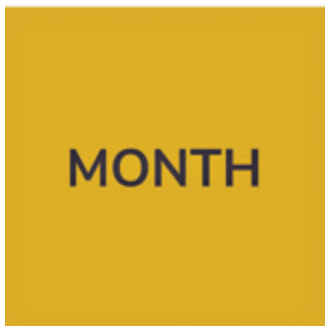
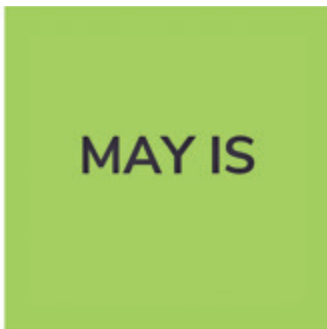


MAY 2021

DELIVERED MONTHLY TO 7,500 HOUSEHOLDS

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OPENING
FALL

2022

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CITY COUNCIL ISN'T DOING THEIR JOB.

The Guidebook for Great Communities is an important step toward building a future for our city that's more inclusive, connected, and prosperous. It would help assure us in knowing that our pools and schools will remain open – too bad City Council can't seem to commit to a better path for Calgary.

A number of council members refuse to take a stance on Great Communities and would rather kick the can down the road until it's someone else's responsibility. This isn't what real leadership looks like. Calgary is struggling and we can't afford to wait any longer to get our city back on track.

That's why we're taking action now. Thousands of Calgary's Future supporters have already emailed their councillors pleading them to support Great Communities today. For that, we say thanks.

THIS PROVES WE CAN MAKE A DIFFERENCE.

Come election time, we're going to help build a city council that works for all Calgary residents – not just those in Elbow Park. Until then, we're going to do all we can to make positive changes in our communities even before we hit the polls.

BUT WE HAVE OUR WORK CUT OUT FOR US.

The dog whistles we saw in content being funded to attack Great Communities proves that there's an appetite in our city for regressive ideas

at City Hall. I'm confident that our ideas and our supporters are about creating a better Calgary, not clinging to the past – but if we want a better future for our city – it's going to take some grit.

IT'S TIME TO GET TO WORK.

This fall, we need to elect community leaders who believe in a resilient economy, quality city services, and strong vibrant neighbourhoods – but we can only do that if we work together.

Calgary needs councillors with a vision for our future, who understand the issues affecting us, and who we can trust to get the job done – without constant infighting and hesitation on important decisions.

Do you believe that we can create a better future for Calgary, even outside of election time? That we can build great communities and get thoughtful, pragmatic leaders elected? Email your councillor telling them to support Great Communities at calgarysfuture.ca/great.

This is our chance to shape a Calgary that doesn't leave anyone behind. We can't let it go to waste.

Deborah Wong
Community Organizer



BOARD OF DIRECTORS

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Kristin Chow	Director at Large
Cynthia Mazereeuw	Director at Large
David Fanstone	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

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

Community Planning, Development and Engagement

The Hillhurst Sunnyside Planning Committee (HSPC) meets on the second Wednesday of every month online. Our next meeting will be on Wednesday May 12 from 7:00 to 9:00 pm via Microsoft Teams. All residents, guests and students are welcome to join the conversation.

Reminder: The default unposted speed limit within city limits has been lowered to 40 km/h, effective May 31, 2021. This only impacts residential streets without a centre line.

Resources

Community Planning and Engagement Updates are shared on <https://hsca-community-planning.mn.co>, our

website, e-newsletters, and social media.

Riley Communities LAP. Read more about the City of Calgary's new planning way of planning our communities at <https://engage.calgary.ca/Riley>.

The Hillhurst Sunnyside Area Redevelopment Plan (ARP) guides the height, density and to some extent, the design of new buildings in the community. See www.calgary.ca.

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 and Engagement Coordinator at lisa.c@hsca.ca or call 403-283-0554, ext. 220 to get involved.



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.



