

JUNE 2016

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# your **SUNALTA** sass

THE OFFICIAL SUNALTA COMMUNITY NEWSLETTER



# Jean Beaupre performance



Jenn Beaupre- award winning singer song writer-performed to a sold out crowd at Sunalta Hall April 30th. Sunalata Community Association Board members Craig Milligan and Jen Balderson were also honored for their hard work putting on the concert. Sunalta is looking forward to having many more community music events in the hall over the next year.

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**Sunalta Community Association**

for the latest events.



## Sunalta Community Association

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

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# Sunalta Community Association



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

## Officers and Directors List:

|                        |                   |
|------------------------|-------------------|
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| Tom Naested            | Treasurer         |
| Simon Shakibaei        | Secretary         |
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| Gracelyn Masangkay     | Director-at-large |
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| Kevin Richot           | Director-at-large |
| Wylie Spicer           | Director-at-large |

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for supporting the community association

- Sabroso Restaurant
- The Copy Cellar
- Parry Bros. Lock & Safe
- Zoe's Thrift Store
- One Way Foods
- Groovy Lotus Tea Shop
- The Cellar Wine Store
- The Sentry Box
- Mikey's Juke Joint
- Lux Laundromat

# 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) |

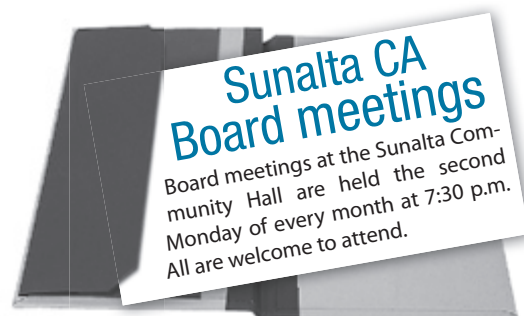
## CATHOLIC SCHOOL DISTRICT

|              |                  |
|--------------|------------------|
| 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 2 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.



# Sunalta STAMPEDE BREAKFAST Volunteers Required

The Famous Sunalta Stampede Breakfast is scheduled for July 9, 2016.

it is a fun time and opportunity to meet your neighbours by volunteering.

Shifts will be 2 hours from  
7:00-9:00 am  
9:00-11:00 am  
11:00 a.m. - 1:00 pm.

It's easy to pour orange juice, flip pancakes set up chairs. Please email [Keeley@sunalta.net](mailto:Keeley@sunalta.net) if we can add your name to the list or call me at 403 807 6419.

# The Many Sides of Sunalta

The Many sides of Sunalta” on Saturday, May 7 was well attended with 40 people and 3 dogs. Lots of 1<sup>st</sup> time Jane Walk attendees and both Sunalta and non-Sunalta residents. The Sunalta Safe Community Initiative Committee did a fabulous job preparing the information about each stop and speaking to the crowd captivating them with both history and current information. We took the full 2 hours to walk the route and ended back at the Community Hall where we enjoyed some lemon water, watermelon and gluten free brownies and cookie.

It was great ideas and planning to have the Sunalta T-shirts to easily identify the committee members, plus the balloon and banner that Jennifer brought helped identify the person leading the walk to the next stop. I noticed everyone engaged in conversations with those on the walk, which was awesome! Thanks everyone for also coordinating with others on the route, such as staff from Mikey's to share about the history, menu and entertainment they offer. Similarly, it was really appreciated that Principal Richard Campbell at Sacred Heart School came in on his Saturday to open up the school to give us a tour and even made us popcorn.

Overall, it was a great sunny day to walk around and explore the community assets. Thank you all for contributing to this memorable Jane's Walk.

Editorial Content Deadline

15<sup>th</sup> of each month for the next month's issue

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



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**JULY SCHEDULE:**  
JULY 4-8, HIP HOP CAMP, AGES 8-18  
JULY 11-15, FINE ARTS CAMP, AGES 6-13  
JULY 18-22, ADVANCED JAZZ CAMP, AGES 8-18  
JULY 25-28, DANCE CAMP, AGES 4-18

**AUGUST SCHEDULE:**  
AUGUST 2-5, DANCE CAMP, AGES 4-9 & FIERCE GIRL CAMP, AGES 10-13  
AUGUST 8-12, HIP HOP CAMP, AGES 8-18  
AUGUST 15-19, DANCE CAMP, AGES 4-18  
AUGUST 22-26, DANCE CAMP, AGES 4-7, WORLD DANCE CAMP, AGES 8-10,  
HIP HOP CAMP (MOVEMENT WITH A MESSAGE), AGES 11-18

**VISIT [DECIDEDLYJAZZ.COM](http://DECIDEDLYJAZZ.COM) TO REGISTER**

DECIDEDLY JAZZ DANCEWORKS

## SUDOKU

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| 9 |   |   |   |   | 8 | 3 |   | 2 |

**FIND SOLUTION ON PAGE 7**

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





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Summer is almost upon us and that means that Calgarians turn their eyes to one of the jewels in Alberta's crown: our natural environment.

