

JANUARY 2020

DELIVERED MONTHLY TO 7,500 HOUSEHOLDS

HILLHURST SUNNYSIDE VOICE

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



Cover photo by resident Buff Smith



**Opening
June
2020**



Introducing Cambridge Manor

The Brenda Strafford Foundation's newest seniors wellness community in University District, NW Calgary's newest urban neighbourhood.

Cambridge Manor | University District
403-536-8675
cambridge@theBSF.ca
Visit us online at: cambridge Manor.ca | theBSF.ca

The Brenda Strafford Foundation was proudly awarded 'Accreditation with Exemplary Status' (Accreditation Canada) and 'Innovator of the Year' (Alberta Continuing Care Association) in 2018.

*Any excuse to
huddle by our
fireplace.*

OXBOW
RESTAURANT AND LOBBY BAR

BRUNCH

SAT-SUN

HAPPY HOUR

M-F, 4-6 PM

1/2 PRICE WINE

FRIDAYS 4 PM-CLOSE

SHOWTIME MENU

2 COURSES + WINE

\$30 DURING SHOWS

AT THE JUBILEE

HOTEL
Arts KENSINGTON



PROGRAMS CALENDAR

Sunday

***Flea Market**
7:00 am
to 3:00 pm

Monday

***Badminton**
10am-1pm
***Seniors' drop-in**
1 pm to 4 pm
***Fresh Food Basket**
4 pm to 6 pm

Tuesday

Children's Karate
6:15-7:15pm
Little Dragons Karate
6:15-7:15pm
Karate StrengthFit Sparring
7:15-8:15pm
***Drop-in ESL Club**
7:15 pm to 9 pm

Wednesday

***Watercolour Art Classes**
9am-12
***Farmers' Market**
3-7pm
Spanish Lessons Karma Yoga
(Athletic Yoga Flow) 10-11am
Karma Yoga
(Pilates) 12-1pm

Thursday

***Badminton**
10am-1pm
Karate StrengthFit Sparring
6:15-7:15pm
***Neighbour Night**
6-8pm

Friday

Acrylic Art Classes
9am-12
Sportball Karma Yoga
(Mindful Yin)
6:15-7:15pm

Saturday

Capoeira
10am

*Indicates HSCA Programs

Program Phone Numbers

*Art Classes		
*Badminton	Allison	403-283-0554 ext. 232
Capoeira		403-827-7917
*Chair Yoga	Debbie	403-283-0554 ext. 224
*Drop In ESL Classes	Norman	esl@hsc.ca
*Farmers' Market		
*Fresh Food Basket	Heather	403-283-0554 ext. 248
*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
*Karma Yoga	Lisa	403-270-0995 (no texting, please)
*Neighbour Night	Sarah	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

Upcoming Events

January 2

HSCA Reopens for regular programming.

January 2

Caregiving Support Gathering, 6pm-8pm
HSCA Boardroom

January 8

Karma Yoga & Functional Fitness at HSCA begins

January 14

HS Planning Committee Meeting, 7-9pm



**HOST YOUR
EVENT,
WORKSHOP OR
GROUP AT HSCA**



**SPACE AVAILABLE
IN OUR HALLS,
GYM & EVEN
PARKING LOT!**

**CONTACT FOR
AVAILABILITY**

**403-283-0554
WWW.HSCA.CA**



5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

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			<p>To Advertise Call 403 720 0762 Email sales@greatnewsmedia.ca GREAT NEWS MEDIA LEADERS IN COMMUNITY FOCUSED MARKETING</p>			



Hillhurst Sunnyside Community Association

Community Centre

1320 5 Avenue NW, Calgary, AB T2N 0S2

Phone: 403 283-0554 • Fax: 403 270-3130 • www.hsca.ca

BOARD OF DIRECTORS

Cynthia Mazereeuw	Chairperson
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Kathleen Kenny	Director-At-Large
Ryan Morstad	Director-At-Large
VACANT	Director-At-Large

All of our staff can be reached at the extensions listed through our main reception number at 403-283-0554 Monday through Friday from 9:00 am to 3:30 pm.

