their development.

The West Hillhurst Community Preschool offers classes for three and four-year-old children. Using a play-based curriculum, our children develop the social, emotional and intellectual skills to lay a strong foundation as they move forward through more formal schooling. Using the in-house facilities of the community centre we are able to offer unique activities as part of our regular curriculum.

Our morning classes for 2019-20 are currently full but we still have availability in our afternoon classes, including our Spanish bilingual program!

For more details please visit our website:
www.westhillhurstpreschool.com



The Fresh Food Basket Could Use a Hand!

So far in 2019, our Fresh Food Basket Program has fed an average of 71 families per week. By supplementing their grocery shop for the week, these families feel a bit of financial pressure alleviated, and this allows them to focus on other aspects of their daily lives. This program runs 50 weeks of the year, and is supported by local residents and businesses alike. If you would like to have a direct impact on your community, please consider making a donation to the Fresh Food Basket program. Thank you for being an engaged community member, and lifting up your neighbours!

Email heather.r@hsca.ca for more details or visit www.hsca.ca to make a donation.



(4040 Blackfoot Trail SE)
Wed. July 10 and Thurs July 11, 2019
 Three Shifts Each Day
 11:00 am To 7:15 pm
 7:00 pm To 3:45 am
 11:00 am To 3:45 am (Countroom)

NEED:

- **General Managers** (4 – One each shift / **Key position**)
- **Bankers** (4 – One each shift / **Key position**)
- **Cashiers** (8 – 2 each shift / **Key position**)
- **Chiprunners** (8 – 2 each shift)
- **Countroom Supervisor** (2 – 1 each night / **Key position**)
- **Countroom Staff** (5 each night)

Contact Debbie to sign up or for more information:
 403-283-0554 ext. 224 / email Debbie.o@hsc.ca

Check at the front office for volunteer applications for Key positions or call / email Debbie

THANK YOU! Your volunteer support goes a long way to ensuring the sustainability of HSCA events and programs.

SUNNYSIDE SHARED GARDEN

Join your neighbours at our shared garden space to grow food for yourself, and your community.

we meet every other

THURSDAY 6:30 PM
at the garden.

May dates: 9th & 23rd

HSCA
Hillhurst Sunnyside Community Association

Email heather@hsc.ca to get on the gardeners e mail list

Volunteer for the Pathway and River Clean -up

The 52nd annual Pathway and River Clean-up will be held Sunday May 5, 2019, from 9 am - 12 pm (ish). Hillhurst Sunnyside Community Association will once again participate in this City event by getting a volunteer group together. We are looking for around 30 people to help out. Here are the details:

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

What: Volunteer to help clean the river pathway adjacent to Hillhurst Sunnyside of litter. This year's location - pathway between LRT bridge (9a St) and 14 St NW, north side of Bow River.

When: Sunday, May 5, 2019, 9 am - 12 pm

Where: volunteers meet at Poppy Plaza 9 am (weather permitting)

Who: YOU (and any of your friends, family, neighbours) Age 12 years and older.

Youth ages 12 - 16 must be accompanied by a parent or guardian.*

Physically fit and willingness to get dirty.

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

To volunteer, or for more information, please email Maria at ideahamstergirl@gmail.com before April 21.

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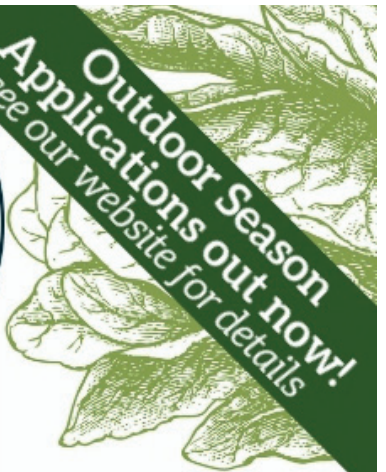
Join us every week for a FREE vegetarian meal, childminding, and fun activity with your neighbours!



Hillhurst Sunnyside Community Association

1320 5 Avenue NW.

Get in touch with Sarah for more information
(403) 283-0554 ext 247, sarah.h@hsc.ca



**Outdoor Season
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And visit us at: **www.LenyxCorp.ca**.



The Hillhurst Sunnyside Planning Committee (HSPC) will hold its next meeting on **Tuesday May 14, 2019** from 7-9pm at the HSCA Hearth Room. All residents, guests, and students are welcome. Bring your questions or ideas and learn more about what's going on in your neighbourhood.

Questions about planning and development? Thinking of becoming a volunteer? Contact Lisa Chong, Community Planning & Engagement Coordinator at lisa.c@hsc.ca or call 403-283-0554 x229.

National Transmission Site Redevelopment 211-221 14 St NW

Ocgrow is proposing a mixed-use retail/residential on the site of the National Transmission building on the west side of 14 St NW between Kensington Road and 2 Ave NW. The applicant seeks a Land Use Redesignation (rezoning) and amendment to the Hillhurst Sunnyside Area Redevelopment Plan. Requested height: 26m at 8 storeys (ARP max: 20m or 6 storeys) and Floor Area Ratio of 5.0 (ARP max: 4.0 FAR) with a target of 140 condo units.

