

JULY 2021

DELIVERED MONTHLY TO 7,500 HOUSEHOLDS

HILLHURST SUNNYSIDE

VOICE

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



**PAINT YOUR GARAGE DOOR THIS SUMMER
CHECK OUT PAGE 9 TO LEARN MORE
THE HSCA OUTDOOR FARMERS' MARKET
CONTINUES WEDNESDAYS, 3:00 TO 7:00 PM**

Calgary



We're improving stormwater drainage in your community

Homes and streets in your area are prone to flooding from stormwater. We're fixing that by investing in drainage improvements over the next few years.

Starting this summer, you'll see crews upgrading the underground infrastructure that will help move stormwater out of your neighbourhood more quickly during intense rainfalls, reducing flooding to streets and homes in your area and nearby communities.

To learn more, visit calgary.ca/sunnysidecdi

21-0013217

Natural Touch Sports & Injury Massage

Cambrian Professional Centre
#6, 41 Chelsea St. NW | (403) 922-2997



Specializing in Deep Tissue, Sports & Injury Rehabilitation, Myofascial Release, Motor Vehicle Accidents/Whiplash and TMJ Dysfunction & Jaw Pain.

Book appointments online with **Meagan Ciona, RMT** at www.naturaltouchmassage.ca

FAMILY FRIENDLY FUN

Have you ever wanted to go to Disneyland? Or just plain revelled at its magnificence, and family friendly fun? Well, it may be interesting to know that July 17, 1955 is the birthday of this world-changing attraction. This is the date the first Disneyland opened in the United States!



SAVE A BUNCH OF CASH

Expert advice
Excellent rates
Many options
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AVENUE | Financial
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ANITA 403-771-8771
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Licensed by Verico Avenue Financial Real Estate Solutions.



Discover Inspired Retirement Living

Riverwalk Retirement Residences, the new premier retirement living community is coming to the desirable Mission district area. At Riverwalk Retirement Residences, we believe in individual choice, inspired living, and vitality. Offering Independent Living, Assisted Living and Memory Care, all can be custom tailored for your personalized care needs.

Safety and care are at the highest standards as well as a wide range of hospitality services such as fine dining, recreation programming, and endless amenities round out this robust community feel. Secure your Riverwalk Retirement Residences condo style suite and enjoy inspired retirement living.

**For more information or to reserve your suite call 403.271.7244
or visit verveseniorliving.com/riverwalk/**



528 25 Ave S/W Calgary, AB | verveseniorliving.com/riverwalk/

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE LIFESTYLES

BOARD OF DIRECTORS

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Director at Large	Kathleen Kenny
Director at Large	VACANT
Director at Large	VACANT
Director at Large	VACANT
Director at Large	VACANT

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

Executive Director Ext. 221	Matt Youens	matt.y@hsca.ca
Community Planning Ext. 229	Lisa Chong	lisa.c@hsca.ca
Communications Coordinator Ext. 226	Stephanie Corbett	stephanie.c@hsca.ca
Childhood Director/Daycare Program Manager	Shannon Martel	shannon.m@hsca.ca 403-270-9703
OOSC Program Manager	Genevieve Fisher	genevieve.f@hsca.ca
Facility Services Manager Ext. 223	Karl Kingsley	karl.k@hsca.ca
Seniors' Connection Coordinator Ext. 224	Debbie Olson	debbie.o@hsca.ca
Controller Ext. 225	Amy Kettenbach	accounting@hsca.ca
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)	Bonnie Constable	
Community Programs Coordinator Ext. 248	Emily Jones	emily.j@hsca.ca
Community Connections Coordinator Ext. 247	Shaye Radford	shaye.r@hsca.ca





FARMERS' MARKET
HILLHURST SUNNYSIDE

GROWING A GOOD FOOD COMMUNITY

Wednesdays • outdoors • 3-7pm
1320 5th Ave NW



Hillhurst Sunnyside Community Association




farmersmarket.hsca.ca



Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
Farmers' Market Fresh Food Basket	Emily 403-283-0554 ext. 248
Flea Market	Bonnie 403-283-0554 ext. 231
<i>(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)</i>	
Neighbour Night	Shaye 403-283-0554 ext 247
Seniors' Knitting/ Morning &	Debbie 403-283-0554 ext. 224

Check out our volunteer portal for opportunities to connect and volunteer with your local Hillhurst Sunnyside Community Association! Visit us at hsc.ca/ volunteer or connect with Lisa Chong, our Volunteer Coordinator at lisa.c@hsc.ca.

