

DECEMBER 2016

DELIVERED MONTHLY TO 3,200 HOUSEHOLDS

# your **SUNALTA** sass

THE OFFICIAL SUNALTA COMMUNITY NEWSLETTER



## HELP END DIABETES

Diabetes is a complex disease with many causes and no known cure. In Alberta, an estimated 303,000 people have been diagnosed with diabetes and a further 600,000 live with prediabetes.

With your support, the Canadian Diabetes Association (CDA) can improve lives and make it possible to fund leading-edge research and innovative educational programs; send kids with type 1 diabetes to the CDA's D-Camps; and provide Albertans with access to programs, services and resources to manage their disease and live well.



### Sunalta Community Association

1627-10 Ave SW  
Calgary, AB – T3C 0J7  
Phone: 403.244.2608  
sunaltaca@gmail.com | www.sunalta.net/Home

### HOW CAN YOU HELP?



#### JOIN TEAM DIABETES

Get active! Run, walk or hike in exciting international and Canadian events.



#### GIVE TO CLOTHESLINE®

Donate your gently used clothing, books, toys, electronics, vehicle and more.



#### HOLD A FUNDRAISING EVENT

Explore the fun and easy ways you can help raise funds for diabetes.



#### VOLUNTEER

We couldn't do what we do without the support of our volunteers.



#### BECOME AN ADVOCATE

Interested in sharing your story and speaking on behalf of those living with diabetes?



#### DONATE

Text "Diabetes" to 587-600-6088 or honour someone online at diabetes.ca/donate.

# CONTENTS

Resident of the Month	5
Message from the Board	6
Historic Sunalta	7
My Babysitter List	11

## NEWSLETTER AD SALES

**GREAT NEWS PUBLISHING**  **27 YEARS**

Great News Publishing Ltd.  
403.720.0762 | 403.263.3044  
sales@great-news.ca | www.great-news.ca



GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING SUNALTA FOR 4 YEARS!

# Sunalta Community Association



How to contact us:

[www.sunalta.net](http://www.sunalta.net)

“Like” us on Facebook:

Sunalta Community Association  
403-244-2608 to leave a message  
[SunaltaCA@gmail.com](mailto:SunaltaCA@gmail.com)

## Officers and Directors List:

Tom Naested	President
Nick Twyman	Past President
Walter Ichikawa-Doyle	Vice President
Simon Shakibaei	Secretary
Craig Milligan	Treasurer
Wylie Spicer	Director-at-large
Keeley Vickerson	Director-at-large
Courtney Clarke	Director-at-large
Kevin Richot	Director-at-large
Mohamed Abazinab	Director-at-large

## Thanks to all our local businesses

for supporting the community association

- The Copy Cellar
- One Way Foods
- The Cellar Wine Store
- Parry Bros. Lock & Safe
- Zoe's Thrift Store
- Levis Fine Art Auctions & Appraisals
- Lux Laundromat
- The Sentry Box
- Mikey's Juke Joint

# SCHOOLS

## REGULAR PROGRAM

Sunalta	K-6
Mount Royal	7-9
Western Canada	10-12

## TLC

Glamorgan	K-8
Henry Wise Wood	9-12

## MONTESSORI

Killarney	K-6
-----------	-----

## FRENCH IMMERSION & SPANISH BILINGUAL

Westgate	K-4 (FR & SP)
Bishop Pinkham	5-6 (FR & SP)
	7-9
Western Canada	10-12 (FR)
Robert Warren	8-9 (SP)
William Aberhart	10-12 (SP)

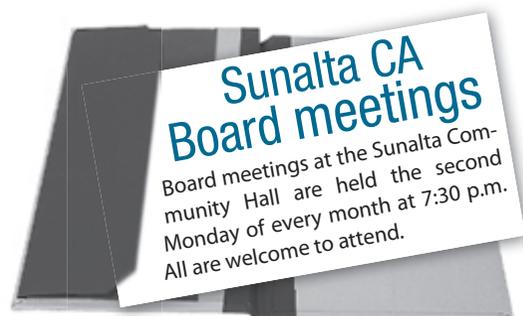
## CATHOLIC SCHOOL DISTRICT

Sacred Heart	Elementary
St. Monica	Junior High
St. Mary's	Senior High
Holy Name	Elementary (FR)
St. Michael	Junior High (FR)

# HALL RENTAL

Need a place for up to 150 people for your event?