Residents will need to weigh the benefits or challenges of a larger building backing a low-density residential area with the proposed “catalyst” redevelopment of the currently neglected urban corridor. The applicants have proposed an improved streetscape and an on-street parking lane on their front setback to calm traffic and surface parking on the alley for the commercial component.

At the time of writing, the April 10 open house will have passed. The applicant's team intends to keep the community informed of their progress via popups at future HSCA Farmers' Markets and plans to share community feedback to the HSPC and City of Calgary.

A Development Permit (plans for the design of the building and surrounding site) has not been submitted yet. Residents will have another opportunity to provide comments to City Planning and to City Council as decision-makers once the Land Use application is submitted—stay tuned to HSCA online or at the applicant's website at engageocgrowkensington.com for details.



Graywood RBC Site (now “Theodore”) 417 10 St NW

This is an active Development Permit for a 32m/10 storey/5 FAR/112-unit, mixed-use building. The application has undergone an internal City and Urban Design Review Panel review and is expected to go forward to Calgary Planning Commission for their final decision.

The applicant has provided permission to share the latest rendering of their project below. The applicant team's first design iteration was challenged by neighbours and HSPC at an early meeting: quality precedent photos were shown; however, the initial design fell short of the community's expectation for the site as a *gateway* location (this parcel was accorded the greatest height and density in the ARP). At a subsequent meeting, the applicants provided greater detail and building samples, including the coloured *dichroic* glass at the NE corner, wood soffits, a light/white brick material and an updated look for the balconies. Limegrass is proposed as a buffer to the street and the sidewalk. The north corner includes planters as an outdoor patio is envisioned as an extension of a future restaurant.

From the outset, residents were excited and interested in the opportunity to improve east/west connections along Gladstone Road as a result of this development and in coordination with the adjacent LifeSport/Hillhurst Baptist Church site redevelopment. While the applicant is hesitant to contribute to off-site upgrades, we will continue to seek assistance from the City to help us champion for a safer walking and multi-modal transportation experience.

As for the existing Royal Bank? We have received an application for a financial institution (RBC branch) occupy-

ing the main floor and part of the second floor at the site of the new 3-storey Eisenberg building (or the former New Age store at 140 10 St NW) that is currently being excavated and under construction.



Last year, HSCA and City planner, Thom Mahler co-hosted a walking tour to show 2nd year UofC real estate students a community perspective on the redevelopment that has been happening in the last ten years. Notably, there was a sea of blank stares when Lisa mentioned that the building was home to “Blockbuster”, which was a defunct video rental store prior to the current bank tenant. *Do you have any interesting historical tidbits that you would like to share? Our heritage subcommittee would love to hear from you!*

Get Engaged

1. Find us online on our website, social media and on <https://hsca-community-planning.mn.co>
2. View the City of Calgary Planning & Development Map resource at developmentmap.calgary.ca
3. Check out the Hillhurst Sunnyside Area Redevelopment Plan online at http://bit.ly/HS_ARP
4. Learn more by joining us in-person at our monthly meetings or our educational walking tours on the first weekend of May for Jane’s Walk

Mark Your Calendar for Neighbour Day – Saturday June 15, 2019

One year after city of Calgary citizens came together as a result of the 2013 flood, Mayor Nenshi proclaimed the third weekend of June as Neighbour Day, a celebration

of community. Since then, YYC Neighbour Day events have cropped up all over the city.

Planning is now underway for Neighbour Day celebrations across Hillhurst and Sunnyside! Are you curious about how HSCA can support resident-led events, or would you like to participate, volunteer, and/or contribute to local festivities? Contact Lisa Chong to get connected.

COMMUNITY SAFETY

If you are not sure who to call to report a concern or issue, below is a guide. You can pull out this sheet for reference:

WHO TO CALL

9-1-1

Calgary Police Services Non-Emergency
(403) 266-1234

Alpha House - D.O.A.P. Team
(403) 998-7388

3-1-1

Community members are always encouraged to call the City 311 service. More calls will drive statistics and lead to funding and resources from City Hall for issue areas. Remember to add these important phone numbers to your mobile phone address book!

WHEN TO CALL

If you believe that anyone’s safety is in jeopardy. If you see a violent or criminal situation occurring. If you spot a needle on the ground.

If for any reason you feel that the situation would be better dealt with by the police but there are no threats to anyone’s safety. Police will attend on a lesser priority response time and address the situation.

If you observe an individual who appears to be intoxicated, loitering, trespassing or sleeping in an area that they should not be but otherwise appears peaceful and is not being aggressive.

To report any concerns such as graffiti, patio panhandlers, shopping carts

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JANE'S WALK 2019

A weekend in Hillhurst Sunnyside



SATURDAY MAY 4 GENTLE DENSITY IN HISTORIC HILLHURST

Starts @ HSCA | 11am to 1pm

Picnic Break
@ containR



SUNNYSIDE GARAGE ART TOUR

Starts @ containR | 1:45-3:15pm



SUNDAY MAY 5 SPARK CHANGE - A LOOK AT LANEWAY HOUSING

Starts @ HSCA from 1-2:30pm





The Year of The Farmer Steps into The Sun

Hillhurst Sunnyside Farmers' Market Outdoor Season Begins May 15

by Heather Ramshaw

When the Wednesday tents go up outside the HSCA, you know summer is just around the corner. It is the beginning of the outdoor Farmers' Market season! Sure, we might be a little keen, making the move outside the week before May long weekend, but as a year-round market, our vendors are eager to get out of the confines of our indoor set up, and into the sunshine and fresh air!