We are always looking for stories of community to feature on HSCA social media, the neighbourhood blog, and on the Voice magazine. Check out the submission guidelines at hsc.ca/resident-submissions and contact stephanie.c@hsc.ca for details.

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.



Neighbour Night
Thursdays 6-8pm ONLINE

HSCA hosts an assortment of FREE monthly activities:

- 1st Thursday -- Activity or Craft
- 2nd Thursday -- Zoom Movie Viewing
- 3rd Thursday -- Cooking Class
- 4th Thursday -- Discord Online Chat

All supplies are included for free and can be picked up at HSCA on Mondays during Fresh Routes from 4-8pm.

Contact Shaye for more information and event links:
(403) 283-0554 ext 247. shaye.r@hsc.ca




FEEDING YOUR COMMUNITY

FRESH FOOD BASKET Grocery subsidies for residents of Hillhurst Sunnyside struggling to access good food.

seeking monetary donations
\$10 = 1 week of grocery subsidies for a family in Hillhurst Sunnyside




HSCA Hillhurst Sunnyside Community Association

FOR DETAILS OR TO DONATE GO TO
WWW.HSCA.CA/COMMUNITY-FOOD-PROGRAM

THE ROLLING STONES

July is a good month. Its summer, its hot, and the days feel longer, like anything can happen. That must be how The Rolling Stones felt in 1962 when they played their very first concert! If July wasn't their favourite month before, it probably is now!



Market Greens

Are you managing a chronic dietary illness?
Do you have difficulty accessing fresh food?

You may be eligible for the Market Greens Program at HSCA

Contact us today: email or call Emily.
Emily.j@hsc.ca | 403-283-0554, ext 248

SENIORS CONNECTION PROGRAMS AT HSCA

For all the programs listed below, or for any further information, ideas, concerns or referrals, please contact me by email at Debbie.o@hsc.ca or call me at 403-283-0554, ext. 224 and leave a message. I will get back to you as soon as possible and provide you with the links to join the classes or talk about any other ideas or concerns you would like to share, talk about, or explore.

NEW - Caregiver Connections

Caregivers provide an important support and connection to parents, family members, and friends. It can also be stressful and lonely, and often there is no one to talk to.

Support provided can be around small supports or they can be very extensive, time consuming, and stressful. You could be providing emotional, physical, or practical support, such as grocery shopping, transportation to appointments, medicine reminders, paying bills, etc. You could be providing this support as a paid or unpaid caregiver and the person you are supporting could be living with you, living in their own home, or even living in a congregate setting, such as supported living or long-term care.

Caregiver Connections will happen on the third Thursday of each month from 7:00 to 9:00 pm. If you would like to connect with others around Caregiving, even if you just want to listen, contact Debbie by phone or email to receive the link.

If you would like to connect, but this day and time do not work for you, send Debbie some suggestions to arrange to hold more than one Connection as needed.

Also check out the HSCA Website for the new Caregiver Connections. This is still a work in progress, but we will be adding information and connections as we go!

There is a link to a Caregiver Survey below that will help to inform about future online sessions, topics, and information for the caregiver site on the HSCA website. Please take a few minutes to provide me with some feedback.

Chair Yoga Online

Chair Yoga Online has returned and there are two classes that participants can join:

- Tuesday at 11:15 am
- Thursday at 11:00 am

Both classes will be accessible half an hour before the class begins and for half an hour after, if anyone wants to connect with other participants.

You will need a link to join the class, so contact me beforehand

so that I can send you the link. Please be sure you join the class at least five minutes before the class start time.

To join either or both classes, you will need a computer, tablet, or cell phone with internet connection to join, but you do not need to have a camera or microphone, just make sure that your volume is turned up so that you can hear, and you will be able to see Sharon on your device so that you can follow the positions.

This class is a great way to keep your muscles, limbs, and joints moving, especially during this time when we may be doing less walking. It is gentle exercise that will help you to move and stay limber. Come join us.

