

MAY 2024

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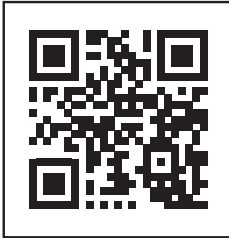
SCAN ME



Your community plan is ready

Hey Riley Communities!

That's you Hillhurst, Hounsfield Heights-Briar Hill, Sunnyside, and West Hillhurst.



The Riley Communities Local Area Plan is ready.

Wondering what the Plan's all about?

- ③ The Riley Communities Local Area Plan sets the vision for the evolution of your community over the next 30 years, including direction on future development and community improvements.
- ③ A few of the key ideas in the Plan include:
 - Increase housing choice and affordability
 - Incentivize heritage retention in the Riley communities
 - Foster vibrant transit station areas
 - Improve pedestrian and cycling pathways
 - Enhance local parks and open spaces

Change is gradual, but having a plan in place to guide change – from proposals for new homes and businesses to future investment into community spaces – helps ensure change is aligned to the future vision for the Plan Area.

Visit calgary.ca/Riley to:

- ③ Check out the final draft Riley Communities Local Area Plan.
- ③ Learn how public input informed the Plan.
- ③ Find out about upcoming public information sessions (online and in person).



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| Community Programs Coordinator ext. 248 | Giselle Gilliard | giselle.g@hsca.ca |
| Community Connections Coordinator ext. 247 | Reiko Yamagishi | reiko.y@hsca.ca |
| Planning Coordinator | Becky Poschmann | planning@hsca.ca |

Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

Learn more: www.suicideinfo.ca/workshops



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Program Phone Numbers

Chair Yoga
Debbie
403-283-0554 ext. 224

Farmers' Market
Sustainable Food Programs
Giselle Gilliard
403-617-6094

Flea Market
Angel
403-283-0554 ext. 231

*(Drop in on Sundays or leave a message.
Calls returned on Wednesdays and Sundays only)*

Neighbour Night
Sip 'n' Chat
Reiko
403-283-0554 ext. 247



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INDEPENDENT, LOCALLY-OWNED CLINIC

Recreation at HSCA

Bowview Pool - 2024 Season

Bowview Outdoor Pool opens Saturday, June 15, 2024, and we cannot wait to see you all!

Bowview Outdoor Pool is operated by Hillhurst Sunnyside Community Association, and we offer plenty of programs and events to keep your summer active. Bowview offers Swim for Life® swimming lessons, private lessons, swim club, private rentals, public swimming, and lane swimming.

- Private Lesson, Swim Club, and Private Rental registration/bookings can be found on the HSCA webstore under 'Activities' and 'Facility Bookings'.
- Lane Swim multi-passes can be purchased from the HSCA webstore under 'Multipass'.

Swim for Life® Swim Lesson registration and Public Swim tickets can be found at calgaryoutdoorpools.ca under 'Bowview Outdoor Pool'.

Please visit hsc.ca/bowview-outdoor-pool for all Bowview information regarding pool schedules, Swim for Life® lessons and private lesson schedules, private rentals, and more!

Hsca.ca is your resource for all things Bowview. Please check our website to stay updated on schedule changes, closures, and events. Don't forget to follow us on Instagram [@bowviewoutdoorpool](https://www.instagram.com/bowviewoutdoorpool). We cannot wait to see you this summer!

HSCA Tennis Courts - 2024

Registration for use of the HSCA tennis courts is now open. All registrants must have a valid HSCA membership. Tennis courts will be open from April 29 to October 31, weather permitting. Visit www.hsc.ca/tennis.

Drop-in Badminton

Most Mondays and Thursdays from 10:30 am to 1:00 pm. Visit www.hsc.ca/badminton for full schedule and blackout dates. No registration is required, \$4 per session.



Call Out for Photo Submissions!

This month thank you to resident Tom M. (Snowy day in Riley Park) and Kathy T. (Dogs on Peace Bridge) for submitting their photos for our Voice. Want your photos to be featured in our Voice? Email your photos to Stephanie.c@hsc.ca.



Photo by Kathy T.



Photo by Tom M.

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

HILLHURST



SUNNYSIDE



ONGOING PROGRAMMING AT HSCA

For the most-up-to-date information, visit our program and recreation calendar for more information at 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), 10:00 to 11:00 am

Sip 'n' Chat, 2:00 to 4:00 pm

Drop by anytime between 2:00 and 4:00 pm. We welcome all community members to enjoy a coffee or snack together. Everyone is 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, 10:00 to 11:00 am

(Connect with Debbie for more information)

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

See details for our May Neighbour Nights below.

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 or calling 403-283-0554, ext 247.

Neighbour Night: Thursday, May 2 - Watercolour Painting with Melisa

In this session you will have the opportunity to make a bookmark or greeting card on watercolour paper

mounted on an upcycled cardstock. This is a calming activity that helps with focus and creative expression. All materials are provided (although you are welcome to bring some of your own if you have them).