STAFF LISTING

Kate Stenson	Executive Director Ext. 221	kate.s@hsca.ca
Allison Harrison	Front Office & Rentals Ext 232	rentals@hsca.ca
Lisa Chong	Community Planning Ext. 229	lisa.c@hsca.ca
Stephanie Corbett	Communications Coordinator Ext. 226	stephanie.c@hsca.ca
Sophie Bandula	Daycare Program Manager	403-270-9703, sophie.b@hsca.ca
Taiya Colonel	OOSC Program Manager	taiya.c@hsca.ca
Karl Kingsley	Facility Services Manager Ext 223	karl.k@hsca.ca
Debbie Olson	Seniors' Connection Coordinator Ext. 224	debbie.o@hsca.ca
VACANT	Controller Ext. 225	accounting@hsca.ca
Hillhurst Sunnyside Daycare	Sunshine and Rainbow Rooms	403-270-9703
Bonnie Constable	Flea Market Coordinator Ext. 231 (drop in on Sundays, or leave a message - calls returned on Wednesdays and Sundays only)	
Heather Ramshaw	Community Programs Coordinator Ext. 248	heather.r@hsca.ca
Sarah Howden	Community Connections Coordinator Ext 247	sarah.h@hsca.ca



403.244.6944

www.rlg.ca

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Finding good tenants is hard.
 We make it easy.
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Call me: Brad Currie, Broker/President
 Your Property Is Our Priority.

The **Hillhurst Sunnyside Planning Committee** (HSPC) meets on the second Tuesday of every month. Our next meeting will be on **January 14, 2019 from 7-9pm** at the HSCA. All residents, guests and students are welcome to join the conversation.

Resources

- **Community Planning and Engagement Updates** are shared on <https://hsc-community-planning.mn.co>, our website, e-newsletters and social media.
- The **Hillhurst Sunnyside Area Redevelopment Plan** (ARP) guides the height, density and to some extent, the design of new buildings in the community. See http://bit.ly/HS_ARP.
- **City of Calgary Planning and Development Map:** <https://developmentmap.calgary.ca>
- **Interested in volunteering?** No experience needed – just bring an open mind, your ideas, knowledge, and an HSCA membership. Contact Lisa Chong, Community Planning & Engagement Coordinator at lisa@hsc.ca or call 403-283-0554 x220 to get involved.

Safety

If you are not sure who to call to report a concern or issue, below is a guide.

WHO TO CALL

WHEN TO CALL

9-1-1

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.

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

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.

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

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.

3-1-1

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

Alpha House Needle
Response Team
403-796-5334

Call or text if you see a needle on both public and private property. Include location details (M-F from 7am to 6pm or call 911 after hours)

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!

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.

NEW TO THE AREA?

Let us help you establish a strong foundation here, starting with your dental health!




Dr. Lauren Vredenburg

CalgaryFineDentistry.com
1910-20th Ave NW, Suite 206 • 403-284-3061

COME CHECK US OUT!

The City of Calgary Must Find Funding for Flood Protection

Last fall's provincial budget cancelled the Alberta Community Resilience Program (ACRP). ACRP provided provincial funding for flood resilience projects, including the two stormwater pump stations now under construction in Sunnyside. ACRP funding was anticipated for the Upper Plateau Separation (UPS) Project and the Sunnyside Flood Barrier Project (some ACRP money for UPS has already been received, and ACRP for the Barrier Project was contingent on a higher barrier). The cancellation of ACRP is a very disappointing development.

ACRP was established by the PC government in response to the 2013 flood and was continued by the NDP government. The UCP said during the election campaign that they had no reason to think this valuable program will not continue. Nevertheless, it was cancelled in the recent budget. ACRP had committed \$150M to Calgary over 10 years. Only \$69M will have been received by the end of the program, leaving an overall shortfall for Calgary of about \$81M. The UPS and Barrier projects represent about \$25M of that shortfall.

Both UPS and the Barrier project are in jeopardy due to lack of funds. The City of Calgary now must find the money internally, although there is a faint hope that federal money might be available. We understand that the City will give budget priority to the UPS project, so the chances are good that it will proceed. The outlook for the Barrier project appears to be less positive. The HSCA Emergency Response and Preparedness Committee (EP-ARC) will continue advocacy to all three levels of government so that both these critical projects can proceed. The next milestone is the City's capital budget to be presented to Council on January 27, 2020.



HILLHURST SUNNYSIDE
COMMUNITY ASSOCIATION

Tuesdays 9 to 10 am Kids 3
-5 Years Old

Wednesdays 4:30 to 5:30 pm
Kids 6 -10 Years Old



FOR MORE INFO:
WWW.JUGANDO.CA
403 - 8352650
giulliana@jugando.ca



Lions Park
denture clinic

Dhiren Bharadia, Denturist

Tel: 403-284-1803
Fax: 403-220-0486
info@accufit.ca

Lions Park Professional Building 1521-19 St. N.W., Calgary, AB T2N 2K2

If you're a low- to moderate-income senior capable of living independently, **General deLalanne** (113 - 18A Street NW) just might be the right fit for your housing needs.