Sunalta Hall has two great rooms and a fully stocked kitchen for your event. We are now booking for the summer and fall and there are still a lot of great evenings available.



# RESIDENT OF THE MONTH



1. Name: Riki Winkler
2. How long have you lived in Sunalta? 17.5 years
3. How long have you volunteered with the community? 17.5 years
4. Role in community and/or vocation: Wildflower Garden Core Committee Member, Seniors' Tea Co-coordinator, Strong Neighbourhoods Grant Committee Member, Sunalta Heritage Committee Member, Family Games Night Enthusiast
5. Why do you volunteer? There are so many reasons to volunteer, but it probably boils down to the feeling you get when you are connected to where you live. And there's such a sense of accomplishment at the unveiling of something you helped build or on the day an event that you helped organize comes together.
6. What/who got you into volunteering? When I first moved into Sunalta, our neighbour Ann Marie Barnhill was working on a new idea for a community wildflower garden. We got involved and haven't stopped.
7. What are you most proud of accomplishing in the community? Proudest volunteer achievement? I am most proud of convincing my husband to build the community little library and in the wildflower garden. It has helped revitalize the garden and has been very well received. My proudest volunteer moment was the day of the Harvest Festival in 2012. I had helped organize the event and we weren't sure how it was going to turn out. Turns out it was one of the most amazing community events ever. My fellow Sunaltan Teresa de Groot and I ran the apple station, making warm apple sauce from fruit we'd picked in the neighbourhood - magical.
8. What specific projects/initiatives have you lead/been a part of? Well, I've been involved in a lot of things over the years - the newsletter, community dinners, the Stampede Breakfast, hall management, the wildflower garden, family games night, the seniors tea, children's Christmas party and probably others that I'm forgetting.
9. Why is it important to volunteer? Volunteering is something that everyone can do. It doesn't cost money and benefits you and those around you.

10. Why is community important to you? It is human nature to connect and share and feed off of each other's energy. We all belong to different communities in our lives - our extended family, our workplace, our friends. But we are all sharing this place in this time, which is our physical community. Your life can only be enriched by making connections with your neighbours and your neighbourhood.

11. How will others benefit from getting involved in Sunalta community?

It's a great way to get to know your neighbours and make a real contribution to your community. You're making an investment in Sunalta that will always pay off.

# HANUKKAH

In 2016, Hanukkah from in the evening of Saturday, December 24<sup>th</sup> until the evening of Sunday, January 1<sup>st</sup>. During Hanukkah, on each of the eight nights, a candle is lit in a special menorah (candelabra) called a 'hanukkiyah'.



Trivia

## MESSAGE FROM THE BOARD

Season's Greetings from the Sunalta Community Association Board!

The Community Association has accomplished a great deal in 2016, and we wanted to update everyone on the highlights from the past year.

Probably the biggest change with the SCA was in the hiring of an Executive Director, Jenn Balderston. Our Board realized we needed additional professional support to meet the challenges that our community has been facing, including; ongoing changes within the City of Calgary, the possibility of the Calgary Next development in our neighbourhood, ongoing care required for our Hall, support for programming and future projects, as well as more support to address increased safety, traffic and parking concerns.

## Hall Rental

SUNALTA Community Hall is available for Rent for New Years Eve 2016.

Chairs can be provided. Lots of time given to decorate. Access to kitchen facilities.

Clean and plenty of parking as well as the Sunalta C-Train station right across the street so you have a safe way home. Located on the corner of 16 St and 10 Ave SW. See our website for rates. [www.sunalta.net](http://www.sunalta.net)

## "Sun-Tot's"

Sunalta Toddlers, Parents and Caregivers, you are invited to meet neighbours as you socialize with your babies, toddlers and preschoolers, up to 5 years of age, right in the community!

Tuesdays, 10 am - 12 pm  
Sunalta Community Hall  
(1627 - 10th Ave. SW)  
Coffee and healthy snacks provided!

For more information contact: [info@sunalta.net](mailto:info@sunalta.net).