When the thermometer cranks up in Calgary we look for ways to cool down. While some take to air conditioned movie theatres, others wander farmers markets in search of lemonade. Many however look outside the city to find an escape from the monotonous summer heat.

In Alberta we are privileged by the bounty of natural beauty right on our doorstep. From large natural parks right here in Calgary like Nose Hill and Fish Creek, to afternoon outings to Big Hill Springs, or day trips to Dinosaur Provincial Park and of course the abundance of parks and recreational areas throughout the Rockies and Foothills.

We protect them for our enjoyment today, but also to ensure that they are there for future generations. It would be a terrible thing if in 100 or more years from now, for people to look back and ask why we didn't do more to protect our fragile ecosystems.

The parks and protected areas of Alberta inspire people to discover, value, protect and enjoy the natural world and the benefits it provides for current and future generations.

Children who are exposed to the natural world take greater care of the natural world later in life. The learning that goes on in our wilderness teaches invaluable lessons, lessons that teach them to protect our watersheds, nurture our wildlife, and ensure that our natural bounty is here for the enjoyment of all, including the flora and fauna that grow and thrive there.

We as Albertans have inherited a world of transcendent beauty, let us make sure we do not spoil it. We may be the ones who live here now, the land is not ours, we are merely custodians of it for our children's children.

Get out there, enjoy and protect it Alberta's pristine wilderness. It's here for all of us and all future generations.

To learn more about our parks and how to access them, feel free to visit [www.albertaparks.ca](http://www.albertaparks.ca) or give them a call at 1-866-427-3582.



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**Neighbour Day**

One of my biggest goals when running for office was to build, nurture and grow diverse and activated neighbourhoods. While all of our communities might look different, the thing that makes Calgary so great is the people who live here. Passionate and engaged Calgarians are found in every corner of our city and it's been awesome to meet so many of them in my role as your City Councillor so far.

Our inner city and established communities are not only diverse in age, gender, income and ethnicity but also in what they value in a city. These different perspectives are a big part of the constant dialogue surrounding how we make our neighbourhoods better. Personally, I think the best way to increase and improve our city is to get to know each other.

Neighbour Day is held every year on the third Saturday of June and is an opportunity for neighbours to come together. The idea is to meet your neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community. Whether you're having a front yard barbecue, a garden party, a street clean-up or setting up some games in a local park, I encourage you to be a part of the neighbourhood you want.

For every other day of the year, The City of Calgary offers a wide variety of community-based programs and special events for children, youth, families, adults and seniors across Calgary. There's a range of opportunities to take advantage of to help build strong and inclusive neighbourhoods where citizens are empowered, connected and involved.

Make Saturday, June 18 the day you get to know your neighbours! Visit [calgary.ca/neighbourday](http://calgary.ca/neighbourday) for ideas to help you celebrate or contact my office at 403-268-2431 or [ward08@calgary.ca](mailto:ward08@calgary.ca) for more information.

**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            |
| Kerby Centre for the 55 plus            | 403-265-0661   |
| Community Mediation Calgary Society     | 403.269.2707   |
| RNR Lockworks Ltd.                      | 403.479.6161   |
| Road Conditions – Calgary               | 511            |
| Weather Information                     |                |
| Gamblers Anonymous                      | 403.237.0654   |

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- ◆ Forty word limit



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**Showcase  
your  
Photography  
in the Sunalta**

**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. Please include your full name and contact information.

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### Youth Employment

In late April I read an article on the CBC's website speaking to the plight of students in Calgary trying to find summer work. I printed this article to share with the different members of my staff and fellow MPs on Parliament Hill. Let me tell you why.

That first job for a student or youth entering the workforce establishes valuable skillsets and experience, and in some cases are the beginnings of a career. This first chance builds confidence and makes a strong impact on their ability to serve their communities and build the society that we all share and enjoy. Providing these opportunities for success is one of our most important responsibilities.

First of all, investing in youth jobs and opportunities is part of our plan to help the middle class and those seeking to join it. Our investments from Budget 2016 will help support young Canadians, including vulnerable youth, Indigenous Canadians, immigrants, youth with disabilities, single parents, those who have not completed high school and others.

We will help create thousands of new green jobs, more summer employment, participation in the Skills Link program and employment in the heritage sector.

We've **doubled** the Canada Summer Jobs Program (from 35,000 jobs to 70,000 for 2016, 2017, and 2018). This program invests in local non-profits, local government, and small businesses to hire youth over the summer months. Places like the Trinity Foundation, Kerby Centre and the YWCA receive grants for hiring these students. This program has a proven track record – employing some 330,000 students since its inception – and supporting local organizations in their work in the community.