Enjoy a comfortable bachelor pad or one-bedroom suite that respects your independence - and your budget.

Visit calgaryheritagehousing.ca or call **403-286-7402** to learn more or to apply.



CHH Calgary
Heritage Housing

COMMUNITY PROGRAMS AT HSCA

All Community Programs are hosted at HSCA (1320 – 5th Avenue NW)

Drop-in Knitting & Crocheting

Mondays, 9am – noon, Hearth Room

If you would like to learn how to knit or crochet, or if you would like to come by and meet with the ladies of the group, visit and see the great items they create, you are most welcome.

You may purchase the Knitting Group's items at the Wednesday Farmers' Market (now indoors for the fall and winter) or on Mondays when the group is in the centre. Come down and check out all the wonderful things they have for sale. Proceeds from the sale of these items support programming for the Seniors Connections Program. The seniors are always looking for donations of yarn to create their projects. If you have some yarn you would like to donate, please drop it off at the centre. The yarn is greatly appreciated.

Contact Debbie for more information: 403-283-0554 ext. 224 debbie.o@hsc.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 "Stop the Bus", a classic and easy to learn card 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 or at debbie.o@hsc.ca.

Drop-In Badminton

Monday and Thursdays, 10:00am-1:00pm, Gymnasium

Join an enthusiastic group for competitive, but friendly badminton on Monday and Thursday mornings! Bring your own racket, running shoes and \$4 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! Our supply of single-use plastic bags is decreasing. Please bring your own bags or containers

and join us in this growing movement to use less plastic. Note: On statutory holiday Mondays, Fresh Food Basket is open Tuesdays instead.

For more information, contact Heather at 403-283-0554 ext. 248 or at heather.r@hsc.ca.

Drop-in ESL Club

Tuesdays, 7:15pm – 8:45pm, Board Room

"There is a place on this planet where frontiers don't exist, where no passport is needed [and] you can go on a trip around the world in just 90 minutes" (ESL member, 2019). Practice and improve your English speaking and listening skills in a free, informal, conversation-based club. **Please register before attending as class size is limited.** Priority is given to residents of the Hillhurst Sunnyside Community, though if space is available, we also welcome residents of the rest of Calgary.

To register or for more information, please email esl@hsc.ca.

Farmers' Market – Indoor for the season!

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!**

For more information visit www.farmersmarket.hsc.ca or call or email Heather at 403-283-0554 ext. 248 or heather.r@hsc.ca.

Chair Yoga – TWO CLASSES

Thursdays, 10:15am to 11:05 am (first class) & 11:15 am to 12:05 pm (second class)

North Social Hall

The first class has room for more participants. If you are interested in joining the class, please call Debbie to register to make sure that there is room. Each class is capped at 25 participants to make sure there is room for participants to move and no one feels crowded.

Classes return February 6, 2020 and run until June 25, 2020. Join us for gentle exercise to help increase body strength, stretch muscles, help improve balance, prevent falls and help improve movement.

Have questions? Contact Debbie for more information or to register for the class(es): debbie.o@hsc.ca or 403-283-0554 ext. 224.

Neighbour Night

Thursdays, 6pm – 8pm, Hearth Room

Come get to know your neighbours and learn something new! Join us every Thursday for an interesting activity or discussion, childminding, and a vegetarian meal. Neighbour Night is FREE for all to attend.

Neighbour Night runs every Thursday on a drop-in basis.

Join us for our first Neighbour Night of the year on January 9th

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

Skillz 'n Stuff

Stay tuned for our exciting new community event, *Skills'n Stuff*, starting in February! More information to follow in our February newsletter.

If you can't wait to learn more, contact Sarah: sarah.h@hsca.ca or 403-283-0554 ext. 247.

Supporting Caregivers

1st Thursday of every month, 6pm – 8pm, Tyler Room

The Caregiver Support Network will meet on the first Thursday every month from January to June. This network was started by caregivers who wanted to explore ways to support each other. Everyone's journey will have unique elements, but most of the challenges are the same. Whether you are a current caregiver, anticipate becoming a caregiver, want to help someone who is caregiving, or just want to learn more, come join us. We look forward to input from all sides as we navigate this journey together.

If you are not able to make the meetings but would like to learn about what we are exploring, check out our website for information about Caregiver Support Network which will be posted on a regular basis, beginning in January. If you are not able to access the website, give Debbie a call and she will gladly get you up to speed and tell you about next steps.