With Ms. Balderston's energies and our partnership with Silvia Ross from the City of Calgary's Strong Neighbourhoods Initiative, we have been able to increase our community programming. These programs include our weekly SunTots program – parented children play sessions, our bi-monthly family games night, community yoga, community martial arts classes, our summer outdoor movie with Scarboro CA, and multiple evening courses covering food handling, resume building, dealing with at risk populations, and child safety awareness.

Events this year were also highly successful, including our ever-popular Stampede Breakfast. Even though our city was in the midst of torrential downpours during Stampede week, we had the sun shine on us and 1200 of our closest friends while we ate pancakes and listened to the inaugural performance from Wayne Immonen's music collective, the Sultan's of Sunalta. Special thanks to the Ward 8 Office, One-Way Foods, ATB Financial, Circle the Wagons, The Unique Blend Coffee Co., and Bow Valley Power for all the support.

2016 also saw the launch of the Sunalta LIVE Concert Series. The first two concerts were massively successful - in April with Jenn Beaupre and in November with the Kirby Sewell Band. This is just a taste of what is to come, as 10 musical acts have been booked for 2017. These shows will take place in the afternoons and evenings throughout the year and include a mix of pub-style and family-friendly events.

And finally, the Association spearheaded a number of initiatives throughout the year, including a full rebranding, a new website, partnering with the City of Calgary Parks in the on-going re-development of the park surrounding the Community Hall, and working with various key stakeholders to champion our vision of the Hall as a Community Hub - a place where Sunaltans could get together.

I'd like to conclude my message by acknowledging our incredible volunteers, without whom these programs, initiatives, and events wouldn't be possible.

Please have a look at our website [www.sunalta.net](http://www.sunalta.net) for upcoming programs and events and may your 2017 be even better than the last!

## HISTORIC SUNALTA

### Calgary Tennis Club – A Short History:

The Calgary Tennis Club ("CTC") was founded in 1889 – it initially had a tennis court in downtown Calgary at 2<sup>nd</sup> Street and 7<sup>th</sup> Avenue SW.

The CTC lost this downtown court in 1897, but under the leadership of Dr. R.B. O'Sullivan, the club was revived and held its first Provincial Championships in 1906. These 1906 Championships were held at Fort Calgary.

In 1907, CTC leased land for four shale courts in Lower Mount Royal. Then in 1912 - having formed a limited liability corporation - the CTC purchased the current site in **Sunalta Community** for \$10,000 and this is when the six shale courts and the clubhouse were built.

In 1926, the CTC merged with the Prince's Island Club in order to expand its membership. In 1930, the club found itself facing severe financial problems, and ownership of its property passed to the City of Calgary. Reg Carlile, then CTC President, negotiated an agreement whereby the City leased the site back to the club and, with slight alterations, this agreement has continued ever since.

After 1940, the CTC membership increased steadily, from just over 100 members during World War II to almost 800 in 1980. Increased membership has allowed the club to make improvements, and all nine courts were converted from shale to asphalt-based hard courts in the early 1970s - the deck was added and the clubhouse extended later in the late 1970's. Then, following the installation of lights in the mid-1980s, courts #1-3 were converted back to clay. During the period 1999-2010, the CTC rebuilt and/or resurfaced all nine courts.

Over the years, many of Alberta's best tennis players have been CTC members – the most famous being Marjorie Eustace (9x Alberta Ladies Singles Champion and 16x Calgary Ladies' champion). She was the first tennis player to be admitted to the Alberta Sports Hall of Fame in 1980.

The CTC was awarded the "Canadian Seasonal Facility Excellence Award" for 2014 by Tennis Canada and the Tennis Professionals Association. The CTC is a well-respected, popular local tennis facility with a long history.

Today, the CTC is a thriving outdoor club that offers a friendly place to play social or competitive tennis with friends and family.

Calgary Lawn Tennis Club, August 1908.



Marjorie Eustace, 1934



Drop in and explore the grounds (all visitors welcome) as the clubhouse and grounds are always open to the public – whether that's for drop-in and/or membership tennis, tennis lessons, or to visit the clubhouse for a beer or glass of wine. It's open to all Sunalta residents!





