

JULY 2020

DELIVERED MONTHLY TO 7,500 HOUSEHOLDS

HILLHURST SUNNYSIDE VOICE

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

JULY 1 IS CANADA DAY!
CHECK OUT OUR LIST OF OTHER FUN AND
NOTEWORTHY DAYS IN JULY ON PAGE 5



**THE HSCA FARMERS' MARKET CONTINUES
EVERY WEDNESDAY THROUGHOUT THE
SUMMER WITH ENHANCED SAFETY MEASURES**



Lions Park
denture clinic

Dhiren Bharadia, Denturist

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

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



HILLHURST SUNNYSIDE

FARMERS' MARKET

WEDNESDAYS 3-7PM
YEAR ROUND

—

ALBERTA APPROVED
GOOD FOOD COMMUNITY
SUSTAINABLY INCLINED

—

1520 5TH AVE NW, CALGARY AB

**FARMERSMARKET.HSCA.CA FOR
VENDOR LIST AND SPECIAL PROTOCOL**

Hillhurst Sunnyside Community Trivia Time!

Have some fun trivia Q & As about our community? Send them to stephanie.c@hsc.ca

1. What year was the first home built in Hillhurst?
 2. What name was Sunnyside formerly known as?
2. New Edinborough
1. The first home built in Hillhurst was built in 1882 by Ezra H. Riley!



The Guidebook for Great Communities- planning great communities for everyone

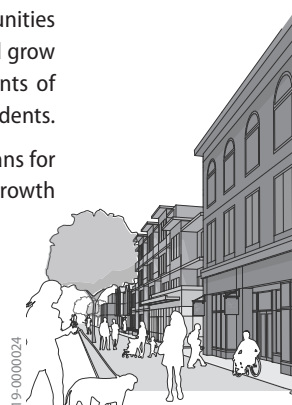
With the Guidebook for Great Communities, we're planning Calgary communities that offer people more choices to live, move, and gather. The goal is to plan and grow communities now and for the future. It's about balancing the needs and wants of current residents, while ensuring our neighbourhoods are appealing to future residents.

The Guidebook is a key tool used by citizens and The City to create local area plans for our communities. Together, The Guidebook and local area plans support future growth in communities, respecting each of their unique conditions and environments.

When our communities remain vibrant, so does Calgary.

Learn more about the Guidebook for Great Communities and local area plans:

- Share your community stories at Engage.calgary.ca/guidebook
- Calgary.ca/guidebook
- Calgary.ca/lap





UPCOMING EVENTS

With the mandatory closure of the HSCA, most events and programming have been cancelled with the recent exception of our Farmers' Market and the Good Food Box orders and pickups (**no GFB in August**). Please note that the HSCA tennis courts remain **closed** at this time.

As we continue to monitor provincial and city regulations, visit the HSCA website for the most up-to-date information about HSCA programming and events.

The Sunday Flea Market Returns **Outdoors** on **Sunday, July 5** in the back parking lot at HSCA. The Flea Market will be weather dependent (if it's raining in the morning, it will not open). The HSCA building remains **CLOSED** and will not be accessible.

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@hsca.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 K.	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

Your Message Here



Have you ever noticed the sign outside of Framed on Fifth and the Remax office on 5th Avenue? The sign is currently on-loan to the community during this time of physical distancing so that we can still have a connection point to share some words with each other. If you have something to say to the community, perhaps it's a message of hope, a joke or a thank-you to everyone on the front lines, now is your chance! Please email your short message (approximately 40 characters) to hannah@framedonfifth.com for your chance to be featured. Messages will be updated frequently to allow all to be featured. **All ages welcome!**



Food Programs

Updates to Outdoor Farmers' Market

We are so excited to be up and running for the summer season! This year, find us in the back parking lot. We will have strict health regulations in place to keep you and the vendors safe while you shop. Please see our website for our vendor line-up (a little smaller than normal given the circumstances!) and take a look at what we will be doing to reduce the risk of transmission. Thank you for supporting your local growers, makers, and bakers during this time!

Sunnyside Shared Garden

Drop-in gardening at the Sunnyside Shared Garden has begun! Our group meets bi-weekly on Thursday evenings to work communal land and grow food for our community. Given the current situation, we ask that anyone interested in joining us at the garden please get in touch with Heather, heather.r@hsca.ca, prior to coming out. We have some important health protocols to share with you before you drop by!

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.

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.