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@hsc.ca





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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

MONDAYS 4-6PM

except holidays

A joint approach to increase access to good food in our community.



FRESH ROUTES

EVERYONE is welcome!
Shop affordable groceries in your community.

FRESH FOOD BASKET

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



MARKET GREENS

Grocery prescriptions for folks managing chronic dietary health conditions and struggling to access good food.



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



fresh routes
Mobile Grocery Store

MARKET GREENS

Ongoing Programming at HSCA

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 Saturday: The HSCA Farmers' Market runs indoors, 12:00 to 4:00 pm.

Closures

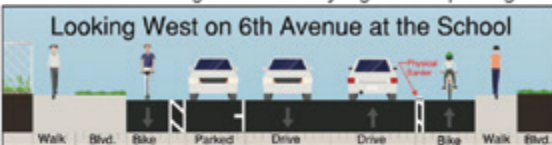
Please note, our Sunday Flea Market has been suspended. Please visit www.hsc.ca/covid-19 for updates.

WE NEED YOUR HELP

Make 6th Ave Bike Lanes in Hillhurst Safer



- Protected cycle tracks make all abilities feel safe riding.
- Many children ride to school along this corridor.
- More space for pedestrians is needed.
- Paint does not stop a car, physical barriers do.
- Parked cars can create a physical barrier.
- We are not asking to remove any legal street parking.



Three Things You Can Do Right Now to Help:

1. Make a 311 request under "Road Detour Inquiries" Asking for an "Adaptive Roadway" along 5th and 6th Avenue to create protected bike lanes for all abilities.
2. Follow up your 311 request with an email to the ward 7 Councillor office caward7@calgary.ca and please cc: hscatraffic@gmail.com
3. Talk to your neighbors about how they too can help.

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



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

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

Reflections on Race

Anonymous Community Member Submission



There has recently been a disturbing pattern of hateful rhetoric and physical violence directed at Asian Canadians. While distressed at these events, I am not particularly surprised. Canadian history is full of such incidents during periods of great

stress – recessions, unemployment, country at war, periods of mass immigration and now pandemics – but also during periods of change from one “normal” to unknown future.

I have been lucky in my life; I have not faced a great deal of anti-Asian discrimination. This does not mean that I was unconscious of the difference between myself and my classmates, friends, and neighbours.

I remember well when the issue of “race” first pushed into my conscious mind. We lived across the highway from the local school that held classes from grades one through grade nine. Every day I walked from home to school and back across the school playing fields.

On a particular day when I was in the fifth or sixth grade, I happened to cross paths with two female students who were a grade or so behind me. Politeness required me to at least say “hello” and so I did. One of the girls was the daughter of the school principal who lived in the teacher’s accommodation in the far corner of the schoolyard. We were all terrified of Mr. B but not of his two children.

“Hi, you Jap” came the reply.

The two girls continued on to wherever they had been going, looking back, and giggling into their hands. This incident imbedded in a shy, fat, near-sighted and awkward child a harsh lesson never to be forgotten. As confused and hurt as I was, I never relayed this incident to anyone.

Over the years there were other instances of unfairness so obvious that it was difficult not to interpret the situation as one of discrimination against my obvious Asian-ness. But I simply did what all our grandparents and parents and uncles and aunts did: put your head down, stay under the radar and work harder than everybody else.

Shikagata-nai. Nothing can be done. What cannot be changed must be endured.

Anti-Asian racial discrimination has been tolerated for a long time in our country. At times it has been encouraged

by government policies. The Chinese Immigration Act of 1885 imposed a head tax to discourage Chinese men from bringing their families to Canada. In Vancouver in 1907, mobs of whites rampaged through Chinatown vandalizing the businesses owned by Chinese Canadians and physically assaulting those who tried to fight back.



The Komagata Maru incident in 1914 was a blatant example of Canada’s attempts to discourage immigrants of South Asian ancestry. Throughout the early 1900s Asians were denied access to jobs, licenses, union memberships and the right to vote.

