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## Date and Time

August 24th, 6:30 PM – 9:45 PM  
August 25th, 6:30 PM – 9:45 PM  
August 26th, 8:30 AM – 7:00 PM  
August 27th, 7:30 AM – 7:00 PM



isha

No prerequisite required. Isha Foundation is a nonprofit, 501(c)(3) organization.



# Celebrate West Hillhurst Community Association's 75<sup>th</sup> anniversary!

Join us at Grand Trunk Festival from Sept 14-16.

[grandtrunkfestival.com](http://grandtrunkfestival.com)



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## STAFF LISTING

Executive Director ext. 221	Kate Stenson	<a href="mailto:kate.s@hsca.ca">kate.s@hsca.ca</a>
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Childhood Director/Daycare Program Manager	Shannon Martel	<a href="mailto:shannon.m@hsca.ca">shannon.m@hsca.ca</a> 403-270-9703
OOSC Program Manager	Camie Chanasyk	<a href="mailto:camie.c@hsca.ca">camie.c@hsca.ca</a>
Facility Services Manager ext. 223	Karl Kingsley	<a href="mailto:karl.k@hsca.ca">karl.k@hsca.ca</a>
Seniors' Connection Coordinator ext. 224	Debbie Olson	<a href="mailto:debbie.o@hsca.ca">debbie.o@hsca.ca</a>
Controller ext. 225	Amy Kettenbach	<a href="mailto:accounting@hsca.ca">accounting@hsca.ca</a>
Sunshine and Rainbow Rooms	Hillhurst Sunnyside Daycare	403-270-9703
Flea Market Coordinator ext. 231 (Drop in on Sundays, or leave a message. Calls returned on Wednesdays and Sundays only)	Angel Davis	<a href="mailto:fleamarket@hsca.ca">fleamarket@hsca.ca</a>
Community Programs Coordinator ext. 248	Alex Walz	<a href="mailto:alex.w@hsca.ca">alex.w@hsca.ca</a>
Community Connections Coordinator ext. 247	Reiko Yamagishi	<a href="mailto:reiko.y@hsca.ca">reiko.y@hsca.ca</a>
Planning Coordinator	Becky Poschmann	<a href="mailto:planning@hsca.ca">planning@hsca.ca</a>



Hillhurst Sunnyside Community Association

# FLEA MARKET

**SUNDAYS 7:00 AM- 3:00 PM**

403-283-0554, ext 231  
1320 5 Ave NW



**A community program since 1985!**  
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## Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
Farmers' Market Fresh Food Basket	Alex Walz 403-617-6094
Flea Market	Angel 403-283-0554 ext. 231
<i>(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)</i>	
Neighbour Night	Reiko 403-283-0554 ext. 247



## The Good Food Box (GFB)

The Good Food Box 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.

**Large Box:** Includes approximately 40 pounds of produce. Cost: \$35

**Medium Box:** Includes approximately 30 pounds of produce. Cost: \$30

**Small Box:** Includes approximately 20 pounds of produce. Cost: \$25

### Orders Accepted:

Online at the HSCA Web Store:

[www.hsca.ca/community-food-program](http://www.hsca.ca/community-food-program)

Orders may be placed during the pick-up times – cash orders only.

### New 2023 Order and Delivery Dates (Area B)

Order by 2:00 pm	New Pick-Up Time 2:00 pm to 6:00 pm
There will be no Good Food Boxes for the month of July.	
September 19	September 28
October 17	October 26
November 14	November 23
August 22	August 31



## Cats, Canines, & Critters of Calgary



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## SENIOR CONNECTIONS

For seniors related support, information, or volunteering, contact Debbie at 403-283-0554, ext. 224 (and leave a message) or email [debbie.o@hsca.ca](mailto:debbie.o@hsca.ca). We appreciate any opportunity to connect with you!

### Grandparent Reading Program

Sunnyside School is seeking community members to join the Grandparent Reading Program at Sunnyside School! Volunteers will be trained by a teacher on strategies to use when reading with children.

Commitment: one or two mornings per week for 1.5 hours

To apply: Call the school office at 403-777-6390 to apply and receive instruction on a CBE Police Check (no cost)

### Monday Connections: Senior Support

Our Monday Connections group will take a break for July and August and will return in September.

### Resources

Check out the HSCA website under 'Senior Community Connections,' 'Online Programming,' and 'Caregiver Connections Online' for more links and information or call Debbie.

### Caregiver Connections

Our Caregiver Connections group will take a break for July and August and will return in September.