Monday Connections Group

This is currently a small group of seniors who asked to meet to talk with other seniors with the primary purpose of connecting with others virtually, when we are not able to connect in person. Sometimes it is good to talk to someone other than family.

This group meets every two weeks for about an hour, and we talk about changes, challenges, share stories, thoughts, and generally just talk with each other for an hour or so.

Connect with Debbie to receive a link to join the Monday Connections Group.

Volunteers

If you are interested in volunteering with seniors or any of the other programs and supports provided through the Community Connections Program, the food programs, Community Planning, the HSCA Board or Communications, check out Timecounts on our website for postings where volunteers are needed.

If you would like to talk more about possibilities that you might want to explore, but do not see something in Timecounts, send one of us an email, or call and leave a message at any of our extensions. We would love to talk more about the possibilities.

Other Senior Programs

While in-house programs for seniors are on hold, we are exploring other ways of connecting. Stay tuned for more information as these develop. If you have any thoughts or ideas, please share them with me. I am always looking for new ideas that will support the needs of seniors, neighbours, and volunteers in our community. If you can access our website, there is a general survey/questionnaire on the site and you can submit ideas, thoughts, questions, etc. there.

SUSTAINABLE *FOOD PROGRAMMING* AT THE HSCA

CURRENTLY SEEKING VOLUNTEERS

Volunteer opportunities

- Fresh Food Basket Prep
- Check out support



Register to volunteer at

<https://timecounts.org/hillhurst-sunnyside>



Hillhurst Sunnyside Community Association

fresh routes

Mobile Grocery Store

MARKET GREENS

Ongoing Programming at HSCA

The HSCA is committed to providing a safe environment for all and continues to make every effort to mitigate health risks associated with COVID-19. For the most up-to-date information on HSCA operations and Safety Protocols, please visit www.hsc.ca/covid19.

Every Monday (except holidays): Sustainable Food Programming at HSCA, 4:00 to 6:00 pm. HSCA's Sustainable Food Programming has something for everyone and features: Fresh Routes, Fresh Food Basket, and Market Greens. Visit www.hsc.ca/community-food-program for details.

Every Wednesday: The HSCA Farmers' Market runs outdoors, 3:00 to 7:00 pm. Please visit.

Sunday (weather dependant): Our Sunday Flea Market has returned Outdoors Sundays, 7:00 am to 3:00 pm.

Repair Café!

Are you looking for ways to build community spirit?

Would you like to volunteer some time to divert items from the landfill?

HSCA needs Fixers for our first Repair Cafe! If you have skills to share, please contact Shaye at shaye.r@hsc.ca or 403-238-0554, ext. 247.

While these events are typically held in person, we are planning a physically distanced process to adhere to COVID protocols.

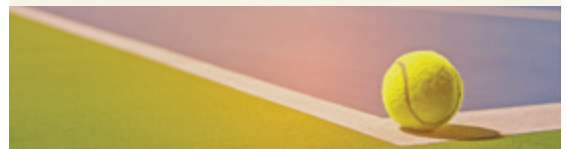
Recreation

The HSCA Tennis Courts are Open!

Visit www.hsc.ca/tennis for details. A valid HSCA membership is required. Upon registration through our online store, you will receive an access key code.

Bowview Outdoor Pool - Open for the 2021 Season

This year, registration is required and must be done through the Calgary Outdoor Swimming Pool Association's (COSPA) online booking system. A limited number of tickets may be available for walk-up patrons as well. Visit <https://www.hsc.ca/bowview-swimming-pool> for details on registration, rentals, lessons, and health & safety protocols.



Volunteering
is good for the soul

Explore Chinatown's Culture and Stories with New Cultural Resource Map

Chinatown is one of Calgary's most distinctive cultural communities, offering rich stories, a vibrant arts and culture scene, and unique food and shopping experiences. Now, Calgarians can learn about and explore Chinatown's distinctive places, stories, and culture, using its first Cultural Resource Map.

This online tool maps Chinatown's history, places and spaces, and shares stories that recognize and honour Calgary's Asian community's experiences and contributions.

The map is a part of Tomorrow's Chinatown, The City of Calgary's first Cultural Plan for a community, developed in coordination with a new Local Area Plan.

All Calgarians are encouraged to submit community content into this online tool and take part in framing the past and shaping the present and future of Chinatown.