To reflect our excitement of being back outside, our Outdoor Season Opener—the first special event of many for the 2019 season—takes on a street party feel. On May 15th, we make the move; come celebrate local with us from 3-7pm! Our strong line-up of local vendors will bring you the best in YYC produce, honey, soap, bread, meats, prepared foods and more. Two food trucks provide great on-site dinner options. Get to know your grower to win prizes and participate in games with your neighbours! Kids will also have a chance to plant their very own bean seeds to take home and nurture. Local favourite, The Sadlier-Brown Band will be playing the Sweet Beet Stage from 5-7pm. They are a family trio playing bouncy bluegrass, sure to get you groovin'. Our Outdoor Season Opener is a great way to kick off a season of community connection, outdoor play, and healthy habits.

Beyond our Outdoor Season Opener, our Farmers' Market family gathers in the East parking lot of the HSCA every Wednesday until mid-October when we find refuge from the cold back inside the Hearth Room. Until then, expect to find our tents out there, filled with smiling vendors bringing you their high-quality products no matter the weather. We are so much more than a venue for growers to connect with their consumers, and in an effort to 'grow a good food community' we are always coming up with ways to make your Wednesday's something special that you can look forward to week after week. Each week our Sweet Beet Stage hosts live local

talent, our Community Booth gives you the opportunity to engage with important grassroots work being done in your neighbourhood, and our Incubator Booth gives you the chance to test new products all season long. We also have special events planned for each month from our Pollinator Party, to our Teddy Bear Picnic, our annual Salsa Fest and Harvest Fair. Keep up with all these events and more on Facebook.

2019 is our Year of the Farmer and we can't wait to take this party outside! We will transform your weekly grocery shop from complicated to conscious and give you a reason to love Wednesday's again. See you at the market!

OUTDOOR SEASON
WEDNESDAY OPENER
May 15th, 2019

FARMERS' MARKET
HILLHURST SUNNYSIDE

The Sadlier-Brown Band
giveaways
celebrate local
grocery
plant-a-bean
live music
food trucks
recipe exchange

Do you
KNOW
your
GROWER?

HSCA
Hillhurst Sunnyside Community Association

ESL Club is at Capacity

Our conversations are at capacity! At this time, the Drop-In ESL club is full. If you are hoping to join our group to practice your English, please email us at esl@hsc.ca to be added to our waitlist.



Cooking Class

At the Hillhurst Sunnyside Community Association
with a brilliant local Chef, Alex Hamilton
with 18 years experience in renowned restaurants in
Calgary, Vancouver Island, Whistler, Beijing and LA

You will learn to cook an absolutely
UNIQUE, EXTRAORDINARY and DELICIOUS
three course meal with unique flavors:

- Tuna crudo, roasted fennel, olive and gremolata
- Peas and carrots, black garlic emulsion, wild rice miso
- Bison kefta, caramelized feta, mashed potatoes, radishes and beans, yellow harissa
- Rhubarb clafoutis, strawberry black pepper compote, basil and sunflower brittle

When: Friday May 24, 2019 from 6 to 9 pm

Where: HSCA- 1320, 5 Ave NW

Cost: \$45/person

Registration: <https://central.ivrnet.com/hasca>

(If you have not already done so you will be required to create a profile)

- Click on the "View" tab along the top
- Click on "Products"
- Under "Cook and Take Home" click on "Add to cart"
- To register and pay, go to "Cart" at the top
- Scroll to the bottom and click "Next"
- Review your order and "Checkout"

Questions: Kathleen.c@hsca.ca

Bowview Pool

Bowview Outdoor Pool will open on **June 15th** for the 2019 season!

Swim Lesson Registration will be open **May 1st** via Ivrnet! We will be offering Red Cross Swim Lessons, Lifesaving Society Leadership Courses and Private Lessons!

We are now accepting *Private Rental* inquiries for the 2019 season!

The following rental slots will be available each week:

- Monday - Friday 7:30pm-10:00pm
- Saturdays: 8:00am - 12:00pm & 7:30pm - 10:00pm
- Sundays: 7:30pm - 10:00pm

All inquiries can be made via email to
bowviewmanager@hsca.ca.

FLEA MARKET

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LOCATION

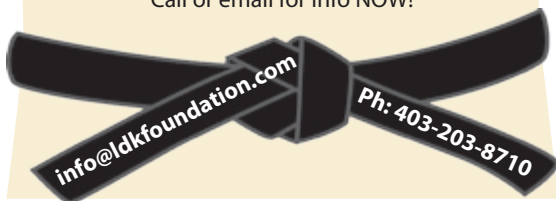
Hillhurst Sunnyside Community Association

1320 5th Avenue NW

Calgary, AB

Classes start April 30, 2019

Call or email for info NOW!