### Chair Yoga

A gentle exercise class led by an experienced instructor, Sharon! Anyone is welcome.

When: Every Tuesday and Thursday (until the end of July) from 10:00 to 11:00 am. In-person and online options available!

Contact Debbie for the private Zoom link. The room opens at 9:30 am for chatting before the class or come by HSCA and join from the Hearth Room to watch the class live on a projector.

### \*New! Cribbage Group

When: Wednesday afternoons from 12:30 to 3:00 pm in the Hearth Room.

Join this established and well-organized group in their new location at HSCA! They play four games, break for coffee, tea, and snacks, and then play until 3:00 pm. There is a \$1 admission fee to cover coffee supplies and a sign-up sheet for snacks.

Each game is \$.25, which goes to the winner, then the winners move to the next table and there is an extra \$.10 for a skunk. Anyone who wishes to play is welcome.

### Connect with Us

We want to hear from you if you are a senior, are looking to help a senior you know, are concerned about a senior, are a potential volunteer, or if you have ideas that you would like to explore around seniors.

Mondays don't work? Contact Debbie and we will try to find a time that works better for you. Are you interested in the following?

- Looking for information around senior supports or other programs or connections.
- Volunteering to provide support for a senior in the community.
- Learning about the programming for seniors in the community.
- Connecting to learn more about the Seniors' Connections program.
- Anything you would like to learn more about, explore etc.
- If you just want to talk to someone.

### Unique Volunteering Opportunity! 2023 Casino Fundraiser

Looking to spend a unique day volunteering for the community? HSCA's next casino is in August at ACE Casino Airport located at 40 Aero Crescent NE (Formerly Cash Casino).

No experience needed! Join neighbours for the next casino that provides a large donation of casino funds to HSCA! Duties include cashing out casino chips and counting casino earnings, but don't worry, there is a paid advisor there to lead the volunteers!

### Dates: Saturday, August 19 and Sunday, August 20

Shifts are available from 11:00 am to 7:00 pm, 7:00 pm to 3:30 am, and 11:00 pm to 3:45 am. Yes, you read those shifts correctly, so drink all the free casino coffee you want to pull off an important night shift for the community!

Sign up on [www.hsca.ca/volunteering](http://www.hsca.ca/volunteering) through our volunteer portal and note your interest in 'Casino Volunteer.' For more information, contact Debbie at 403-283-0554, ext. 224 (and leave a message) or email [debbie.o@hsca.ca](mailto:debbie.o@hsca.ca).

## Help Us Build a Seniors Support Network

The new Monday Connections is meant to build a seniors' support network of volunteers who would like to help provide support to seniors in our community. Building a network would give us the opportunity to respond quicker when a need arises and make connections with seniors on a regular basis to check on how they are doing and explore any support they might be needing. If you would like to explore the possibilities and help to build this program, contact Debbie (contact information above) or feel free to connect with Debbie online during our Monday Connections group at 10:00 am (email Debbie for the Zoom link).

Please note, the Monday Connections group will take a break for July and August and return in September.



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1320 5 Ave NW

# DROP-IN BADMINTON

Mondays and Thursdays  
10:30 am to 1:30 pm

May 1 - August 31  
(see programs and recreation calendar for blackout dates)

\$4 pay-to-play

punch-cards available at [hsc.ca/badminton](http://hsc.ca/badminton)

\*The schedule will be posted to the HSCA Program & Recreation Calendar as it is determined. Blackout dates may occur on which there will NOT be badminton. Please see [hsc.ca/programsrecreationcalendar](http://hsc.ca/programsrecreationcalendar) for details. Please provide your own racket and birdies.

# Bike Parking Upgrade at Sunnyside School

by Tim Schaefer, Sunnyside Resident

Hillhurst Sunnyside is a great neighbourhood to get around on your bicycle, but to use a bike as a means of transportation you need good bike parking. To make the experience of parking a bicycle at Sunnyside School a bit easier and a whole lot more secure, the racks were upgraded in May 2023.



The two racks that were at the school were the old wheel-bender style, that are sadly very common in Calgary. This style of rack is intended to hold the bike upright by one of the bike's wheels, usually the front. Unfortunately, using this type of rack brings the risk of bending the wheel, hence the name "wheel bender."

The bigger issue with Sunnyside school's bike racks was that they simply didn't fit bikes properly. Bicycles have evolved over the years and most of the bikes that kids and adults ride these days, like mountain bikes, simply didn't fit in the old racks. The openings between uprights were just too narrow.