Visit calgarychinatownculturemap.ca to explore the online map and learn about Chinatown's important contributions to our city.

fresh routes

Mobile Grocery Store

Mondays, 4:00pm - 6:00pm

Hillhurst Sunnyside Community Association
Indoors. In the Hearth Room
1520 5th Ave NW, Calgary
Customers required to wear masks when shopping



Text "HSCA" to
1-844-433-5049
For Reminders and Discounts

Fresh Routes is a mobile grocery store.
We bring healthy, affordable food right to you.
Everyone is welcome.

Get your veggies, fruit, eggs, bread, and other healthy non-perishables.
Accepting cash, credit, debit, and Calgary Dollars.
Bring your own bags and help us reduce waste.

Operations have been modified to follow physical distancing practices
and health and safety protocol from Alberta Health Services.



@freshroutes



www.freshroutes.ca

GOOD FOOD  STOPS FOR YOU

Bow to Bluff Construction Starting!

Councillor Druh Farrell's April Ward 7 News Nugget

Bow to Bluff began as a citizen-led initiative focused on transforming the neglected spaces along the LRT line between the Bow River and McHugh Bluff into a green necklace of mini-parks. Out of this award-winning engagement process, we created a design that focused on community vibrancy, safety, and beautification. Now, after years of hard work and a short delay caused by the pandemic, construction on Bow to Bluff starts this spring!

While the community and the City built a remarkable vision for Bow to Bluff, and while the project was also identified as the top public improvement in the Hillhurst/Sunnyside Area Redevelopment Plan, it took time to deliver on the funding. Originally fully funded by the ENMAX Legacy Parks Program, this money fell through during the economic recession as ENMAX's revenue declined. However, the City and I never stopped pursuing the funding needed to make Bow to Bluff a reality.

Fortunately, the stars recently aligned to secure \$4 million for the project. The City's Parks department first secured \$840,000 for Bow to Bluff. I then worked with City staff on the creation of a new Leveraged Partners Program for parks that would top up this fund if we could leverage further money elsewhere. Fortunately, the Hillhurst/Sunnyside Community Amenity Fund (HSCAF) was the perfect source. The HSCAF receives money from developers in exchange for increased density, with the intent of using that funding to improve public spaces for current and future residents. The HSCAF committee, which is made up of community and City representatives, unanimously committed \$566,931 from the fund to Bow to Bluff. Council likewise unanimously supported directing HSCAF funding to Bow to Bluff. With the Parks funding and HSCAF funding in place, we secured \$2.6 million from the Leveraged Partners Program to fully fund Bow to Bluff! Funding for construction partially comes from Provincial stimulus money as well.

With construction starting, and expected to last until Summer 2022, you can stay up to date on the project at <http://www.calgary.ca/bowtobluff>.

Thank you again to all of the community volunteers and City staff who are bringing Bow to Bluff to life!

Painting Your Garage Door This Summer

So, you're going to paint a mural on your garage door this summer.

If you're not an artist, should you attempt to paint a mural by yourself? Absolutely! It's a garage door, it's blank, boring, and maybe old and ugly. You can't possibly make it worse than what is there right now. A stick man, a flower, a handprint - anything is an improvement on doing nothing at all. If you want to improve upon your first concept you can paint over it. You can't mess this up! If you don't have a garage door? Look around and be creative - a fence, a shed, or ask your neighbour.

Should you sand and clean the door first? Probably wouldn't hurt, but I personally didn't even wash off the current layer of dirt on my metal door before I painted it. It has been up since 2014 and is holding up well.

What paint should you use? Exterior paint is probably the way to go. Although some of the paint on my garage is proper exterior paint, this is just by chance. I just used what I had in my basement (interior, exterior, water based, oil based, and even a little wood stain). I also grabbed a few colors from the return rack at local paint stores that were on a deep discount. If you have a garage door with a lot of southwest hot sun exposure, paint choice might be more important.

How do you hire an artist? If you do want to hire an artist, you're in luck because Calgary is full of talent! Expect to pay around \$10 per sq ft. Although established artists might charge more, someone just starting out might be willing to work for the cost of paint. If you ask for a predesign concept work, be prepared to pay the artist for this time, even if you don't go ahead with the mural.