Staying Healthy and Fit Spring/Summer 2019

by Rachele Gulka, RMT

As the nice Calgary weather quickly approaches, more and more individuals are taking advantage of the great outdoors. With increased outdoor physical activity, it is important to keep your body in tip-top shape, by eating healthier to recovering properly from a hike, soccer pick up game, or exploring what YYC has to offer. Here are some tips to maintain a healthy and injury-free spring/summer season:

- Visit the local farmer's market to pick up some fresh produce or alternative plant-based proteins for daily snacks, lunches and dinners. This will give you the proper energy and fuel to get through these upcoming months.
- Take care of those nagging injuries by going for massages, chiropractic or physiotherapy appointments. An injury is always treatable, and it is never too late to get back out there pain-free!
- Get in-touch with the local community association to try out new sports, personal training/classes or hobbies. It is also a great way to meet the locals.
- Stay motivated by finding a buddy to do these activities with. This will hold you accountable, plus have someone to create memories with.



Guilt-Free Snacking

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snacksbymarsha.com

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Now Available: 2019 Memberships

All memberships are available for purchase online at 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
- **Cadence Chiropractic Sport & Health:** 20% off your first 60- or 90-minute massage. 20% off your initial Acupuncture Assessment and Treatment
- **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.
- **Beagle 14 (formerly the Regal Beagle):** 10% off your order (excludes daily specials)
- **Kensington Fitness:** \$15 off your first massage treatment
- **MYo Lab Sports Therapy + Personal Training:** 10% discount to all members who show their cards for all services (indefinitely) - Massage, Chiropractic, Personal Training
- **Pho HouZ Vietnames:** 10% off regular priced orders (excludes alcohol)
- **Tania MediSpa:** Family & Individual members receive 20% off facials & body wraps, 10% off massages, botox, fillers, permanent makeup and fillers. Senior Members receive 20% off facials, nails and massages, 10% off product
- **Dignity Memorial Funeral Services:** 10% savings on all preneed or at-need funeral or cremation products and services, cemetery interment rights, products and services* [*On already discounted Dignity Memorial plans, the employee or member is entitled to the greater of the two discounts.] National Transferability on prearranged services at no additional charge, Thirteen (13) months of unlimited access to the 24-Hour Compassion Helpline®, Access to the Dignity Memorial Bereavement Travel Program
- **The Mat's Diner:** 10% off your meal

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2019 Good Food Box Dates:

Order by 3:30pm on Tuesday: **Pick Up between 1:00pm and 4:00pm on Thursday:**

May 7th	May 16th
June 4th	June 13th
September 3rd	September 12th
October 1st	October 10th
October 29th	November 7th

GOOD FOOD BOXES ARE NOT AVAILABLE IN JULY, AUGUST, and 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

The Good Food Box Mission

The Good Food Box makes top-quality, fresh food available in a way that does not stigmatize people, fosters community development and promotes healthy eating.

What is the Good Food Box?

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The Good Food Box is a hands-up program as opposed to hands-out. We offer all Calgarians' sustainable access to nutritious food to ensure that no one has to go hungry. The boxes are put together and delivered by dedicated volunteers who along with The Community Kitchen desire to see individuals and families accessing affordable nutritious food.

How The Good Food Box Works

The boxes are delivered once a month to various depots around the city. A depot could be any place where 5 or more boxes are ordered, examples of current depots are churches, community centres, senior centres, apartment complexes etc. When a member of the community wishes to order a GFB they are matched with the closest depot to them by calling into our office. They are then given the contact details of the depot and are responsible for contacting the depot, placing their order and payment as well as pick-up of the GFB on the delivery date. Customers pay \$25, \$30, \$35 for their box, depending on the version that they choose. Each box contains the same mixture of food, though the contents change with each delivery.

For more information, please contact:

Allison Harrison, Front Office & Rentals Coordinator
allison.h@hsca.ca • (403) 283-0554 ext. 232



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www.rlg.ca

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When:

Saturday, June 15th
11:00 AM to 2:00 PM

Where:

Made by Momma Resource Centre
66 21 Street NW

Come celebrate Neighbour Day with

Made by Momma and **The Happy Birthday Project!**

Join us for some free family fun. There will be music, face painting, a petting zoo, bouncy castles and more! The delicious Avatara Pizza food truck will once again be attending!

Bring a donation of unopened diapers or formula to receive a discount coupon for your lunch.

For more information, please visit
MadebyMomma.org



JOIN **MADE BY MOMMA** FOR OUR ANNUAL STAMPEDE 10 CAN ROUNDUP CHALLENGE!

Help us restock the community pantry at Made by Momma!

Your non-perishable food donations will be packed into hampers and used to prepare meals for families facing adversity & crisis.

The demand for our services is at an all-time high! Through this food drive, we hope that we can rely on our community to help us meet the needs of those struggling!