To remedy the situation, the bike racks were modified by having most of the uprights removed and replaced with metal hoops. Those new hoops are spaced further apart to fit today's bikes. Using a hoop instead of an upright provides a locking point that is close to the bike frame, thus making bike parking more secure in the modified rack.

If you are a student, parent, or volunteer, you can now rest assured that you have a more secure way to lock your bicycle when visiting Sunnyside School.

A big thank you to the Sunnyside School Council, the Parent Society, and Principal Krista Schmitt for supporting active mobility in the community! Special thanks to Stacy Cockwill and Christie Hurrell for their hard work in making this happen.



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## ONGOING PROGRAMMING AT HSCA

### Community Connections Coordinator Staffing Update

Our current Coordinator, Shaye Radford, will be stepping away to take maternity and parental leave.

We are excited to welcome our new Coordinator, Reiko Yamagishi, who will be taking over and can be reached at reiko.y@hsc.ca or 403-283-0554, ext. 247.

Check out the June HSCA e-newsletter and blog to learn more about Reiko!

### Mondays

#### Senior Connections Group, 10:00 to 11:00 am

On hold until September.

#### Sustainable Food Programming, 4:00 to 6:00 pm

Something for everyone! Fresh Routes affordable mobile grocery store is onsite for all to shop, and grocery credits and free food are available for folks in need.

### Tuesdays

#### Chair Yoga (Online), 10:00 to 11:00 am

If you would like to join or would like more information, email Debbie.o@hsc.ca or call 403-283-0554, ext. 224 and leave a message.

#### Sip 'n' Chat, 2:00 to 4:00 pm

Weekly drop-in time for all community members to enjoy a coffee or snack together. All ages welcome. In the Hearth Room at HSCA.

### Wednesdays

#### Cribbage, 12:30 to 3:00 pm

Join a lively game of cribbage with community members and area seniors.

#### HSCA Outdoor Farmers' Market runs from 3:00 to 7:00 pm

May 31 to October 18.

### Thursdays

#### Chair Yoga (Online), 10:00 to 11:00 am

If you would like to join or would like more information, email Debbie.o@hsc.ca or call 403-283-0554, ext. 224 and leave a message.

#### Neighbour Night, 5:30 to 7:30 pm

Free. Children welcome to attend with their caregivers. First and third Thursdays of every month. Come on over to enjoy a simple vegetarian meal, a fun activity or craft, and some neighbourly company!

- Thursday, July 6 – Paper Bead Making
- Thursday, July 20 – Activity to be confirmed. Check the HSCA e-newsletter for details on the activities planned for each date.

### Sundays

#### The Sunday Flea Market runs 7:00 am to 3:00 pm

Check out the crafts, furniture, vinyl antiques, books, treasures, and community building every Sunday at HSCA.

### Other Programming

#### HSPC Meetings are the First Thursday of Each Month from 7:00 to 9:00 pm (Online)

Please contact [planning@hsc.ca](mailto:planning@hsc.ca) to participate in a meeting.

#### Caregiver Connections, 7:00 to 9:00 pm on the Third Thursday of Each Month (Online)

On hold until September.

### Volunteer Opportunities at HSCA

Our volunteer management system has been upgraded! Check out the new site to easily sign up for shifts or browse new opportunities! [www.hsc.ca/volunteer](http://www.hsc.ca/volunteer).

Interested in getting involved? Check out our current volunteer opportunities like:

- Community Connector
- Neighbour Night Cook
- Outdoor Season Farmers' Market Crew
- Special Events Crew
- Casino Volunteers

HSCA appreciates all volunteers for all reasons. Looking to build connections with community? Great! Looking for work experience and a reference letter? Fantastic! We can't wait to connect! [www.hsc.ca/volunteer](http://www.hsc.ca/volunteer).

**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 Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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## Felix and Florence McHugh - Heritage Moment

*This is an excerpt from the Hillhurst Sunnyside Historical Context paper, 'Early Homesteaders and Pioneer Settlement (1883 to 1907), p. 11. For more on the history of our neighbourhood, check out the full paper at <https://www.hsca.ca/historical-context-paper>.*

When viewed in terms of the Dominion Land Survey, today's Hillhurst-Sunnyside covers much of the southeast quarter of section 20, the parts of section 21, the southwest quarter of Section 22 that lie north of the Bow, and the parts of the northwest quarter of Section 16 and northeast quarter of Section 17 that lie north of the Bow. The Township map below shows some of the early homesteaders of those lands, including BM Godsall, Philip Van Cortlandt, and Felix McHugh.



