

FEBRUARY 2024

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Cover Photo by Dave B.

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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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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>

## Recreation at HSCA

### 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.

## Sunnyside Art Crawl

Did you know there's an outdoor gallery of amazing art throughout Sunnyside? Get out (and bundle up), explore the community and take your own art crawl!





## Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
Farmers' Market Sustainable Food Programs	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 Sip 'n' Chat	Reiko 403-283-0554 ext. 247



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## The Good Food Box (GFB)

**Important Notice from Community Kitchen Program of Calgary:** Effective immediately, Community Kitchen's Good Food Box Program will increase by an additional \$5 per box. See the updated prices below. For more information on this price increase, we encourage you to read the Community Kitchen's notice posted on our website: [hsca.ca/community-food-program](http://hsca.ca/community-food-program).

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: \$40

**Medium Box:** Includes approximately 30 pounds of produce. Cost: \$35

**Small Box:** Includes approximately 20 pounds of produce. Cost: \$30

### 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 2024 Order and Delivery Dates (Area B)

Order by 2:00 pm	New Pick-Up Time 2:00 to 6:00 pm
February 20	February 29
March 12	March 21
April 16	Apr 25
May 7	May 16
June 4	June 13
August 6	August 15
September 3	September 12
September 24	October 3
October 22	October 31
November 19	November 28

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## ONGOING PROGRAMMING AT HSCA

Please note programming changes below for 2024. For the most-up-to-date information, visit our program and recreation calendar for more information at [www.hsca.ca/programsrecreationcalendar](http://www.hsca.ca/programsrecreationcalendar).

### **Mondays (Except Stat Holidays)**

**Senior Connections Group, 10:00 to 11:00 am (Online)**

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

Fresh Routes affordable mobile grocery store is onsite every Monday (Except stat holidays).

HSCA offers residents of Hillhurst Sunnyside experiencing food insecurity resources and assistance, including access to the free table. Questions? Connect with one of our team members at the Sustainable Food Program (SFP) for more information.

### **Tuesdays**

**Chair Yoga (Online and In-person) - Returns February 2, 2024, 10:00 to 11:00 am**

**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 in the North Social Hall.

**HSCA's Farmers' Market**

The HSCA runs every Wednesday 3:00 to 7:00 pm, year-round.

### **Thursdays**

**Chair Yoga - Returns on February 2, 2024, 10:00 to 11:00 am**

**Neighbour Night, 5:30 to 7:30 pm (First and third Thursdays of every month) - RSVP is mandatory for this event!**

Come on over to enjoy a simple vegetarian meal, a fun activity or craft, and some neighbourly company!

Free | Everybody is Welcome | Child Friendly. You must RSVP by emailing [reiko.y@hsca.ca](mailto:reiko.y@hsca.ca) or calling 403-283-0554, ext 247.

### **Sundays**

**The Sunday Flea Market runs 7:00 am to 3:00 pm - Concession Now Open**

Check out the crafts, furniture, vinyl records, 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@hsca.ca](mailto:planning@hsca.ca) to participate in a meeting.

**Caregiver Connections (Online), 7:00 to 9:00 pm on the third Thursday of each month.**

### **Volunteer Opportunities at HSCA**

Check out our easy volunteer sign-up system for various rewarding volunteer opportunities! [www.hsca.ca/volunteer](http://www.hsca.ca/volunteer).

You can also drop an email to [reiko.y@hsca.ca](mailto:reiko.y@hsca.ca).

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.hsca.ca/volunteer](http://www.hsca.ca/volunteer).



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

**HILLHURST**



**SUNNYSIDE**



## Bowview Outdoor Pool - Halfway to Summer!

I know it seems like we are months away from that summer sun, but we are finally past the shortest day of the year and that means we are almost halfway to summer!

Bowview Outdoor Pool opens Saturday, June 15 and we cannot wait to see you all. We have already started hiring our staff for the summer, but we are still looking for passionate, dedicated lifeguards and instructors to join our team! Certifications required for the role: National Lifeguard – Pool (NLS), Lifesaving Instructor (LSI), and Intermediate (Standard) First Aid CPR-C/AED. We encourage anyone with these certifications and a passion for swimming to apply. Please send a resume and cover letter to [bowviewmanager@hsc.ca](mailto:bowviewmanager@hsc.ca). We are an affiliate of Calgary Outdoor Swimming Pools Association, COSPA, where you can also apply at [calgaryoutdoorpools.ca/employment](http://calgaryoutdoorpools.ca/employment).