This is part of our \$105 million commitment over five years, starting in 2016–17, and \$25 million per year thereafter in support for youth service.

Further to this, our government has created the Prime Minister's Youth Advisory Council to provide advice on key issues such as employment and education, building stronger communities as well as climate change and clean growth. Oftentimes I've found the best policies and ideas come from those you're seeking to help, and this is one part of this listening to those in our communities.

These are investments in Canada's future: we're going to help our youth find jobs and get the best start possible to their careers.

As always, you can contact my office by email at 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 at [www.KentHehrMP.ca](http://www.KentHehrMP.ca) where you can watch clips of yours truly in question period and sign up for my e-newsletter.

# your COMMUNITY business of the month



## Our Daily Brett

**O**ur Daily Brett is owned by Calgary native, Brett McDermott. Brett has always loved food and planning events. During his undergrad in commerce, Brett worked part-time at restaurants and organized art shows and parties. About five years ago, Brett was engaged to build the catering arm of a local restaurant. When the restaurant had a fire, Brett decided to go out on his own. Brett started out by catering small events and having a taco stand at summer festivals like Sled Island and Lilac Festival. He also became the private chef to a family, which ultimately

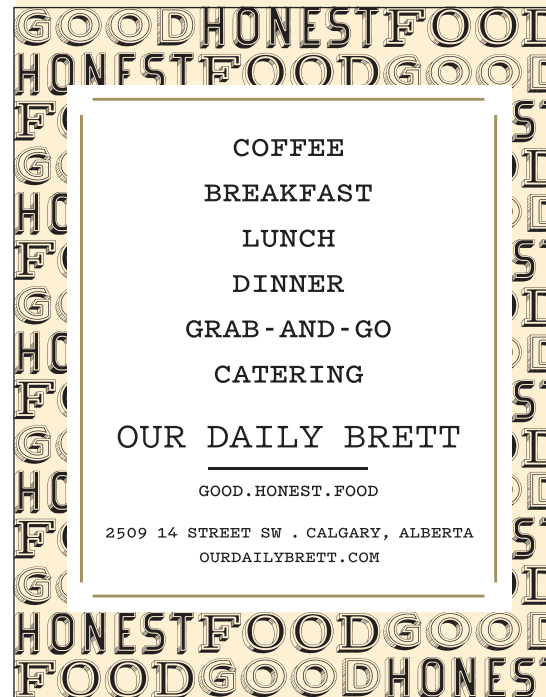
led to him starting a meal delivery business, delivering nutritious meals to busy clients. A few years ago, a friend told Brett about the 14 Street Market space in Bankview and from there, the Our Daily Brett storefront concept was born.

Our Daily Brett is a boutique market and catering company located in Calgary's Bankview neighbourhood. The concept behind ODB is to provide good, honest food for people on the go. ODB focuses on grab-and-go food, including breakfast, lunch, snacks, and dinner items. For breakfast, ODB offers two types of "poached egg pots": Korean (think poached eggs, brown rice, house-made kimchi, scallion, sesame oil) and Californian (think poached eggs, brown rice, natural bacon, and avocado) as well as other grab-and-go items (such as granola pots with house-made yogurt and chia puddings with cashew cream). For lunch, ODB rotates between a variety of made-to-order sandwiches from falafel to short rib. All sandwiches are served on fresh bread baked daily by Manuel Latruwe and incorporate house-made condiments like smoked paprika ketchup and sauerkraut. In addition to its sandwich menu, ODB has a small batch salad bar that is always stocked with flavourful, colourful salads and house-made ferments. Each afternoon from 4pm onwards, ODB stocks its grab-and-go cooler with a feature dinner for the day. The grab-and-go dinner menu is sent to newsletter subscribers weekly and is also available on at [ourdailybrett.com](http://ourdailybrett.com). ODB also offers full-service catering and hosts private events around the harvest table in its market.

**Monday – Friday:** 8:00AM - 8:00PM

**Saturday:** 9:00AM - 6:00PM

**Sunday:** We're not currently open on Sundays, but we're working on it!  
 2509 14 Street SW



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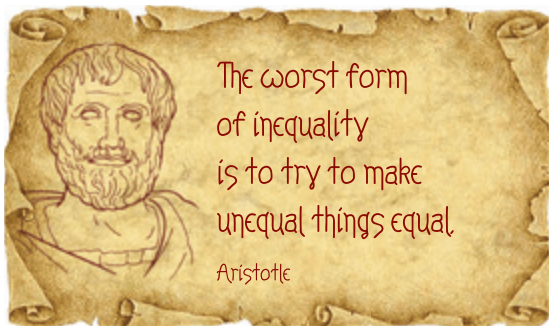
**Brad 403.875.8463 | Stephen 403.478.1737**

**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.



The worst form  
of inequality  
is to try to make  
unequal things equal.

Aristotle