Well-known pioneer, rancher, and contractor Felix Alexander McHugh (1851-1912) came west in 1883 shortly after his marriage to Florence O'Doherty (1861-1933). Both were of Irish descent and born in Ontario, he in Ottawa and she in Gloucester. He arrived with his Clydesdales, vehicles, and farm equipment at the end of the rail line in Maple Creek and continued on to the Bow River. That summer<sup>21</sup> he established his 21-acre homestead in the southeast part of Section 21 on the north bank of the Bow across from Prince's Island, his dwelling just west of today's 3 Street. Together with his brother Thomas, he cultivated about eight hectares east of 10 Street in today's Sunnyside<sup>22</sup>. Since his land claim was located on an odd-numbered Section and all of Section 21 was allocated to the Canadian Pacific Railway's (CPR) subsidiary, the Canadian Northwest Land Company, formally granted to them in 1889, McHugh's claim was disputed by the CPR

and Felix was obliged to relinquish most of his claim. However, as settlement he was later awarded an acre of land at 9A Street and Memorial Drive (named Boulevard at that time) where he built the family house (non-extant)<sup>23</sup>. He began logging on leased land upstream of Calgary on the Elbow River and was awarded a substantial contract with the NWMP. In 1885 he went into partnership with brothers John Joseph (JJ), who first came west in 1878, and Thomas as the JJ Ranch<sup>24</sup>, which they established near the Blackfoot (Siksika) Reserve. Florence was still living there in 1929 when her youngest daughter, actress Florence McHugh Piercy, visited from London, England.

Section 21 (north of the Bow) was acquired from the CPR by The Calgary and Medicine Hat Land Company in 1890 and by James Heath of London, England in 1904. Later in 1904, Ezra Riley obtained the west half for his Hillhurst subdivisions. In 1905, Heath sold the south half to two gentlemen from Wichita, Kansas, who in turn sold it to a gentleman in North Dakota in the summer of 1906. That same summer, Arthur Bennett and William Ross acquired the southeast quarter and registered Plan 24480 'Sunnyside'<sup>25</sup> later that year and its addition, Plan 1948P, in 1907. New Edinburgh was part of this subdivision plan. The natural area bluff between 10 Street NW and Centre Street was named 'McHugh Bluff' in summer 1990 in recognition of the pioneer's connections to the area.

21 Per McHugh's claim in homestead application file 43503

22 Peach (1982); Zakrison (2012)

23 The Calgary Daily Herald, December 6, 1929; Zakrison (2012)

24 This subdivision also includes a very small portion of the northwest quarter of Section 16

25 This subdivision also includes a very small portion of the northwest quarter of Section 16

**SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

**HILLHURST**



**SUNNYSIDE**





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## HSCA is Turning 75!

Did you know that July marks HSCA'S 75th Anniversary!?

Check out the *Hillhurst Sunnyside Context Paper* at



Read through the digital version of *Hillhurst Sunnyside Remembers* by Margaret Tanko at



Visit [www.hsca.ca/hsca-75](http://www.hsca.ca/hsca-75) for more details!



### Cute but not cuddly



**Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.**

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## Tips for brushing your kids' TEETH

### MODEL THE BEHAVIOUR

Monkey see, monkey do! Children do some of their best learning when they mimic behaviour. Start early and have them watch you brush n floss.



### MAKE IT FUN

(Sing to the tune of Row, Row, Row) Brush, Brush, Brush your teeth, till they're shining bright. They'll be healthy, they'll be strong, if you treat them right!



### PRAISE PRAISE PRAISE

Whenever your child wants to copy your behaviour and wants to do it themselves (or lets you brush for them) tell them they're doing a great job!



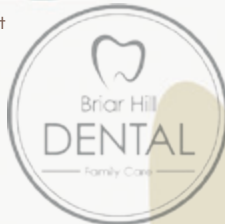
### BE CONSISTENT

Twice a day, 365 days a year. It won't take **that** long, but after a few weeks, we're sure you'll have yourself a little brushing n flossing champion!



### BOOK REGULAR DENTIST APPOINTMENTS

Children need to see the dentist too. Making sure your children are comfortable going to the dentist will ensure that as they get older, they take the time to take care of their teeth or any oral health issues they may develop.



403-289-9185 | www.briarhilldental.ca

## Recreation at HSCA

### Bowview Pool 2023 Season

The Bowview Swimming pool is open. This year, registration is required and must be done through the Calgary Outdoor Swimming Pool Association's (COSPA) online booking system. A limited number of tickets may be available for walk-up patrons as well. Visit [www.hsca.ca/bowview-swimming-pool](http://www.hsca.ca/bowview-swimming-pool) for the schedule, information on lessons, registration, and pool rentals.