We offer Swim for Life® lessons, private lessons, and private rentals, please visit [hsc.ca/bowview-swimming-pool](http://hsc.ca/bowview-swimming-pool) for more information on registration dates and links.

Please visit [hsc.ca/bowview-swimming-pool](http://hsc.ca/bowview-swimming-pool) for our pool schedule and Swim for Life® lesson and private lesson schedule.

[hsc.ca](http://hsc.ca) is your resource for all things Bowview. Please check our website to stay updated on Bowview schedules, closures, and events.



## Call Out for Photos: Show Us Your Community!



We know there are many of you out there capturing the beauty of our community through photography and we want to hear from you! Pictures tell a story and we're looking to include photos from community members in our newsletters and other communication channels. If you'd like to share your photos around our neighbourhood, please email [stephanie.c@hsc.ca](mailto:stephanie.c@hsc.ca) (photos must be 300 dpi or greater).

February's *Voice* cover was captured by HSCA Team Member, Dave B!

# BARKER'S

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## PICK UP & DELIVERY SERVICES

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# How do Kids Travel to Queen Elizabeth High School?

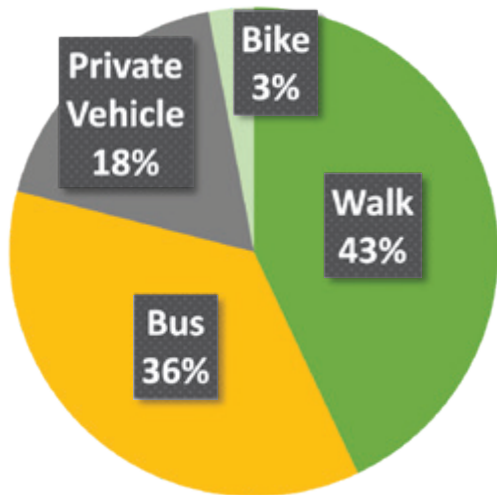
by Tim Schaefer

In the spring of 2023, Youth En Route (YER) a Calgary based advocacy group for active transportation (e.g., walking and biking), conducted a survey of Queen Elizabeth High School (Queen E) students to find out how they travelled to and from school. This was part of a set of engagements YER conducted with ten high schools in Calgary.

When asked the question: How do you usually travel to school? The Queen E students answered as follows:

- 43% Walk
- 36% Bus
- 18% Private Vehicle
- 3% Bike

## Kids Travel to Queen E



These numbers are good when it comes to walking. Of all the ten schools surveyed, Queen E students ranked highest in walking. The next closest High School only had 21% who walked and the average of the ten schools was only 14%.

Before we celebrate too much, the good walking numbers are largely attributed to the catchment area for Queen E being relatively close by; it's entirely within a

three-kilometre radius of the school. Most other schools surveyed have much larger and fragmented catchment areas that are not great for walking numbers.

Circling back to the question, "How do kids travel to Queen E?", the majority of students (54%) are taking motorized transport through either a yellow bus service, Calgary Transit or in a private vehicle. So there remains a significant opportunity for more students to walk and bike to school and realize the physical and mental health benefits it offers.

One question that bears asking is what are the reasons students choose the method they use to travel to school? The YER survey found the top two reasons for Queen E students were

1. Convenience
2. Travel Time

Making improvements to the routes kids take to walk and bike to school so they are convenient and fast can really help to encourage more kids to use active mobility. Safer streets with lower speeds, and better cross walks certainly make it more comfortable for kids to walk. Separated mobility lanes that allow kids to ride to school on bikes or scooters in a protected space from cars and trucks can also make a huge difference.

The Hillhurst Sunnyside Community Association Mobility team has been working with the City to identify opportunities and has been advocating for safer streets to allow more kids to choose walking and biking to school.

If you'd like to get involved and support these opportunities, please email [planning@hsca.ca](mailto:planning@hsca.ca).