If you have a high visibility location, consider contacting Dexter with the Sunnyside Murals Project who is hoping to apply for a grant to hire five YYC artists to do new murals in Sunnyside this summer. He can be reached at dexter.sunnysidemurals@gmail.com.

If you're able to give a young artist just starting out a location to paint, be in touch with Gerald gerald.wheatley@gmail.com. He has helped facilitate connecting youth from the Alex to the ContainR lot, allowing them to build their portfolio. You would need to cover the costs of paint.

Can't wait to see our out-door gallery grow this summer.

Christie Page (Local Garage Art Pusher)

How to find art in Sunnyside:

<https://bit.ly/sunnysideartwalk>

Become an HSCA Membership Partner!

When you become an HSCA Membership Partner, you're supporting our community and inclusive programming. Our Membership Partners offer HSCA members exclusive discounts and/or special offers when they present a valid HSCA membership card. As a Membership Partner, HSCA will:

- Include your company logo on our website on our Membership Partners page with a link to your website
- List your company/or business and the associated membership perks in our monthly print newsletter (The Hillhurst Sunnyside Voice). Our monthly print newsletter is also available online each month.
- Include your company's name and logo in our next monthly e-newsletter announcing our partnership
- Occasionally share and/or repost social media content about your business as part of our #MembershipMonday campaign

If you are interested in becoming an HSCA Membership Partner, please fill out and submit our digital form at www.hsca.ca/membership-partner.



News from the Friends of Nose Hill

by Anne Burke

Nose Hill provides spectacular viewpoints to interpret the geological history of the Bow River valley and its tributaries, as well as the uplands across the valley to the south. There is a glacial erratic in a small coulee. About 45 archaeological sites represent 10,000 years of human occupation. The Park is bounded by present-day Beddington and Nose Creeks. Big Hill Springs Coulee represents what remains of the earlier glacial spillway.

Major and shallow ravines in the Porcupine and Many Owl valleys are at risk because they support a closed canopy of tall willow shrubs, aspen, and balsam poplar forests. This is wildlife habitat, like rough fescue grassland.

Observers in a 1993 benchmark study recorded that weekday recreational users were three times as more likely to use the plateau and slopes, while weekend users more often used the ravines. Now, only the plateau is off leash and paved pathways are a route to the top.

A total of 151 wildlife species were found, including 127 bird, 22 mammal, and 2 amphibian species. No organized trails near a breeding ground (lek) of the Sharp-tailed Grouse, options for deer movement into Nose Hill, limited human and dog use to protect the mule and white-tailed deer, as well as the American badger. Analysis of trail condition and use was done by 27 volunteers from late July to late September. Trained volunteers collected wildlife field data. A sample of birds was conducted at 23 sites during the breeding period in early June to early July. Small mammal study was completed of mice, voles, and shrews. A review of past and current land uses revealed that some areas were damaged by vehicles, grazing, and gravel extraction but are slowly recovering. Since regeneration on its own may take decades, remediation was warranted.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 15

Community Planning, Development, and Engagement

by Lisa Chong

With the municipal election fast approaching this fall, there is a possibility that we might see completely new faces on City Council later this year. The mayor and a few of the current councillors have already announced that they are either not seeking re-election or will be launching their own mayoral campaigns for a confirmed total of seven open seats on Council.

Our question to you: what do you see as the top (maximum of three) opportunities and challenges that you would like to see addressed with the new council? Email your responses to lisa.c@hsca.ca or let us know on our Mighty Networks website/app at <https://hsca-community-planning.mn.co> for a chance to get featured on the next newsletter!

Riley Park Village | 14 St and 8 Ave NW

At 7.28 acres, the Riley Park Village project is the largest phased health campus/intergenerational housing development in Hillhurst Sunnyside. An important policy amendment from the applicant, NorthWest Healthcare Properties frames the vision for this site as a place to live, work, heal, and play. The Land Use and Area Redevelopment Plan amendments have seen unanimous approval at City Council's May 31, 2021, Hearing.

We are pleased to report that our advocacy to the City and Councillors' offices has seen positive outcomes. Councillor Farrell filed a Motion to request that City Planning explore an accessible transit link up the hill to the SAIT station (the closer of the two C-Train stations) in partnership with area landowners. This Motion was successfully adopted by Council. These important conversations will happen when development reaches a certain intensity (2.0 FAR).