Nearby Community Newsletter Magazines:

			<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
Mary Marson-Troicuk	Vice Chairperson
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Yasmeen Huq	Treasurer
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Sandra Walker	Personnel Committee Chair
Kristin Chow	Director-At-Large
Ximena Gonzales	Director-At-Large
Kathleen Kenny	Director-At-Large
Ryan Morstad	Director-At-Large
VACANT	Director-At-Large

Please note that due to the HSCA's closure related to COVID-19, only a limited number of staff will be available. We appreciate your patience during this transitional time.

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
Bianca Zhou	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
Shaye Radford	Community Connections Coordinator Ext. 247	shaye.r@hsca.ca



Special Days in July!

July is a special month and packed full of noteworthy days!

Did you know July is...

- Plastic Free July
- Picnic Month
- Ice Cream Month

- **July 1:** Canada Day
- **July 8:** Math 2.0 Day
- **July 15:** Gummi Worm Day
- **July 25:** Wine & Cheese Day



Commit to 3 simple acts of kindness

Neighbours helping Neighbours

In light of the COVID-19 pandemic, social connectivity, mental health and community wellness are more important than ever. The City of Calgary is encouraging citizens to commit to three simple acts of kindness to support their neighbours, their community and the city.

Calgarians are renowned for our spirit of generosity, especially during times of crisis but, sometimes, it can be difficult to know exactly *how* to help. That's why we're launching [Calgary.ca/HelpingOthers](https://calgary.ca/HelpingOthers) – an online collection of resources, ideas and inspiration on how you can help others during the pandemic.

Once you've chosen your three simple acts of kindness, share them on social media and join these community-led movements that are gaining popularity for their messages of positivity: #3Things4Neighbours, #AlbertaCares, #SupportLocalYYC and #yycHubs.

Visit [Calgary.ca/HelpingOthers](https://calgary.ca/HelpingOthers) for:

- Tip sheets on how to connect with your neighbours, community and the city
- Printable tools and resources, like Neighbour Bingo and Connection Cards (example adjacent)
- Toolkit on how to start your own Neighbourhood Pod
- YYC volunteer opportunities
- Other ways to give

Hello neighbour!

Connecting to each other is more important than ever during the **COVID-19** pandemic.

Turn this card over for more information about a neighbour that is willing to extend a helping hand.

Please **give me a call** if you want to talk or need support:

My name: _____

My address: _____

My phone number: _____

My email address: _____

If you:

- have a medical emergency, call 9-1-1
- are in distress, call the Distress Centre (403) 266-3501
- need to access resources, call 2-1-1
- have health questions, call 8-1-1

To find a printable version of this card, or for information about The City of Calgary's response to COVID-19, visit calgary.ca/covid19



COMMUNITY BINGO

RULES: Only mark off a square once you have completed the task, each square has to be a separate activity.

PRIZE: BRAGGING RIGHTS!

Check in on a neighbour or family member	Make a DIY bird feeder	Make popsicles	Make someone laugh	Go on an outdoor treasure hunt
Write down 3 things you're grateful for	Make jam!	Build a fairy house!	Pickle something!	Do a recipe exchange
Buy or renew your HSCA Membership	Send a thank you note to someone	FREE	Have a teddy bear picnic	Listen to a podcast
Do a chalk rainbow design	Decorate your street facing window or door	Support a local business	Fly a kite	Paint some colourful rocks
Write a poem!	Tag HSCA on Instagram	Learn a magic trick!	Write a blog post for HSCA!	Identify 5 local trees and plants

How many did you check off?
Tag us with your photos on social media at
#hscayc



Dear Glenbow: Collecting Letters From Our Community

Your story is important!

Hello Friends! We're inviting all Calgarians and Albertans to participate in a community collecting initiative. Send us a letter, photo or drawing and tell us about your life right now - your story will be added to Glenbow Museum's permanent collection to record the historic moment we're living through in Alberta (for now and for future generations).

Check out our website for some suggested questions to get you started on what to write in your letters.

Send your letters to:

Dear Glenbow
Attention Collections Manager,
Glenbow Museum
130 9 Avenue SE, Calgary, Alberta T2G 0P3

Or by email to DearGlenbow@glenbow.org

We'll also accept social posts - use #DearGlenbow and make sure you tag @Glenbow on Twitter and @GlenbowMuseum on Facebook or Instagram

We're accepting submissions until July 31, 2020.



Gardening during COVID. Paul P. (HSCA Community Garden Board) participates in some community gardening. Photo submitted by Krista F.



The Grotesques. A shot of the (masked) grotesque on 3rd Ave in Sunnyside. Photo submitted by D.a. Patterson.