To read the YER report on Queen E, go to [youthenroute.ca](http://youthenroute.ca).



## SENIOR CONNECTIONS

For seniors related support, information, or volunteering, contact Debbie at 403-283-0554 ext. 224 (and leave a message) or by emailing [debbie.o@hsca.ca](mailto:debbie.o@hsca.ca). We appreciate any opportunity to connect with you! Visit HSCA's Seniors page for more information and for program Zoom links at [www.hsca.ca/seniors](http://www.hsca.ca/seniors).

### Snow Removal

If you are clearing your own sidewalks or helping a neighbour in the community, please remember to take care and keep the following in mind.

The heavy snow can be difficult to lift and move; the colder weather means our blood vessels constrict, making the blood flow more restricted, which can drive up our blood pressure and lead to a heart attack. The heart attack does not always happen while removing the snow. It can come later in the day. Even the most active and healthy individual can be at risk.

Instead of "lifting" the snow shovel, try to push the snow out of the way, or put less snow on the shovel if you must lift it. This will take longer, but it is a safer way of clearing the snow. Take a break, especially if you are finding yourself getting out of breath. Doesn't hurt to take a break.

Dress appropriately for the weather. Use layers, mittens (better than gloves or wear gloves under your mittens) to keep your hands warm. Take a break to warm up if needed.

If you are a senior and cannot clear your sidewalk, or if you know a senior who needs some help with this, please connect with Debbie. If you would like to help a senior in the community remove their snow this winter, please connect with Debbie. This will help improve the safety of all community residents during the winter snowfalls.

### Monday Connections: Senior Support (Online), 10:00 to 11:00 am

If you are a senior and would like to connect about anything related to seniors, join us online Mondays from 10:00 to 11:00 am. Connect with Debbie for more information and to get the Zoom link.

### Caregiver Connections, the Third Thursday of the Month, 7:00 to 9:00 pm

Our Caregiver Connections group returns online from 7:00 to 9:00 pm on the third Thursday of the month (until June 20, 2024), but please connect with Debbie at any time.

Connecting with someone outside of family and friends can help when we are feeling overwhelmed or just need someone to talk to. Just send Debbie an email or call and she will be more than happy to set up a different time to connect with you. There are other connections that you may be interested in, so don't hesitate to explore the possibilities. If you don't have a computer or internet access, leave Debbie a phone call at 403-283-0554 ext 224 or email [Debbie.o@hsca.ca](mailto:Debbie.o@hsca.ca).

### Chair Yoga - Returns February 2, 2024 (Online and in-person)

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

When: Every Tuesday and Thursday from 10:00 to 11:00 am.

Contact Debbie for the private Zoom link. The room opens at 9:30 am for chatting before the class.

### New! Cribbage Group

Wednesday afternoons from 12:30 to 3:00 pm in the North Social Hall.

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.



## From the Heart: Show Your Cardiovascular System Some Love This Valentine's Day

From The Primary Care Network

Love is in the air and with February being Heart Month, there's no better time to show your cardiovascular system some love.

Heart disease is the second leading cause of death in Canada – luckily the Canadian Heart and Stroke Foundation says up to 80% of premature heart disease and stroke can be prevented through lifestyle choices.

### Here Are Some Tips for Improving Heart Health:

- **Prioritize a Healthy Diet** – Maintaining a heart healthy diet is an important factor in heart health. Navigating all options and information can be challenging. Calgary Foothills PCN has a team of register dietitians and nurses and offers workshops.



- **Set Health Goals** – Set achievable health goals with the support of health management nurses. Incorporate exercise into your daily routine, manage stress, quit smoking or vaping, and get assistance with access to services for high cholesterol.
- **Focus on Mental Health** – Stress can cause the heart to work harder and increase your risk of heart disease and stroke. The Calgary Foothills PCN mental health team offers one-on-one counselling and workshops.

Register for free support online at [cfpcn.ca](http://cfpcn.ca). If you're not sure where to start, talk to your family doctor who can help with your care plan.

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## Leapers and Leaplings Special Day

Four million leap day babies? Did you know the odds of being born on February 29 is one in 1,461! Leap day babies are better-known as 'leapers' or 'leaplings'. Hats off to these time-defying, once-in-a-blue-moon birthday legends!