For more information, contact Debbie for more information: debbie.o@hsca.ca or 403-283-0554 ext. 224.

Volunteer Opportunities

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

Neighbour Night – Looking for volunteers to help cook meals!

Love to cook? Share your creations with the Neighbour Night program to help a group of amazing residents build relationships and livelihood assets over dinner and activities!

The responsibilities of a Neighbour Night Volunteer Cook are to:

- Plan, prepare, and cook a healthy, vegetarian meal for Neighbour Night
 - Inform the Community Connections Coordinator of any ingredients needed for the meal to ensure everything is ready to cook upon arrival
 - Clean up related materials and spaces after use
- Volunteer Cooks would ideally be available on Thursdays leading up to the 6pm dinner service, OR the volunteer could prepare the meal at an earlier time or date and leave instructions for serving. We ask for volunteer to please commit to cooking at least one meal per month, or as many as one per week. All volunteers are invited to join the group dinner each week.

Contact Sarah for more information: sarah.h@hsca.ca or 403-283-0554 ext. 247.

Volunteer Network: Supporting Seniors

Help build a Volunteer Network to connect with and support seniors in our community in a proactive way by being able to respond to seniors needs more quickly. Having volunteers who have completed the screening process and identified ways they would like to support seniors, when the need or request arises, means that we can respond to their needs more quickly after a request is made.

If you are interested in being part of this volunteer network, contact Debbie or sign up online on our Timecounts program – www.timecounts.org/hillhurst-sunnyside. We will do the security clearance process and training ahead of time so that you are ready to help us respond to emergent or regular requests as they come in.

Check out the following Bucket List of some of previous requests to see if there's something that you might be interested in helping with and join our Volunteer Network today!

Volunteer Bucket List: Snow removal, light housekeeping, friendly visiting, garden support, escorting to a program, shopping support, transportation, replacing

~continued next page~

COMMUNITY PROGRAMS AT HSCA CONT'D

a smoke detector battery, fixing a dripping faucet, unclogging a sink, changing a light bulb in a ceiling light, downsizing, help getting home from cataract surgery, dog walking, and more!

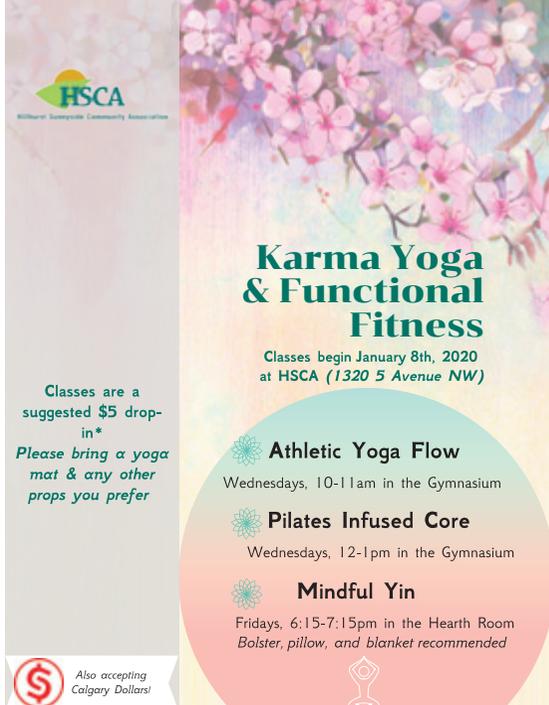
For more information or to explore the possibilities for seniors programming or support, contact Debbie for more information: debbie.o@hsc.ca or 403-283-0554 ext. 224

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@hsc.ca or 403-283-0554 ext. 224

For anything related to Fresh Food Basket or the Farmers' Market: Heather at heather.r@hsc.ca or 403-283-0554 ext. 248

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



The poster features a background of pink cherry blossoms. At the top left is the HSCA logo with the tagline 'Multicultural Seniors Community Association'. The main title 'Karma Yoga & Functional Fitness' is in a large, teal font. Below the title, it states 'Classes begin January 8th, 2020 at HSCA (1320 5 Avenue NW)'. A central circular graphic lists three classes: 'Athletic Yoga Flow' (Wednesdays, 10-11am in the Gymnasium), 'Pilates Infused Core' (Wednesdays, 12-1pm in the Gymnasium), and 'Mindful Yin' (Fridays, 6:15-7:15pm in the Hearth Room, with a note that bolsters, pillows, and blankets are recommended). At the bottom left, there is a logo for 'Also accepting Calgary Dollars'.