A formal linkage would help provide safe, equitable, barrier-free access for new (and existing) neighbours, health care workers, and visitors in our community. A safer pedestrian connection up the hill would also help decrease vehicular traffic/parking demands around the school and the greater community. Ideally, we would have preferred to see the new connection constructed while the site is being developed, so that public transportation is available at the start, and before users become accustomed to driving to the site.

Development Map

The City of Calgary website now has the ability to share plan proposals online! Find out more by going to developmentmap.calgary.ca. Zoom in to your street to see what is being proposed in your area.

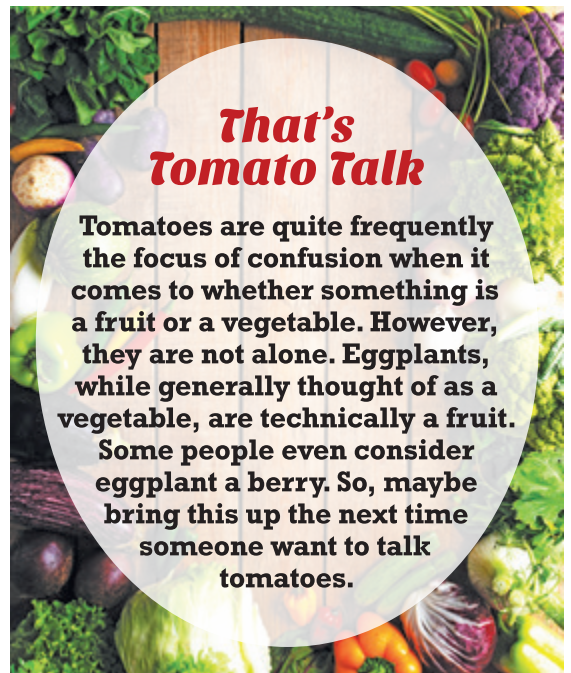
Flood Mitigation Infrastructure

As you may know, HSCA has a strong EPARC Infrastructure Committee that has been working very hard with the City to advocate for flood protection in Hillhurst Sunnyside. The engagement, planning, engineering, and design work has been underway for over seven years.

The City is expecting construction to happen in August 2021, and they will be upgrading stormwater drainage infrastructure underneath select roads in Sunnyside, Hillhurst, and surrounding areas. We will be working with the City to communicate any road detours on HSCA social media and the e-newsletter, so you can plan your commute accordingly.

As a benefit, the City will explore linking the flood mitigation work to mobility-friendly upgrades such as traffic calming as roadwork gets replaced.

For more information, please check calgary.ca/sunnysidecdi.





THE GOOD FOOD BOX (GFB)

The Good Food Box (GFB) 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.

2021 Good Food Box Order and Delivery Dates

Order by 2:00 pm

Pick Up between 1:00 and 3:00 pm

Order	Pick-Up
July 6	July 15
September 14	September 23
October 12	October 21
November 16	November 25

Large Box: Includes approximately 40 pounds of produce. Cost: \$35.00

Medium Box: Includes approximately 30 pounds of produce. Cost: \$30.00

Small Box: Includes approximately 20 pounds of produce. Cost: \$25.00

Orders accepted:

Online at the HSCA Web Store at www.hasca.ca/community-food-program

HSCA Farmers' Market at the welcome table (cash orders only)

Orders may be placed during the pick-up times (cash orders only)

YOUR CITY OF CALGARY

We Align City Services and Programs with Citizen Priorities

The City of Calgary is working hard to ensure Calgarians receive good value for the municipal portion of their property tax dollars. We value your feedback when considering investments in our City services and programs.

Did you know that City Council established five Citizen Priorities after extensive public engagement during the creation of our One Calgary 2019-2022 Service Plans and Budgets? The citizen priorities tell us what is most important for us to achieve.

The City's plans and budgets outline how we will:

- Deliver our services and programs,
- Address ongoing challenges, and
- Move closer to achieving the long-term vision of our city.

Every year, Council reviews The City's plans and budgets to see how we're progressing on our goals and objectives. They can make necessary changes to support Calgarians based on new economic, social, environmental, and political circumstances.