1. Collect non-perishable food items for each day of Stampede!
10 Days ~ 10 Items
2. Drop your donations off at the
Made by Momma Resource Centre:
66 21 Street NW

WISH LIST

Pasta Sauce	Beans & Legumes
Coconut Milk	Cream Soups
Tomato Products	Dry Pasta
Vegetable, Chicken & Beef Broth	
Tuna, Salmon & Chicken	
Canned Fruit & Vegetables	

For more information, visit
MadebyMomma.org



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About Wine

by Nik Rasula

About Wine features wines not typically on one's shopping radar; Unique wines with a story - of people, place or style. It tells of artisans making reasonably priced wines (under \$50 retail) all the while demonstrating careful Earth consideration.



2017 Bodegas Verum (BV), Malvasia (bodegasverum.com)

About the Region: One hundred km southeast of Madrid, Spain, BV sits at 660 metres above sea level on the Castilla-La Mancha (C-LM) Plateau. High, flat and breezy, it features the largest area under vine, combined with the highest yield, of all the world's wine regions.

About Terroir: C-LM's Continental climate (hot summers/little rainfall), enables vigorous vine growth. Its calcareous stony soils providing effective drainage, arid conditions offering vine stress, prevailing winds contributing cooling and aeration.

About the Estate: Founded in 1788 by the López-Montero family, BV has traditionally grown the Airén grape for making higher-alcohol spirits (Orujo, brandy). In 2004, under direction of precocious son Elías, the family diversified into small-scale wine production.

About the Winemaker: After earning a Masters of Viticulture in Rioja, Elías interned at Aalto (Ribero del Duero, Spain) then at Bergkelder (Stellenbosch, S. Africa).

Acknowledging C-LM's bulk-wine reputation—and recognizing its opportunities—the then-24-year-old inquisitive Spaniard embarked on improving reality; through strategic planting, better vineyard management and selective yield. Sectioning off the bodega, Elías planted varietals unfamiliar to C-LM (Graciano, Malvasia, Mazuelo, Tinto Velasco), with best production reserved for markets abroad. In 2018 (February), Decanter Magazine recognized Elías López-Montero's efforts, naming him one of its "Ten next-generation Spanish winemakers to know."

About the Grape: Pronounced "Mal-VA-sia," it can be either red or white. Partial to warmer climes, vine historians believe it to have originated on the Greek Island of Crete during the Middle Ages. Proliferated throughout the Mediterranean by Venetian traders; Malvasia is used to make Still, Sparkling (Champagnino/Italy), and Desert (Madera/Portugal) style wines.

About the Wine: Made from white Malvasia, the lovely golden appearance impresses. Viscous on the swirl, aromas of flowers and orchard fruits impress. On the palate, the nicely weighted tongue of ripe peaches and apricots leads into a crisp, mineral-based finish.

About Pairing: Gouda-stuffed chicken, seafood paella/linguine, fruit & cheese salad.

About Closure: Cork

About Sustainability: Certified Organic (E.U.). Suitable for Vegetarian and Vegan diets.

About Alcohol Level: 13.5% (abv)

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

CSPC #787716

CONSUMER CHOICE AWARD 2019

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It's Spring Cleaning Time

A message from the Federation of Calgary Communities

Did you know that the City of Calgary helps support community associations in helping residents clean up the neighbourhood? Residents can attend their Community Cleanup event and throw out waste, saving you a trip to the landfill.

The service is free, and the purpose is for items that are not acceptable or do not fit in the regular waste (black carts) and recycling (blue carts) to be taken during a Community Cleanup. You can call your community association or go online to the official City of Calgary website to find a cleanup near you!

Acceptable items include:

- Furniture
- Yard waste (organic trucks will be available)
- Broken/unused products like gym equipment
- Toilets

You and your neighbours can also organize a litter clean up. The City of Calgary provide kits that include garbage bags, gloves and hand sanitizer. You can pick up these kits at any City of Calgary leisure and aquatic centre.

You can get outside, meet neighbours and achieve a cleaner community at the same time!

Happy Spring Cleaning!

Superhero Day

Calling all superheroes! On Saturday, June 1, five libraries will be transformed into Superhero Headquarters. A menace threatens the safety of Calgary, and superheroes must save the day. Enjoy free activities, from making your own comic book to meeting your favourite superhero, at Crowfoot, Country Hills, Central, Quarry Park, and Village Square libraries. Family-friendly costumes are encouraged. Learn more at calgarylibrary.ca.

Free Online Resumé Help Available

The eResource Brainfuse HelpNow is known for offering free online tutoring for Grades 2 to 12 students studying the Alberta curriculum. Now Brainfuse also offers free expert support for adult learners! The Brainfuse Adult Learning Centre's tools include live online career coaches to help you craft a winning resumé and cover letter, as well as job search and interview preparation tools. Online experts can also help with Microsoft Word, Excel, PowerPoint, and more. Use Brainfuse at calgarylibrary.ca/resource.

Did You Know? Join a Book Discussion Group

Did you know that Calgary Public Library offers free book discussion groups at multiple libraries every month? Join other book lovers and discover new or classic titles in facilitated discussions. There's also an Indigenous Reads Book Discussion Group focused on Indigenous books and topics. Find out what we're reading and when we're meeting by searching "Book Discussion Group" at calgarylibrary.ca/programs.