We want to see your photos! Send us your photos from in and around our community and they may be featured in our next Voice newsletter.

How Do I Support HSCA?

- Purchase an HSCA membership or make a donation directly through our campaign page. Any contribution will help HSCA stay strong during this difficult time in which many of our operations are directly impacted.
- Support your community. Many vulnerable and other individuals in our community are isolated, either through lack of connections or family support, or are self-isolating to prevent the spread of the virus. This can present many immediate and longer-term challenges, depending on how long this situation continues. We encourage you to find creative ways of supporting your neighbours that maintain all physical distancing guidelines. Please take a look at some of our Volunteer Support Documents (Connecting Champions Resource Guide) on our website, www.hasca.ca/covid19, for guidelines on providing support for isolated and vulnerable people in our community.



The Good Food Box (GFB)

Please note, the Good Food Box program does not run August. Check back in September for order and pickup dates.

Single Box: Includes approximately 20 to 25 lbs of fruits and vegetables (weights will vary depending on produce size and density). Cost: \$25

Medium Box: Includes approximately 30 lbs of fruits and vegetables (weights will vary depending on produce size and density). Cost: \$30

Large Box: Includes approximately 40 lbs of fruits and vegetables (weights will vary depending on produce size and density). Cost: \$35

HSCA has no capacity to store boxes. All unclaimed boxes will be donated to another food program.

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary.

CRIME STATISTICS

Hillhurst Crime Activity was Down in May 2020

The Hillhurst community experienced 9 crimes in May 2020, in comparison to 16 crimes the previous month, and 51 crimes in May one year ago. Hillhurst experiences an average of 29.2 crimes per month. On an annual basis, Hillhurst experienced a total of 350 crimes as of May 2020, which is down 13% in comparison to 400 crimes as of May 2019. To review the full Hillhurst Crime report visit hill.mycalgary.com

Sunnyside Crime Activity was Down in May 2020

The Sunnyside community experienced 16 crimes in May 2020, in comparison to 22 crimes the previous month, and 28 crimes in May one year ago. Sunnyside experiences an average of 20.9 crimes per month. On an annual basis, Sunnyside experienced a total of 251 crimes as of May 2020, which is up 36% in comparison to 185 crimes as of May 2019. To review the full Sunnyside Crime report visit sunn.mycalgary.com

How To Report Crime In Hillhurst | Sunnyside: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.



BUSINESS CLASSIFIEDS

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

LOCAL MORTGAGE BROKER: Your mortgage may be costing you thousands more than you need to pay! As a local mortgage professional, I have helped your neighbours navigate their purchase, refinance, and renewal options. Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Verico Avenue Financial Real Estate Solutions.

HILLHURST / SUNNYSIDE CARPENTER / CONTRACTOR: Licensed carpenter for home or office renos or repairs. Small fixes to full renos. Whatever you need - framing, drywall and taping, painting, bathrooms and basements. Clean, safe work. Prompt service. 403-286-1788.

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.

LOCAL HANDYMAN IN MARDA LOOP – RELIABLE HOME SOLUTIONS: Repairs/replacements and odd jobs. Plumbing (leaky/running faucet or toilet, garburator), electrical (wall switch, light fixture, exhaust fan), install new window hardware/coverings, fix sticky doors, drywall repairs, painting, fence/gate repairs. Call/text Tom, 403-970-4466, or email tomh5566@gmail.com.

THE GUTTER DOCTOR! Eavestrough repairs, cleaning, and replacements. Fascia, soffit, cladding, roofs, and siding. For over 17 years and 30,000 projects we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Calgary's top award winner! www.gutterdoctor.ca, 403-714-0711.

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

we meet every other

THURSDAY 6:30 PM
at the garden.

HSCA
Hillhurst Sunnyside Community Association
Email heather.r@hsc.ca to get on the gardeners e-mail list



Now Available: 2020 Memberships

When you purchase an HSCA Membership, you earn discounts at some great local businesses & make a difference in our community!

While the HSCA's facility is closed, memberships can still be purchased online at <https://www.hasca.ca/membership> (please follow the step-by-step renewal instructions).