Japan’s attack on Pearl Harbour was incentive for the United States to enter WWII but it was also the beginning of a mass relocation of citizens of Japanese ancestry throughout the Americas. In British Columbia, all residents of Japanese ancestry were rounded up, detained and later relocated to internment camps in the interior of the province or to farms in Alberta, Saskatchewan and Manitoba. Their businesses, boats, cars, and homes were seized and sold by the government to help pay for their own incarceration.

The above are well documented and part of the Asian immigrant experience in Canada. All have caused pain, suffering, and sometimes directly led to deaths. We cannot escape our history. We cannot gloss it over. We should not attempt to re-write it in a kinder light.

I believe what matters is whether you live your life with your hands open and palms turned upwards - uplifting and helping those around you. Or if you use your hands as a clenched fist - as a gesture towards the “other”, as a threat or a tool to suppress or diminish another.

A community association to me has been place where democracy, equality and humanity can be practised at a grass roots level; a place where the organization has a quasi-legal status bestowed upon it by the government to ensure this is so.

This is where we, as a group, should perform at our best to ensure that the following invocations become our everyday reality:

All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.

- United Nations Universal Declaration of Human Rights



I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

- Dr. Martin Luther King, Jr.

We won't often get the closure from another that we desire. This means that we must discover it on our own. Forgiveness is how we find peace, no matter if they want to give it to us or not.

- Tenzin Gyatso, The 14th Dalai Lama

Between striving to change the way things are and forgiving the transgressions of the past, there is a path forward. In our journey we ought to also remember those other words from Dr. King's speech:

"...In the process of gaining our rightful place, we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred."

OUTDOOR OPENER

Meet your 2021 outdoor vendors and kick off another summer of supporting local!

Wednesday, May 26th 2021 3-7pm

For more details about this event: farmersmarket.hsc.ca



WE NEED YOUR HELP

Make 2/7th Avenue in Sunnyside Safer



- 2nd Ave is 17' wider than 1st Ave or 3rd Ave
- 2/7th was originally designed wide enough to host a tram line. The driving lanes were not intended to be oversized.
- Drivers come through 2/7th Ave because they feel safe going fast due to the wide lane width, this brings unwanted volume.
- Many kids walk to school along this corridor.
- More space for pedestrians and cyclists is needed.
- We are not asking to remove any legal street parking.



- Three Things You Can Do Right Now to Help:**
1. **Make a 311 request** under "Road Detour Inquiries" Asking for an "Adaptive Roadway" along 7th and 2nd making our walking and cycling space larger while making the road skinnier to discourage cut through traffic and speeders.
 2. Follow up your 311 request with an email to the ward 7 Councillor office caward7@calgary.ca and please cc: hscattraffic@gmail.com
 3. Talk to your neighbors about how they too can help.

WE NEED YOUR HELP

Getting Protected Bike Lanes on Kensington Road



- Kensington Road is unnecessarily wide.
- An "adaptive roadway" could make this road more assessable to all while we wait for the Kensington Main Street plan to be implemented.
- Kids should be able to ride to school along this corridor.
- Protected cycle tracks make all abilities feel safe riding.
- Parked cars can create a physical barrier to cycle tracks.
- We are not asking to remove any legal street parking.



- Three Things You Can Do Right Now to Help:**
1. **Make a 311 request** under "Road Detour Inquiries" Asking for an "Adaptive Roadway" along Kensington Road to create protected bike lanes for all abilities.
 2. Follow up your 311 request with an email to the ward 7 Councillor office caward7@calgary.ca please cc: hscattraffic@gmail.com
 3. Talk to your neighbors about how they too can help.