NEW PROGRAMS AT HSCA

NEW Karma Yoga and Functional Fitness- Updated Schedule!

Wednesday, 10am & noon, Fridays, 6:15pm, see below for room locations

HSCA is excited to launch a Karma Yoga and Functional Fitness program in January! All classes will be \$5 on a drop-in basis (no registration required, but classes will be capped based on room size). Please be sure to bring your own mat and any other props you prefer. Classes will begin **January 8th, 2020**.

Athletic Yoga Flow: Influenced by the vinyasa system of Ashtanga Yoga this class will involve an invigorating flow of breath and movement through dynamic stretches, balance and core stability moves. The class will conclude with gentle hip openers and relaxation.

Wednesdays at 10-11am in the Gymnasium

Pilates Infused Core: This class will work on integrating core strength into basic functional movements; squatting, lunging, pushing and pulling. A large component of the class will be spent supine and prone working to balance the weak links in the posterior and frontal chains

of the body targeting the various layers of the back and front "core" of the body. This class will be educational, functional and challenging.

Wednesdays at 12-1pm in the Gymnasium

Mindful Yin: This class will accommodate all levels of mobility. Postures will be held for longer periods of time allowing the participant to unwind mentally and physically. We recommend bringing a blanket and a pillow or bolster.

Fridays at 6:15-7:15pm in the Hearth Room

About the instructor: Lisa began studying yogic sciences chiefly through meditative disciplines and inquiry into metaphysics and Indian philosophy at the age of 16. 7 years later she took her first Ashtanga class and as an athlete from the age of 8, she was hooked on the dynamics of the practice. Lisa has traveled to India and beyond in pursuit of her passion. She has done various teacher trainings in Ashtanga, Iyengar, Yin Yoga and Yoga Nidra styles of practice. Lisa is a graduate of our Wild Rose College of Natural Healing and an AFLCA certified mind body specialist; with a background in Pilates, barre and group fitness instruction. She is passionate about our community and offers restorative yoga therapy and massage out of her home studio in Sunnyside.

Recycling

by Jocelyn Kabatoff

I was an expert on recycling. From start-up curbside pick-ups in the early '90s, to community green bins, and finally the City of Calgary's curbside services I had 30 years of experience recycling. I knew exactly where my waste went and didn't think much about what became of recyclables—and why would I? They were recycled! It was an efficient, everyday solution to save the earth. In recent years, with the attention to the climate crisis and the environmental footprint of our actions, I recently started to question if recycling was an efficient waste management solution. Turns out, recycling will help save the planet, but we have to refocus and take action to do it correctly.

In recent years, the recycling supply chain has become complicated and over-burdened by the amount of waste homes and business produce. We all make assumptions about how our cereal boxes and food tins are processed into new products. Markets for recycling evolve like any other commodity, but demand for recyclables, particularly plastic, is especially tight. China had been importing 50% of the world's plastic waste for over 40 years, and when they effectively stopped in 2017, global demand for recyclables decreased while our supply of hummus containers, clamshell packaging and ziplock bags continues to grow. There is a new standard for quality of our standard for our recycling and many municipalities across North America have had to limit what recyclables they will accept, sometimes landfilling and burning materials that aren't sold. Wrong items in the recycling means more time, resources, and processing is needed to try to sort the materials. Not everything can be pulled out which leads to a lower quality and lower valued recycling product for manufacturers to use. Calgary's Waste and Recycling system is transparent about these challenges, and in 2015 City Council set an ambitious waste diversion strategy: To divert 70% of the waste from landfill by 2025. Here are a few actions you can take to get ahead of these goals.

Reduce: Start small and find a solution that works for your household. Before unloading recycling to your blue bin, note what materials you are recycling and

plan to replace them with an alternative. For example, I noticed a lot of my produce was wrapped in plastic or styrofoam. I started bringing my own pantry containers to Sunnyside Natural Market for staples and, thanks to a reusable mesh produce bag, eliminated most of the plastic coming in my home. I refill cleaning products at Canary Goods to give more life to an otherwise single-use plastic bottle. Feel great for reducing waste and getting a HSCA member discount at these local businesses too!