### HSCA Tennis Courts

Registration for use of the HSCA tennis courts is now open. All registrants must have a valid HSCA membership. Tennis courts will be open from April 28 to October 31, weather permitting. Visit [www.hsca.ca/tennis](http://www.hsca.ca/tennis).

### Drop-In Badminton

Most Mondays and Thursdays from 10:30 am to 1:30 pm. Visit [www.hsca.ca/badminton](http://www.hsca.ca/badminton) for full schedule and blackout dates. No registration is required, \$4 per session.



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### 2023 Event Schedule

Spring Fling - April 8	Local Food Week - August 16
Pollinator Party - May 6	Salsa Fest - September 6
Outdoor Season Opener - May 31	Harvest Fair - October 11
Teddy Bear Picnic - June 21	Indoor Season Opener - October 25
Anniversary Market - July 5	Fall Fundraiser - November 22
	Very Local Holiday - December 13 & 20



HSCA  
Sip 'n' Chat



TUESDAYS 2 - 4 PM  
IN THE HEARTH ROOM AT HSCA

# The First Nations, Trails, and Crossings

*This is an excerpt from the Hillhurst Sunnyside Historical Context paper, 'First Nations, Trails, and Crossings' section (pp. 6 to 9). For more on the history of our neighbourhood, check out the full paper at <https://www.hsca.ca/historical-context-paper>. See QR code below.*

## The First Nations

The first peoples to traverse this area were the Blackfoot peoples, comprising the Siksika (Blackfoot), the Kainai (Blood), and the Piikani (Peigan); the Stoney Nakoda comprising the Bearspaw, Wesley, and Chiniki; and the Tsuu T'ina (Sarcee) peoples. The lands were part of their traditional territory for hunting and gathering supplies and food. They followed the migration of the bison. The bison were central to their way of life and essential for their survival. The Bow River, like other Canadian plains rivers, was too shallow to be reliably used as transport, but was important for navigation. Its life-giving waters sustaining the plants and game that the First Nations peoples would use for medicines and food. The sheltered river valley was also an ideal location for winter camps.

Prior to 1880, Sunnyside was the site of indigenous encampments, and residents have uncovered artifacts that pre-date contact times. A long-time resident, Harold Pemberton, recalled the hill below SAIT where local children played being covered with sun-bleached bison skulls and bones, and believed the area to be an indigenous kill site<sup>10</sup>. He also remembered these remains being gathered by the 'government' after the outbreak of the First World War.

## Pre-Contact Trails

Today's 10th Street corridor was part of a trail first used by indigenous peoples as a route to the Rocky Mountains through the Bow Valley<sup>11</sup>. It later became the Morleyville Trail, the route from Calgary to Morleyville, where a Methodist mission was established in 1873 by missionaries George McDougall<sup>12</sup> and his son John. When Hillhurst was subdivided in 1904, the section of the trail in Hillhurst was renamed Morleyville Road.

The road ran between the two sloughs. By at least 1911, the name had changed to 10 Street, although the original name remained in common use, and by 1915<sup>13</sup> the earth road was paved.

Another trail used in pre-contact times ran diagonally across the communities towards the northeast, skirting the north edge of the sloughs, to the Sunnyside bluffs<sup>14</sup>.

When the communities were subdivided in the early 20th Century, the trail took the name Gladstone Avenue (later Gladstone Road) in Hillhurst, and became 4 Avenue east of Morleyville Road in Sunnyside.

In 1907<sup>15</sup>, the Morleyville Road Baptist Church (later Hillhurst Baptist Church) was erected at the intersection of the two historic trails for Baptist residents and homesteaders in the surrounding area.

10 Tanko (1978)

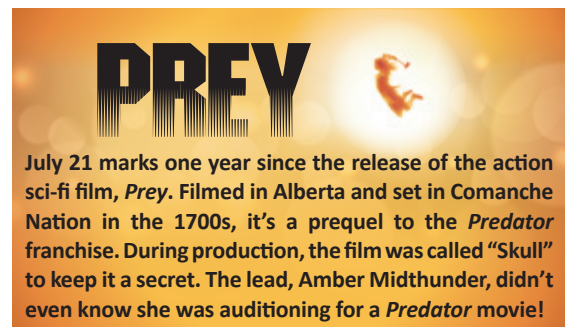
11 Peach (1986)

12 Alberta Register of Historic Places, Morleyville Methodist Mission

13 Smith (1977)

14 Tanko (1978)

15 McTaggart (1957)



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