The Veteran Family Program, funded by Veterans Affairs Canada, allows the Calgary Military Family Resource Centre to provide services, resources and referrals to help veterans and their families. If you are releasing from the Canadian Armed Forces, or are already a veteran, we're here to help.

Contact our Veteran Family Program Coordinator at Shelagh.Cox@CalgaryMFRFC.ca or (403) 410-2320 Ext. 3591 to learn more.

Coexisting with Bobcats

by Lisa Dahlseide B.Sc.



With a bobbed tail, Bobcats are small compared to other wild cats. They weigh in around 20lbs. Their front striped legs meet large webbed paws. Whiskers cross a black barred snout with signature black ear tufts. They are strict carnivores hunting small mammals, insects and birds. Little evidence suggests they eat substantial amounts of domestic pets.

If you do not want Bobcats around your property, eliminate shelter options. Areas under your deck or shed provide a good hiding place for Bobcats and prey, remove access to the attractive accommodation. Brush or piles of rubbish encourage small mammal presence inviting predators in for a meal. Feed your pets indoors and remove bird feeders. However, some welcome the guests.

Bobcats are crepuscular, meaning active at twilight. This behaviour changes seasonally with prey activity increasing in colder months to the day. In urban environments Bobcats often lean towards a nocturnal lifestyle to avoid human interaction.

Bobcats have an average territory ranging up to 5 km². Territorial size fluctuates among individuals depending on prey abundance, mates and denning habitat. Home

ranges are also influenced by population densities with smaller territories where there are more Bobcats.

Given their wide range and localized healthy populations, they are not endangered, however they are extirpated, or locally extinct, in many areas across North America. Trapping has led to their disappearance. Here in Alberta, it is prohibited to rehabilitate orphaned or injured bobcats, Fish and Wildlife leave orphaned kittens to starve to death allowing "nature to take its course" with the mother-dependent milk-drinking mammals rarely orphaned from natural circumstances. Bobcats are successfully rehabilitated and released in other jurisdictions.

We are so fortunate to share our community with Bobcats. They have chosen to coexist with us. Bobcats benefit our urban environment bringing balance to our partially paved ecosystem.

Lisa Dahlseide is a Conservation Biologist living in Bowness whose focus is on Wildlife Biology. She volunteers at the Cochrane Ecological Institute as the Director of Education teaching about the importance of Wildlife Rehabilitation and Release and she works for the Weaselhead/Glenmore Park Preservation Society teaching environmental education programs and monitoring the impacts of the SW Calgary Ring Road on wildlife and water.



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SAFE & SOUND

Calgary Fire Department Home Safety Program

Bees

A good news story! City employees working on a roadside naturalization pilot in Canyon Meadows discovered a bumble bee species on Environment Canada's endangered list: The Gypsy Cuckoo Bumblebee (*Bombus bohemicus*). Reported endangered in 2014, the Gypsy Cuckoo Bee is large, fuzzy, and once had a geographic range across Canada.

The Gypsy Cuckoo bee is a parasitic bee that hijacks other bee hives. The decline of this species shows that other bee species are also in decline.

There are many factors leading to a decline in native bee and butterfly populations worldwide. Two of the biggest are the use of pesticides and loss of habitat. In an age of environmental instability, we need a fundamental cultural shift. The City of Calgary developed a 10-year Biodiversity Strategic Plan "to foster more resilient, biologically diverse open spaces and neighbourhoods." As a result, several naturalization projects are underway that include large plantings of native plants and flowers to support our pollinators and promote biodiversity.

Calgarians can also do their part. If we want more bees and butterflies, we need more flowers of every shape and size—tall flowers, short flowers, early bloomers, late bloomers, perennials and annuals, and every colour in the rainbow. Grow more native plants. Make flower beds bigger and lawns smaller. Add clover to grass seed. Plant flowering trees and shrubs. Make a bee-bath for hot, dry days. Leave the leaves on flowerbeds over the winter and pick them up later in the spring. Stop using pesticides.

If you live in an apartment, even a tiny patio with a few pots of flowers can help sustain life and be part of a network of nourishment across the city that provide for bumble bees.

Every little bit helps! It is important that we do all we can to protect bumblebees and other pollinators. They are vital to our ecosystems.

To sign up for community updates, visit www.DruhFarrell.ca or [www.Facebook.com/DruhFarrellCalgary](https://www.facebook.com/DruhFarrellCalgary).

Fire safety is an important issue for everyone.

The Calgary Fire Department recognizes the complex needs of individuals with dementia, including the increased risk of home fire hazards. During a fire, individuals with dementia may find it more difficult to escape or understand the situation.

Common dementia related fire hazards include:

- Leaving a pot on the stove unattended.
- Forgetting to turn off the oven.
- Mixing up the seconds and minutes when using a microwave.

If you are an individual with dementia or caring for an individual with dementia, the Calgary Fire Department can help reduce home fire hazards.

Contact 311

When you **contact 311 and request a free Home Safety Visit**, Community Safety Officers will visit the residence to:

- Share important home safety information.
- Inspect smoke and carbon monoxide alarms
- Replace and install free smoke alarms and batteries, if needed.