Compost more: The good news for residents is the City of Calgary's composting system is to waste and recycling what the Central Library is to architecture: critical infrastructure that makes our city unique! The Calgary Composting Facility is the largest of its kind in Canada. Since the introduction of the green bin, 50% of residential waste has been diverted from landfill. It's efficient too—our food and yard waste produces commercial-grade compost suitable for farms, gardens, parks and nurseries in *only 60 days*. The best part is it stays local. Try putting your compost bin where your trash is to remind members of your household to break the "toss it and forget it" habit. Please note: multi-family condos and apartments have their suppliers for recycling and compost.

Stop 'wishcycling':

Recyclables can only be turned into new products if they can be sorted properly and are free of contamination. Visit calgary.ca/whatgoeswhere for a comprehensive database of almost every piece of waste that may leave your home. As an expert recycler, I was surprised to learn common items I'd placed in our blue cart were not recyclable. For example, food pouches such as those containing frozen produce, snacks or baby food must go in the black cart. Even though it's sometime a cumbersome step to clean your recycling, contaminated material really does devalue our recyclables as they move onto other markets.

Buy recycled products:

Buying products made from recycled material won't change the world, but perhaps if we all make slightly different purchasing decisions it may provide relief to the recycling infrastructure. Cascades brand tissue are manufactured by the same company who sorts our local recycling and they're available at Sunnyside Market.

CAREGIVING SUPPORT GATHERING

ALL CAREGIVERS
WELCOME!



**THURSDAY, JANUARY 2ND,
6-8PM**

AT THE HILLHURST SUNNYSIDE COMMUNITY CENTRE, BOARDROOM
(1320 5TH AVE NW)

COME AND JOIN US AS WE SHARE
OUR JOURNEYS, CHALLENGES,
FRUSTRATION, IDEAS ETC. AND CREATE
A PLAN FOR US AND OTHER CAREGIVERS
IN THE COMMUNITY TO HELP AS WE
TRAVEL THIS PATH.

THESE MEETINGS WILL BE HELD ON THE
FIRST THURSDAY OF EACH MONTH.

FOR MORE INFORMATION, CONTACT DEBBIE AT 403.283.0554, EXT. 224 OR DEBBIE.0@HSCA.CA

FARMERS MARKET
HILLHURST SUNNYSIDE
MARKET

Returning
January 8th

GROWING A GOOD FOOD COMMUNITY
wednesdays • year round • 3-7pm
1320 5th Ave NW

f i farmersmarket.hsc.ca HSCA Hillhurst Sunnyside Community Association

free house dance plus
2020, 12TH AVE NW
403-282-0555

All levels • Non-competitive • Performance Division
freehousedance.com REGISTER NOW

SCHOOL SHOUT-OUTS

Sunnyside School

by April (Grade 3) & Finley (Grade 4)

This November we marked Remembrance Day by walking to the Field of Crosses on Memorial Drive and having an assembly. We reflected and remembered the soldiers who made sacrifices for us.

Ms. Judy from Role Model Academy continued her visits to teach us about making good choices for ourselves and our friends. Her lessons are really fun and enjoyable!

We had a book fair to raise money for the school and got lots of good books, posters and other fun things! Thank you, Ms. McKay, for arranging and hosting it.

On Thursday, November 14 we participated in the Guinness World Record for most cup stackers worldwide within 24 hours. This year we helped to make the record, the total was 638,831 students, a new world record compared to 2018 which was 623,390. It's crazy to think that thousands of speed stackers around the world can work together to make a record. Thank you, Ms. Merilovich, for hosting the cup stacking club.

On November 29, we had Deck the Halls coffee and treats. Afterwards, parents helped decorate the school, it looks incredible! A big thank you to Higher Ground for donating coffee and treats! We also started collecting donations for the Calgary Food Bank and books for Calgary Reads.

CAPOEIRA IS...

- Conditioning
- Community
- Culture
- Confidence

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Start Now**

Classes in Kensington
Kids & Adults
1320 - 5th Avenue NW
www.capoeirayyc.com
403-827-7917





Girls Programs Provide Girls Diverse Community Connections

In a parent-teacher meeting a few years ago, K's teacher had nothing but negative feedback to share about her with her mother, M. The criticism was so relentless that M asked K to leave the meeting. A few months later, M brought K to the Girl Power program at the Women's Centre.

M soon witnessed changes in her daughter. "She went from being somewhat lonely to suddenly becoming very popular among her classmates and teachers and was invited to parties and sleepovers almost every weekend. Once K was happier, she was better able to decide which fights were worth having and she could disengage from negative situations and people.