## MP CALGARY CENTRE HON. KENT HEHR

950 6 Ave SW  
kent.hehr@parl.gc.ca  
403-244-1880  
www.KentHehrMP.ca

### Join me at the Kerby Centre

Firstly, I'd like to invite you to attend my December 2nd holiday open house at the Kerby Centre (1133 7 Ave SW). We will be in the Kerby Centre's gym from 3:30 PM to 6:30 PM munching on cookies and singing carols. If we play our cards right a past board member of the Kerby Centre and current president of the Canadian Club of Calgary – my father, Richard Hehr – will be in the house as Elvis to perform a classic or two. To be blunt: it will be a night to remember.

If you're able to attend, I invite you to RSVP online at my website at [www.KentHehrMP.ca/events](http://www.KentHehrMP.ca/events).

Secondly, it is the season for giving and, throughout this year, I have been thoroughly amazed by those of whom who have played a role in bettering our province and city. And doubly so by everyday Canadians from coast to coast to coast in their care and compassion to those impacted by this year's tragedy in Fort McMurray.

In my role as chair of the Northern Wildfires cabinet committee, where I take a leadership position in coordinating the federal response to the fires in Fort McMurray, I was awestruck by the generosity of Canadians. Some \$165M was donated to the Red Cross, and a majority of the funds were match by the federal government. This federal matching is in addition to the federal government's Disaster Fund initial payment of some \$300 million to the Alberta Government. The Red Cross is continuing to collect donations and is asking for assistance. If you are able to pitch in this holiday season please do so as many families in Fort McMurray are still putting their lives back together.

It is the work above that makes it clear there is a role for government, and one that is active in supporting Canadians. I am proud of the work of our government and am inspired by the actions of tens of thousands of Canadians to support those in Fort McMurray.

Finally, it has been a whirlwind of a year – with implementing our platform on supporting seniors, bringing

**Caroling & Goodies**  
with Hon. Kent Hehr,  
MP for Calgary Centre

Friday, December 2<sup>nd</sup>  
3:30 PM to 6:30 PM  
Kerby Centre - Gym  
1133 7 Ave SW

**Kent Hehr, Member of Parliament**  
Constituency Office | 950 6 Avenue SW, Calgary  
t: 403.244.1880 | [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca) | [KentHehrMP.ca](http://KentHehrMP.ca)

into force our middle class tax cut, increasing child benefits to 9/10 families with our Canada Child Benefit, and a \$2.5 billion EI reform package. Our job is not yet done and I look forward to what 2017 will bring.

As always, you can contact my office by email at [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca) or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online and sign up for my e-newsletter at [www.KentHehrMP.ca](http://www.KentHehrMP.ca).

*Trivia*  
**Xmas  
Volunteers**

Canada Post volunteers donate over 200,000 hours of their time each year to help Santa respond to every letter that arrives on his doorstep.

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

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

**BMP MECHANICAL LTD:** is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or [service@bmpmechanical.com](mailto:service@bmpmechanical.com).

**CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms. From cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: [info@asapconcretecutting.com](mailto:info@asapconcretecutting.com).

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

## DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Sunalta Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Sunalta Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

**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](http://www.communitymediation.ca), 403-269-2707.

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

## Xmas mince pies

Mince pies - a traditional holiday meal from the UK - were originally filled with meat, such as lamb, rather than a dried fruit mix as they are today. They were also first made in an oval shape to represent the manger that baby Jesus slept in, with the top representing his swaddling clothes.



**Editorial  
Content  
Deadline** **15<sup>th</sup>**  
of each month  
for the next  
month's issue

[keelej@sunalta.net](mailto:keelej@sunalta.net)



## MLA CALGARY CURRIE BRIAN MALKINSON

2108 B - 33 Avenue SW  
Calgary, AB, Canada T2T 1Z6  
Phone: (403) 246-4794; Fax: (403) 686-1543  
calgary.currie@assembly.ab.ca

As we enter this time of holidays and festive gatherings, I am reminded just how fortunate I am to have family extended across Western Canada.

This time is a time we set aside for coming together, taking part and remembering the things we value most in our lives.

When I look at the news from across the region, I am startled at just how many of our young people are dying from opioid overdose. It is alarming the number of people who so swiftly fall under the spell of these incredibly powerful drugs.