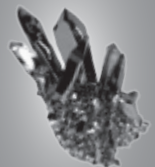
Together, we can help create dementia friendly communities and help individuals with dementia age-in-place safely in their homes.

Osmium

Osmium is a blue-gray metal that is roughly twice as dense as lead, comparably hard as a diamond, and twice as reflective as gold.

Osmium alloys (osmium mixed with other elements) can be found in fingerprint detection technology, fountain pen nibs, and was once used for lightbulb filaments (before tungsten).

Os



Making It Easier to Find Your Way Around City Cemeteries

Until recently, finding your way around the almost 100 hectares (243 acres!) of The City of Calgary's five cemeteries and one indoor mausoleum was a challenging task. But with the strategic thinking of Calgary Parks, tapping into an existing technology has made it easier and quicker for staff and Calgarians to get where they want to be in The City's cemeteries.

The new tool is the Cemetery App on Calgary.ca. It allows you to type a loved one's name into a search bar and then shows you exactly on a map, where in one of The City cemeteries or mausoleums your loved one is located.

The application saves time for Parks employees, who used to handle calls or 311 requests to find the information from more than 138,000 records in the database. Citizens can now serve themselves to find plots, whether they are at home or at a City owned cemetery with their mobile device. The data gets updated daily, so the information is always reliable and accurate. Not only does it help Calgarians, but also businesses, such as monument companies, quickly get to the right location. It will especially be useful on weekends when the cemetery offices are closed.

The new cemetery app is located on the The City of Calgary's Map Gallery on Calgary.ca which has almost 50 apps and maps to help the Calgarians find location-based information. The web address is www.maps.calgary.ca.

Street Sweeping is Happening in Your Community!

The City sweeps material left behind from winter operations on over 16,000 lane kilometres of paved roads, and getting the work done is a collaborative effort. We would like to thank Calgarians for their help in moving their cars from the street and their blue, black and green carts on to the curb when sweeping is scheduled.

For more information, visit calgary.ca/sweep.



Calgary Confederation
Len Webber, MP
2020 10 St NW, T2M3M2
403-220-0888
len.webber@parl.gc.ca

Just Words

I remember in school when a bully was confronted by a teacher after being caught picking on a fellow student. The bully said, "I'm not hurting anyone, they are just words."

What we witnessed during the recent election campaign and what we see on the internet every day is far worse than anything that I ever heard that bully say.

Words are as powerful as any weapon, as useful as any tool and their consequences can last a lifetime.

Over time I have noticed, and so have many others, that hateful, intolerant and offensive language has grown in usage and proliferation on the internet, social media and even in daily conversation.

As I said in the House of Commons ahead of Remembrance Day, "Tens of thousands of Canadians fought hate. They gave their lives to put down those who sought to reshape human existence through hate. They gave their future so that we could have one. There could be no greater dishonour to their memory and their sacrifices than for us to give up on the fight against hate. Yes, we have the freedom to speak our mind in Canada, but that freedom was found in the fight against hate. Let us not forget that."

This type of hate and intolerance exists throughout the political spectrum. Each justifying their own abhorrent behaviour against the behaviour of those they are in disagreement with. Two wrongs do not make a right.

As a society, it is time we take a stand against this type of behaviour. It is toxic and can have many lasting, unintended and deadly consequences. History is littered with examples of what happens when hate and intolerance are allowed to grow within a peaceful society. Eventually that society ceases to exist. Let's not follow those dark paths of history.

When I spoke about hate crimes in Parliament I said, "If you are not part of the solution, you are part of the problem." Please do something and take a stand against hate and intolerance in your own way.

We can no longer stand by ignoring the hate and intolerance of others while trying to simply dismiss their actions as "just words".



May Programs for Kids

Young Artists in Residence at the 32nd Annual Exhibition of Children's Art

Join us for our 32nd Annual Exhibition of Children's Art from May 2-16, 2019 at the Municipal Building Atrium (800 Macleod Trail S.E.). Come celebrate sculpture, painting, drawing and mixed media artwork, all created by young artists aged 3-17 from North Mount Pleasant and Wildflower Arts Centres. On May 2 our artists will be in residence, talking about their work. Everyone welcome! Details at calgary.ca/calendar.

Register Now for City of Calgary Spring & Summer Recreation Programs

Try something different. The City's Spring & Summer Recreation Program Guide has 1,012 affordable ways to have fun. Choose from day camps, swimming, arts, dance, fitness, sports, sailing, golf and more! There is something for everyone in your family. Registration is now open. Find your fit at Calgary.ca/register.

Summer Day Camp & Playschool Registration Now Open

Registration is now open for City of Calgary day camps and year-long Playschool. Budget-friendly quality children's programs are available at City recreation and parks facilities across Calgary. Choose from over 35 camp types to keep your child active and having fun this summer such as Nature's Superheroes, Extreme Adventures or Swim, Sports and more to name a few. Visit calgary.ca/register.

Mobile Adventure Playgrounds: A Different Way to Play!