Attending Girls Programs gave K a non-judgemental community, which gave her the confidence to make friends. They met a transgender woman and an MLA, they did yoga and kickboxing, and a volunteer showed them traditional fighting weapons for Sikh women. "I think it opened her eyes to a world of choices and diversity. I think that, sadly, as a black girl in this society she doesn't see too many models of success. I think she might have given up, but now she sees there are so many ways to be. Success can mean so many different things, so many different people choosing different paths and that's what I love about the Women's Centre, that you showed my daughter hope."

Girls Programs at the Women's Centre are developed in partnership with participants and in response to issues they tell us are important to them. We offer two drop-in programs for girls throughout the school year: Girl Power (Grades 5 & 6) runs Tuesdays and Thursdays 3:30-5:30 P.M. and Girl Force (Grades 7-9) runs every Tuesday evening from 6:00-

8:00 P.M. These programs are hosted in the Women's Centre (39 – 4th St NE). Programs are free and include snacks, supplies and bus tickets.

For details or to register please contact Alexe Bernier at alexe@womenscentrecalgary.org. Or call 403-264-1155. To stay connected, follow @girlsleadyyyc on Instagram.

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DROP OFF
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PROGRAM DETAILS
PROGRAMS & CLASSES
DATES: JANUARY 17 - MARCH 13 = 7 CLASSES
10:00 - 10:45 AM AGES: 3-5
MULTI-SPORT DROP OFF
DATES: JANUARY 17 - MARCH 13 = 7 CLASSES
10:50 - 11:50 AM AGES: 3 YRS - 5 YRS

PRICE: \$122

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Volunteer Dinner 2019: Volunteers Grow Our Community

by Stephanie Corbett

November 21st marked HSCA's annual Volunteer Appreciation Event and this year's theme was 'Volunteers Grow Our Community'. The event was an opportunity bring our volunteer community together and celebrate this sentiment by acknowledging the hard work and passion they've shown throughout the year.

With the help and generous donation from Jungle Plant Project, our volunteers were encouraged to interact with a fun, plant themed photobooth. The evening also featured a talented photographer, Dexter Martin, who generously volunteered to cover the photobooth and capture some of the evening's activities. (Be sure to watch for our featured blog posts on Jungle Plant Project and Dexter Martin Photography & Design highlighting their thoughts on community, favourite part of the event, and more!) We also had raffle prizes generously donated from some great local businesses in our community (for a full list of our donors, visit www.hasca.ca/blog).

This year, our activity was called, 'Greeting from the Future' and we asked attendees to think ahead into the future. Volunteers were given blank postcards



and encouraged to write a note or draw a photo showcasing their vision for Hillhurst Sunnyside—ten years from now. We're so excited to display these visioning postcards at HSCA in the new year, so stay tuned!

This year alone, HSCA volunteers contributed over 2000 hours—hours which have played an important role in ensuring our community continues to grow and flourish. Each hour volunteered showcases the commitment and dedication residents have to their Hillhurst Sunnyside community. Whether it's volunteering your time with HSCA's senior support network, spending an afternoon of cooking for Neighbour Night, packing groceries for Fresh Food Basket, participating in community clean up events, or part of a committee you are the anchor of our community. And just as a plant requires a root system to nourish and grow, our team of volunteers' function in a similar way: they grow our community. If you are interested in volunteering with HSCA, please see current opportunities listed in the Community Programs section on page 9 or contact our staff for other opportunities that suit you.

Karate Hillhurst

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Ages 8 & Up -- Beginners Welcome!

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Little Dragons (5 – 7 years)

Children, Youth, & Adults

StrenghtFit Karate

Hillhurst Sunnyside Community Association

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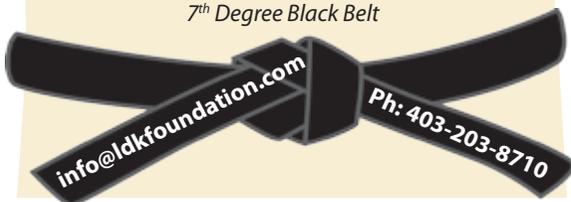
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Classes start January 7, 2020

Call or email for info now!

403-203-8710 or info@ldkfoundation.com

The LDK Foundation is a registered non-profit organization under the direction of Richard Fossey, 7th Degree Black Belt



BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email officialplumbingandheating@outlook.com; www.official-plumbing-heating.ca.

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.

CERTIFIED ELECTRICIAN: Qualified residential electrical specialist. Licensed and insured Master Electrician. Experienced in home, basement and garage renovation and new wiring. Appliances, lights, fans, fixtures, outlets etc. Furnace and hot water tank repair and maintenance. Contact Andrey at 403-808-8471.