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

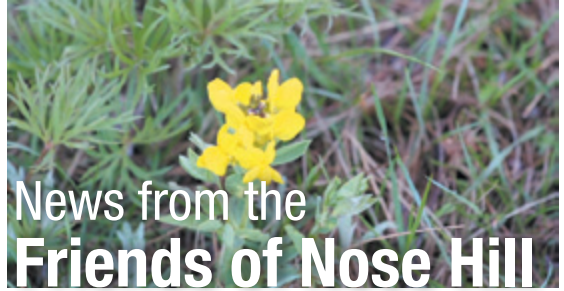
You can also use your HSCA membership card to receive discounts with the following local businesses:

- **NEW- Good Trade Coffee Co:** HSCA Members receive 10% off all beverages
- **NEW- Bailey Nelson- Kensington:** HSCA Members will receive a Free Blue Light Filter (\$50 Value)
- **Canary Refillery & Zero Waste Market - NEW:** 10% off purchases
- **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.
- **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)
- **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
- **Wheels Training Centre:** 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.hasca.ca for news and updates about this program



Councillor, Ward 7
Druh Farrell
✉ ward07@calgary.ca
🌐 druhfarrell.ca
📧 @DruhFarrell 📘 Druh Farrell



News from the Friends of Nose Hill

by Anne Burke

While the pandemic has been an incredibly difficult time for Calgarians, I know that by working together, we can emerge stronger, kinder, and more resilient.

COVID-19 has compelled the City to think creatively, experiment, and pivot with initiatives to keep Calgarians safe and healthy. We have a proven track record of being one of the nimblest cities in North America when it comes to street conversions. You have already seen this with roadways being turned into pedestrian friendly avenues!

The long-awaited pleasant weather resulted in the overcrowding of our beautiful pathway system. The City acted quickly to ensure that Calgarians had access to additional space where they could walk with their children, ride their bikes, and go for an evening stroll while maintaining safe distance from others. Now we must turn our attention to supporting our local restaurants and shops that are the lifeblood of our neighbourhoods.

We need to make sure that we do everything possible to help the small businesses that employ so many Calgarians, and provide the goods and services in order to sustain us. Now, it is our turn to help them weather this storm.

As restrictions ease, restaurants and shops are required to limit their indoor capacity, and this is why I pushed for the City to quickly approve pop-up patios to allow restaurants and retailers to use parking spaces for extra seating and sidewalk sales. People can now enjoy their favourite haunts in a way that helps maintain safe distancing. I am optimistic that this will help many Calgary businesses stay in business!

We have to ask ourselves what kind of city we want when we emerge from COVID and I hope to see many of my favourite, local businesses survive and thrive into the future. Let us continue to pivot, experiment, adjust, and innovate during this COVID summer!

Did you know there is a Birding Code of Ethics? It is used to respect and promote birds and their environment, the birding community, and its individual members, the law, and the rights of others.

This spring we enjoyed the 50th anniversary of Earth Day and four special days to document everything wild and beautiful. One of the goals was to identify flora (plants) and fauna (animals). The organizer did not plan any public events in Citizen Science Month, but there were still safe local activities to promote science about urban biodiversity.

We have results from the Calgary City Nature Challenge 2020 (plus Airdrie, Cochrane, Chestermere, and Okotoks). More than 755 species were documented with photos and audio clips. Not too surprisingly, the prairie crocus was most often sighted. The dark-throated shooting star was spotted on Nose Hill.

This was only our second year and we have passed 30,000 iNaturalist.ca observations. Of the Canadian cities, Halifax and Ottawa-Gatineau were top contenders, but YYC had the most observations, species, and observers.

In all, there were 244 urban areas, the project page rates them, and Calgary ranked in the top 50. <http://citynaturechallenge.org/collective-results-2020/>.

Nature Calgary, the Nature Conservancy of Canada, and the Canadian Wildlife Federation are other organizations which support local citizen science and conservation. Natural History Museum of Los Angeles, California Academy of Science, and iNaturalist lead this global event.

Remember, parks are for everyone's enjoyment. Use only the designated pathways and trails. Please take pictures, not plants or animals. Respect wildlife and keep your distance. Pack out what you pack in. Keep dogs on a leash and pick up after them. Respect the tranquility of other visitors. Wise words. For more information, go to www.citynatureyycc.ca.



☎ 403.850.2560

Stay safe and be well. We are all in this together.



5848 Bowwater Crescent NW
List Price: \$1,195,000 • C4295544
Framing exquisite warmth & finished to hold any family.



2016 8 Avenue NW
List Price: \$799,900 • C4295673
Spellbinding gardens & tucked away contemporary living created through imagination & planning.



1239 18 Street NW
List Price: \$899,900 • C4297444
Make clever use of space to create intimacy in the backyard retreat or entertain atop the lofty rooftop perch.



614 Varsity Estates Place NW
List Price: \$799,900
A family says goodbye as a new family says hello. Congratulations to my sellers.

Not intended to solicit buyers or sellers currently under contract with a broker.