While fentanyl is killing our friends, our families, our neighbours, no one chooses fentanyl, no one chooses overdose.

When we hear about another death from this deadly drug it is important to remember that this is not the beginning, this is not where this person started their journey.

Many first time opioid users come by them legitimately, many taking Tylenol 3 when they have their wisdom teeth removed, and for most, the story of their opioid use ends when the prescription runs out. Others come to it on the street by virtue of predatory drug dealers, looking to upsell new clients on more impressive highs. The insidious nature of opioid drugs is that no matter how you come to it, its ability to hook our bodies makes it too easy for the fine line between a drug being medicine and harmful substance to get blurred, and physical addiction creeps in.

By the time we hear about a Fentanyl overdose, the user has been scraping the bottom of the barrel for some time, strung out and abandoned by mainstream society, and welcomed into the open arms of the opioid drug trade. When being wrapped in the warm embrace of an opioid rush, the only thing that matters is the rush, when no one else seems to care who you are. Addictions strike fast and conditions can debilitate an individual faster than they can realize what is happening. It

Saturday, December 10 from 2-4 p.m.



## Sunalta Kids Winter Festival

Come join us for face painting, craft stations, games and other fun activities for kids!

SUNALTA COMMUNITY CENTRE, 1627 10 AVE SW



**SAFETY SYNC**  
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)  
**safetysync.com**  
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

is an incredibly difficult path to walk alone, and recovery almost never occurs without a supportive environment.

I am so proud that our government is taking a stand, and making progress in combatting the debilitating effects of opioid addiction. While working on harm-reduction programs, we are also aiming to tackle the root causes of substance abuse through investment in prevention and research programs. To learn more about how our government is taking action on this critical issue, follow the links found here: [www.health.alberta.ca/health-information.html](http://www.health.alberta.ca/health-information.html)



**Showcase your Photography in the Sunalta Sass**

**Do you love taking photos around the community? If so, we'd love to hear from you!**

**Who:** Sunalta residents  
**What:** The Sunalta Sass is looking for local photographers who would like to see their work published as the cover art of our community newsletter. Photo resolution should be no less than 5 megapixels or a resolution of 2560 x 1920.  
**When:** Submissions are due the 15th of each month  
**Where:** Send your photos (a maximum of two submissions, per person, each month) to [keeley@sunalta.net](mailto:keeley@sunalta.net). Please include your full name and contact information.



Name	Age	Contact	Course
Alisha	22	587-434-8205	No
Becky	26	403-710-0970	Yes
Katy	28	587-998-5847	Yes
Marise	47	403-399-8430	No

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

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

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



**MIKE LAVIGNE**  
Master Electrician

**LAVIGNE ELECTRIC**

Residential + Commercial  
Renovation | New Install | Data/Communication

[lavage\\_electric@hotmail.com](mailto:lavage_electric@hotmail.com) 587.227.6106



**Buy one chocolate bar, get one free\*!**

Redeem this coupon at any Calgary **Chocolaterie Bernard Callebaut®** location for 1 complimentary 56 g solid chocolate bar when one is purchased.

No cash value. Limit one per customer. Cannot be combined with other offers.  
**This coupon must be redeemed by Dec. 24, 2016**

**Chocolaterie Bernard Callebaut®**

11 Calgary locations with delicious stocking stuffer treats!  
[www.bernardcallebaut.com](http://www.bernardcallebaut.com)

*A Gift For You*

**WIN**

**\$500**

TO SPEND ON *17th*

ENTER AT *17thave.ca*

CONTEST CLOSES DECEMBER 21, 2016

**17th ave** RETAIL & RESTAURANT DISCOUNT

RBC Dominion Securities Inc.



**LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?**

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

*Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.*



**RBC Wealth Management**  
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc. and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. @Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 15-20701-000-011



**LIFT YOUR FEET! LIFT YOUR SPIRITS!**

**Square Dance** lessons start Tuesday, January 10<sup>th</sup>, 2017 at Sunalta Hall 1627 10 Ave SW

Bring a partner!  
The first night is free.  
Dress is casual.  
Wear comfortable shoes.  
The fun begins at 7:30pm!

For further information:  
[maple.tree@shaw.ca](mailto:maple.tree@shaw.ca)