LOCAL HANDYMAN IN HILLHURST/SUNNYSIDE – 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.

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.



Pre-Kindergarten Educational Services -at Sunnyside School

- **Pre-Kindergarten (Pre-K)** - ages 3 - 5 yrs
**new class option for children age 2 ½ yrs*
- **Kindergarten Enhancement**
½ day morning program with lunch care
- **Out of School Care for Grades K-6**
includes non-school day child care

Our children play, learn, and gain valuable social skills. Students engage in art exploration and have fun at numerous centers including sand/water, playdough, puzzles, blocks, story corner, house center, science and math centers, large and small toys and manipulatives. Literacy is incorporated into day to day programming. Children's work is valued and focus is given to child directed outcome. Our students enjoy regular time outside utilizing the well equipped playground and on occasions the surrounding community.

WINTER SESSION NEWS

Themes: Winter Fun, Friendship and Valentines, Transportation, Nursery Rhymes and Fairy Tales. Special Activities and guests: Pyjama Party, Outdoor Snowplay Day, Jumping Jellies active presentation, Inglewood Bird Sanctuary, Mad Science, and Student Led Parent Conferences.

The children are excited to show you what they do!

PRE-KINDERGARTEN: Our program combines play with learning in our large well equipped classroom. Classes are available morning or afternoon. Ages 2 ½ to 5 years.

Space is also available for THIS year!
Email the Registrar with your interest.

KINDERGARTEN ENHANCEMENT: This is a five ½ day per week program. Children participate in our play based and early literacy focused program utilizing classroom activities, special in-class guests, off site trips, and outdoor time.

Child care available on non-school days.

OUT OF SCHOOL CARE Grades Kindergarten to 6. Option for before school care, after school care, or both before and after school care. Child care available on non-school days.

PRE-REGISTRATION for September 2020:
January 20-24, 2020

Current families can pre-register for next year in the classroom this week. Prior families and all families of Sunnyside School can pre-register this week by contacting the Registrar.

OPEN HOUSE and GENERAL REGISTRATION:

Wednesday, February 12th • 5:00 – 6:00 pm

Website: www.Pre-KindergartenEd.com

Registrar: Register@PreKindergartenEd.com

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FLEA MARKET

SUNDAYS
7:00am-3:00pm

OPEN WEEKLY
YEAR ROUND
FREE ADMISSION

A community program since 1985



Hillhurst Sunnyside Community Association

403-283-0554

1320 5 Ave NW



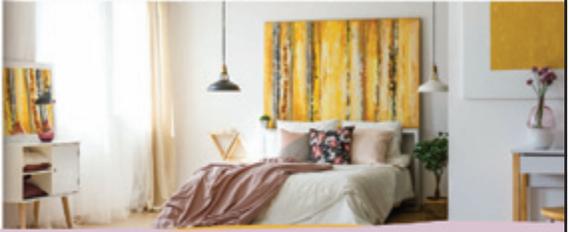
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Now Available: 2020 Memberships

Please note that the purchase of HSCA Memberships will be on hold from December 1st- January 2nd while we implement our new software. We appreciate your patience during this time and stay tuned for updates on HSCA 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:** 10% 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
- **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
- **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:** 20% off all retail supplies + supplements (for as long as you hold an active HSCA membership).
- **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
- **Macleod Optometry and Tamas Eyecare** - \$125 off prescription glasses or sunglasses. Must have a valid prescription.
- **Sunny Cider:** 10% off to all HSCA Members
- **Canary Refillery & Zero Waste Market - NEW:** 10% off purchases
- **Wheels Training Centre - NEW:** HSCA Members will receive \$50 off any course. Use coupon code community50 when registering for the course through the website.
- **Hotel Arts Kensington:** 10% discount on guest room accommodation
- **OXBOW:** 10% discount on breakfast / brunch or dinner.

Visit our website www.hsc.ca for news and updates about this program

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**AND BEST WISHES FOR
AN INSPIRING 2020**

2020

HAPPY NEW YEAR!

Although 2019 was a challenging year for Calgarians, and the uncertainty of 2020 is ahead, I want to thank my clients, colleagues, friends and family for your loyalty, encouragement and trust in me.

In 2019, I proudly entered my 25th year in real estate. Through the market headwinds, I have developed relationships with many new families and others I have known from years previous.

As we begin 2020, I would value the opportunity to sit down with you and discuss what I can offer you through this challenging market.

Wishing you all the best in 2020 and hope we, as Calgarians, can start to see a brighter path.

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