## GAMES & PUZZLES

### Guess The Duo!

1. This love-hate duo is on a quest to save a princess while fighting a fire-breathing dragon.
2. These stepbrothers create zany projects to make the most of their summer vacation.
3. This pop duo from the 60s are well known for their song "I Got You Babe".
4. These frenemies, created by William Hanna and Joseph Barbera, have been playing cat and mouse since 1940.
5. This fantasy duo set out on a journey through the misty mountains to save Middle Earth.
6. This superhero duo attempts to thwart the evil plans of villains in Gotham.



SCAN THE QR CODE FOR THE ANSWERS!



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Visit [www.hsc.ca/flea-market](http://www.hsc.ca/flea-market)

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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**LOCAL HANDYMAN IN HILLHURST/SUNNYSIDE:** 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.

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☎ Call: 403- 271-9274 or 403-397-9645

## Building Social and Community Life: Violet King and Theodore King

*This is an excerpt from the Hillhurst Sunnyside Historical Context paper, 'Building Social and Community Life (pp. 80-81). For more on the history of our neighbourhood, check out the full paper: <https://www.hsca.ca/historical-context-paper>.*

Two Sunnyside residents played an important role in the movement towards change, notable Canadian racial equality pioneers, Violet and Theodore (Ted) King. Violet (1929-1982) broke barriers for both gender and racial equality. In 1954 she became the first Black person to obtain a law degree in Alberta and the first to be admitted to the Alberta bar, the latter being a feat that would not be repeated for another decade. She was also Canada's first Black female lawyer. Her brother Ted was an early human rights advocate who served as president of the Alberta Association for the Advancement of Coloured People. This was a time when hotels and motels could refuse accommodation to people of visible minorities, and Ted used the courts to fight this discrimination.

Violet and Ted's parents Stella, a seamstress and cook, and her husband John moved to Sunnyside in 1929 to raise their family. John worked as a sleeping car porter, one of the few occupations available to Blacks prior to the First Work War. John's parents, African Americans who emigrated in 1911 from Oklahoma to a small farming community in Alberta, had also faced discrimination when in the early 19th century politicians were attempting to implement policy that would restrict the number of Black immigrants to the Canadian Prairies. Fortunately, these policies were never adopted.

## February is Black History Month

Did You Know...

- On February 1, 1996 - The first Black History Month in Canada was declared.
- On January 31, 2017 - The Government of Alberta officially proclaimed February as Black History Month in Alberta.



*Violet King shakes hands with EJ McCormick with whom she articulated, 1954 (Credits: Glenbow Museum NA5600-7760a, originally featured in the Albertan)*

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Luna, Canyon Meadows



Otto, Crescent Heights



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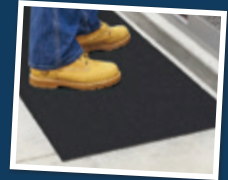
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- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



### Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times



### Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



### Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies



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# CARDINAL

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**528 7 Avenue NW**

**List Price: \$739,900**

Warmest congratulations to my clients on the successful sale of your home. Thank you for entrusting me with this opportunity.



**311 15 Street NW**

**List Price: \$1,395,000**

Congratulations to my client on this significant milestone, and a heartfelt welcome to your new home.



2163

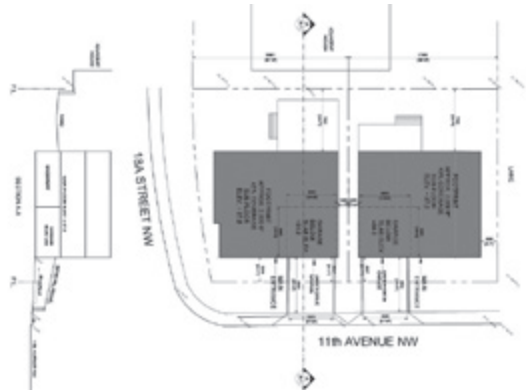


**1221 17A Street NW**

**List Price: \$1,999,900**

MLS #A2090503

Perched proudly and privately with 108' frontage, this lot is perfect for development.



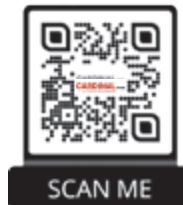
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