The City of Calgary hosts free outdoor Mobile Adventure Playgrounds in various locations for children to explore, create, imagine and learn in their own way. They contain a variety of materials and loose parts such as boards, tires, tape and cardboard that children are free

to use to build, demolish, assemble and change their environments as they desire. Onsite play ambassadors are there to inspire play and keep the playground safe, but not directly supervise the children. Parents are encouraged to stay and watch their children play and see how their imaginations soar in this ever-changing adventure space. Locations and dates available at calgary.ca/play.

Skip the Work and Plan Your Kids' Birthday with The City of Calgary

Birthday wishes...no dishes! Skip the work and plan your next birthday party with The City of Calgary. The City's many facilities offer an easy and affordable way to gather with friends and family in a fun setting. From waterparks to nature adventures, you'll find party planning simple and stress-free. Parties are tailored to the age group and available at City leisure centres, nature centres, aquatic and fitness centres, and art centres. Visit us online to see our list of themed adventure parties.

Visit calgary.ca/birthdays for options.

The Fun Starts After the Bell with Calgary After-school

The fun starts after the bell. After school programs are offered by The City of Calgary for FREE or low cost. Youth are provided positive, fun and supervised after school programs in schools, recreation buildings and community facilities across Calgary. Children and youth grades 1-12 can drop into a weekday program in their community and take part in a variety of activities from 3-6 p.m. Activities may include basketball, swimming, arts, leadership, skating, sports and much more. At Calgary AfterSchool, it's more than just getting children and youth active. These programs are designed to keep kids productive, increase self-esteem and teach them skills that will follow them throughout their life. Learn more at calgary.ca/afterschool.

BUSINESS CLASSIFIEDS

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

PROFESSIONAL ORGANIZER AT YOUR SERVICE: Are you selling or downsizing your home and need help to get organized? Do you need help getting ready for a garage sale? We specialize in organizing closets, drawers, cupboards, pantries, bedrooms, basements, and garages. Call Bonnie at 403-689-3319 for a free assessment.

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

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

THE GUTTER DOCTOR! Eavestrough repairs, cleaning, and replacements. Fascia, soffit, cladding, roofs, and siding. For over 15 years and 20,000 projects we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Calgary's top award winner! www.gutterdoctor.ca, 403-714-0711.

LOTUS LANDSCAPING is an independently owned and operated landscape and handyman company. At Lotus, we provide competitively low rates for high quality services specializing in snow removal, junk removal, irrigation, lawn maintenance, masonry, fence and decks and all other home and yard needs. 403-483-2162, lotus-landscaping@outlook.com.

INDEPENDENT SENIORS LIVING IN BRIDGELAND, BELOW-MARKET RENTS: By Silvera for Seniors. Beautiful one- and two-bedroom suites with inner-city views in all directions. Six delicious dinner meals per month, cable and internet included. Exercise room, movie theatre, fireplace lounge and landscaped grounds. Let our placement team answer your questions! Call 403-567-5301. silvera.ca.

STREAM ORGANIZING: Would you like to see your home or home office organized? Downsizing, moves, file and paper management, sorting, de-cluttering, simplifying – all services I provide to busy professionals, home business owners, empty-nesters, seniors, active families and students. If you're ready to get organized, email jill@streamorganizing.com, call 403-680-4229, or visit www.streamorganizing.com.

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized cleaning company. All staff licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references, environmentally friendly options too. Let us put a little TLC into your home! Free estimates; please call Carol at 403-614-8522.



May Sports Activities with the City of Calgary

Swing into Summer with Golf and The City of Calgary

This summer, The City of Calgary is offering fun, affordable golf opportunities for you and your family to get more active, more often. From beginner event nights for those looking to try out golf in a non-competitive, friendly environment to family nights which are a perfect night out for healthy, quality family time, we have something for all ages and skill levels. In addition, we offer registered golf programs for those who have never picked up a golf club to those looking to further develop their skills – all taught by our award winning, expertly trained golf pros. With eight courses and three driving

ranges conveniently located throughout the city, we're closer than you think. Visit calgary.ca/golf to learn more and let The City of Calgary help you swing into summer!

Get Ready to Roll!

The City of Calgary hosts temporary community mobile skateparks at various indoor and outdoor locations across the city. Each park is supervised by qualified staff, and has a combination of roll-ins, fun-boxes with rails, pyramids with rails, grind-boxes, quarter pipes, wall rides, and half pipes. Skateparks are free to use and are open to skateboarders, inline skaters and scooter users of all ages (waivers required). Locations and dates available April 1, 2019 at calgary.ca/skateparks.

Reach New Heights with The City's Climbing Walls

Reach new heights with The City of Calgary's affordable, supervised, drop-in climbing for all ages and levels. Never climbed before? Sign up for a free belay orientation session at Beltline Aquatic & Fitness Centre (outdoor – weather permitting) and Southland Leisure Centre (indoor) to help you get started. Visit calgary.ca/climbing to learn more.

RUN, WALK, CHEER, VOLUNTEER ON SUNDAY MAY 26
 10,000+ participants, spectators and volunteers will take to the streets of Calgary on Sunday May 26. Visit calgarymarathon.com to register, to volunteer and for road closures that may impact your community.

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