Citizen input is also considered every year. Your opinions and views about living in Calgary and perspectives about our City programs and services inform Council about what's most important to our communities.

Tools such as The City's Citizen Satisfaction Survey help us identify areas for City services and program improvements.

Learn more about how your feedback and input help make Calgary a great place to make a living and a great place to make a life. Visit calgary.ca/ourFinances.



RIVERVIEW

— CUSTOM HOMES —

www.riverviewcustomhomes.ca



WE BUILD WOW

Custom Homes and Renovations

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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 info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

HILLHURST | SUNNYSIDE MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a local mortgage professional, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert advice, excellent rates, many options, and better mortgages, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Verico Avenue Financial Real Estate Solutions.

LANDSCAPING, WINDOW CLEANING, AND YARD CARE: Weekly yard care starting at \$36. Mulch, rock, and sod installation. Window and gutter cleaning starting at \$99; interior/exterior/screens. Garden beds, stone patios, walkways, raised beds, rock walls, deck and fence builds, small concrete jobs, and pressure washing. A+ Member of BBB, 4.1 Google stars. Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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.

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.

JOSHUA BLAIR CLASSICAL OSTEOPATHY: Helps find and fix the cause of your aches and pains through gentle manipulation so you can improve your wellbeing and be your best self! Better Structure. Better Function. Located at 1904-B 20th Avenue NW in Capitol Hill. Book online: www.jblairosteopathy.ca or by phone: 587-225-9734.

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Who's Dolly?



In July of 1996, the first instance of cloning was finally realized. Dolly was her name, a female domestic sheep, and the very first mammal ever cloned. Dolly was a miraculous and very exciting scientific discovery, and she lived seven whole years, with six offspring!



CALGARY'S FUTURE STARTS NOW

WHEN THE PANDEMIC HIT, CALGARY WAS ALREADY STRUGGLING.

Job losses, budget cuts – young people leaving because they don't see a future here.

The reality is that the world is changing around us, and we're falling behind.

But Calgarians don't back down from a challenge.

OCTOBER 18TH IS OUR CHANCE TO SHAPE CALGARY'S FUTURE.

If we want this city to thrive, we have to elect the right leaders.

We need to elect leaders who will embrace the future, bring new ideas to the table and spur innovation. Calgary can and should be paving the way for the rest of the province when it comes to developing new and lasting industry. We need to be ready to adapt so that we don't fall behind the rest of the country.

Our leaders should have the courage to stand up to the province and fight for what our city needs. Calgarians shouldn't be left waiting for the province to get started on critical infrastructure projects like the Green Line or improved roadways that will get our city moving and create jobs.

We're ready for change. But it doesn't start on election day.

CALGARY'S FUTURE STARTS NOW. JOIN US.

Watch and share our video on social media or sign up to volunteer and help shape a brighter future for Calgary.

calgarysfuture.ca/starts-now

Deborah Wong
Community Organizer

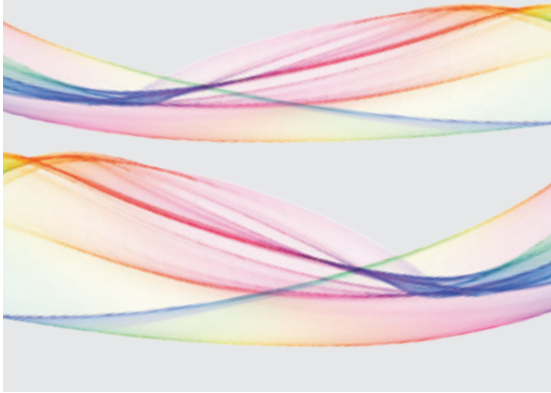


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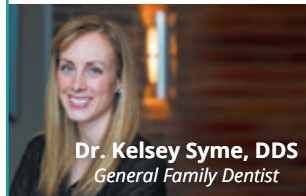


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8	3	2	7	9	5	1	4	6
4	1	5	3	2	6	9	7	8
6	7	9	4	8	1	2	3	5
3	8	7	9	5	4	6	1	2
2	4	1	6	7	8	5	9	3
5	9	6	1	3	2	4	8	7
9	5	3	2	1	7	8	6	4
1	2	4	8	6	3	7	5	9
7	6	8	5	4	9	3	2	1



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