Asian Heritage Month: Chong Family

by Lisa Chong



"May is Asian Heritage Month in Canada, a time to reflect on and celebrate the contributions that Canadians of Asian origin continue to make to the growth and prosperity of Canada." - Government of Canada

My name is Lisa Chong. I have been telling the story of Calgary's community of Hillhurst Sunnyside for many years through the lens of redevelopment and inclusion. As HSCA staff, we have celebrated volunteers and welcomed new neighbours into the community. In recognition of Asian Heritage Month, I would like to share my family's story.

2020 was a tumultuous year for us all - the stress on our mental and physical health, on our pocketbooks, and our communities. At a time when the world was collectively grieving, we saw harmful rhetoric and actions directed towards Asian communities. 2020 was a year that brought more voices into the forefront, highlighted by the disparity of the COVID-19 pandemic.

Mohkinstiss is the Blackfoot name for Calgary, at the confluence of the Elbow and the Bow Rivers, a space where people have gathered for generations and built community. Alberta became a province in 1905 on land that was populated by our Indigenous people for thousands of years.

Our family story runs parallel to the signing of Treaty 7 in 1877, which changed the traditional way of life for our First Peoples forever. Treaty 7 was signed with Indigenous leaders and drove European settlement and colonization in southern Alberta. It was the final treaty that

realized the Dominion of Canada's promise to build the transcontinental railroad.

Our first ancestor, my mother's great grandfather arrived in Canada in the 1880s to support labourers working on the railroad. Many of the workers emigrated from the four Counties of Canton (now Guangdong) province in southern China. Chinese men were recruited and worked on the Canada Pacific Railway through its most treacherous tracks through the Rocky Mountains. Many perished under extremely harsh work conditions.

Once the railroad was completed in 1885, Chinese labourers were no longer welcome in the nation that they helped connect. My great, great grandfather was expelled and relocated to the small mining frontier town in America Gold Mountain. His grandson, my grandpa Ernesto, made his living in Cuba (at the time, Canada and the USA were closed to Chinese immigration). He later joined his family in America, twice a refugee of communism.

My great grandfather on my father's side paid a head tax of \$50 to immigrate to Canada. The 1885 Chinese Immigration Act was the only head tax collected by the Dominion of Canada that was based on country of origin, intended to curb immigration, and dehumanize a group of people.

Poverty was rampant in southern China at the time. Migrant families would pool their money to send their sons to the West. My grandfather, Jack at age ten, paid a head tax of \$500 in May 1924. At that time, \$500 could pay for two houses in Montreal. 1924 was the same year that Chinese immigration to Canada ended on July 1, Canada Day, otherwise known as Humiliation Day to the Chinese community at the time.

Families were separated. A generation of bachelors were created. Only the wealthiest merchants could afford to bring their wives to Canada prior to the 1924 Chinese Exclusion Act. Many Chinese men formed unions with Indigenous women (check out *Café Daughter*, a stage play based on the life of former Senator Lillian Eva Dyck). Chinese-Canadians who were born in Canada before 1947 were nationless and were not considered citizens.

The journey to equal rights is complicated. For background reading, the Canadian Encyclopedia details the history of the vote from the women's suffrage movement and the Black Canadian vote in 1919, onward. Hundreds of Chinese-Canadians served in World War II. The young men who fought for our collective freedom with the



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
May 11	May 20
June 8	June 17
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.hsca.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)

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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, 403-269-2707.

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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.

DOMESTIC DIVAS MAID SERVICE, WE ARE IN YOUR AREA: Give yourself the gift of time, and give your family and pets a chemical-free environment. Chemical-free cleaning, move-out, move-in, one-time, weekly, bi-weekly, or monthly. References available. Call Eleanor, 403-681-4608.

HERITAGE POINTE GOLF COURSE DREAM HOME FOR SALE: See this executive custom-built & recently renovated bungalow with fully developed walk up basement backs onto Heritage Pointe Signature 9th Hole with views of the large pond. Visit <https://calgaryluxuryhomesearch.com/>, or call Len @ 403-606-8888 (Greater Property Group) for more information.

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