Neighbour Night: Thursday, May 16 - Flower Bomb with Melisa

This session has been a popular one for a few years now at neighbour night, if you have not been, don't miss it, you are sure to learn some new tips. We will cover some seed basics and how to make a flower bomb with local seeds to brighten up your yard, balcony or give as a gift. As we anticipate the coming growing season, we will have some discussion about using grey water for our gardens. Melisa will lead us with tips and tricks for a successful burst of flowers this season.

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.

New! Art Sale - Monthly at the Sunday Flea Market!

We will host an art sale monthly from 10:00 am to 3:00 pm during our Sunday Flea Market. The sale will feature artwork made by residents of The Sharp Foundation including paintings, greeting cards, mosaics and more! Stop by: May 26 and June 30.

Other Programming

HSPC meetings are the first Thursday of each month from 7:00 to 9:00 pm online

Please contact planning@hsca.ca to participate in a meeting.

Call Out for Farmers Market Volunteers and Shared Garden

Our Farmers' Market Outdoor Season begins May 29 and we're looking for volunteers to join our good food community!

Please reach out to Giselle.g@hsca.ca directly to learn more about these exciting positions:

- Entertainment Coordinator.
- Welcome tent greeter.
- Tent set-up/take down support.

continued on next page

ONGOING PROGRAMMING AT HSCA

Shared Garden Volunteer Opportunities

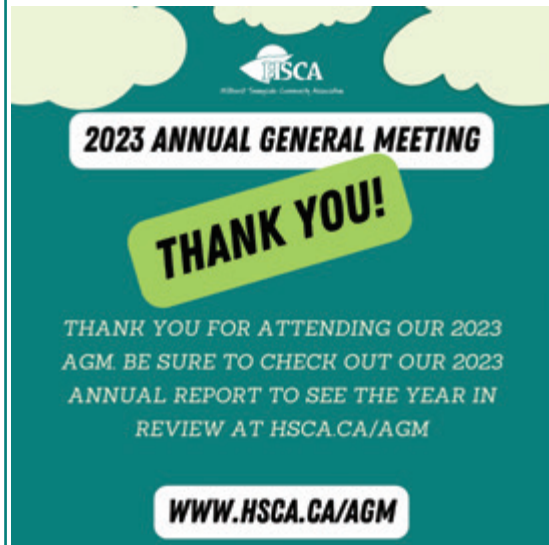
Now recruiting gardeners and gardeners-in-training for the 2024 Shared Garden season! Spend a few hours a week tending to this volunteer-run community garden and feeding your community! The Shared Garden differs from a traditional community garden because everyone works together to tend to all the plots, instead of having your own. All volunteers are welcome to share in the bounty, and the extra produce is donated to HSCA's Sustainable Food Program to feed neighbours struggling to afford good food. The Shared Garden is seeking general garden volunteers (to support planting, watering, weeding, and harvesting – no experience necessary!) Reach out to at giselle.g@hsc.ca for more information.

Other Volunteer Opportunities at HSCA

For all other volunteer opportunities at HSCA, please visit www.hsc.ca/volunteer and click on our volunteer portal (Timecounts).

HSCA's 2023 AGM: Thank you!

HSCA would like to thank all who attended our 2023 Annual General Meeting on April 24, 2024. Be sure to check out our 2023 Annual Report and supporting documents to see the year in review at hsc.ca/agm.



Cut Through Traffic Survey Results

by *Tim Schaefer, Sunnyside Resident*

Thank you everyone who took the time to complete the HSCA Mobility survey on ideas to mitigate cut-through traffic during the Sunnyside flood barrier construction. The City will have Memorial Drive reduced to one lane in either direction for up to two years. With traffic volume above pre-Covid levels, the lane reduction will inevitably result in cut-through traffic in Sunnyside.

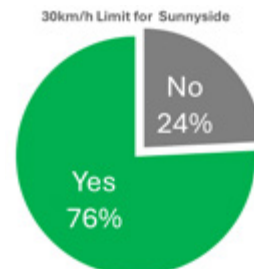
In total there were 95 responses, which provides a 95% confidence level with a +/- 10% margin of error. In non-statistical terms, the results provide a good indication on how the community feels about the temporary ideas discussed. The survey was not a vote on whether any of the ideas will proceed. It is up to the City of Calgary to decide what measures are taken, if any, and they will use their own process and engagement before any measures are taken.

Overall, there was majority-support for all the temporary measures covered. In summary, the positive support was as follows:

- 76% Yes - 30km/h Limit
- 67% Yes - Memorial Limit
- 75% Yes - Inbound Access
- 59% Yes - Outbound Access
- 64% Yes - Closing Lower Deck
- 74% Yes - Limit Lower Deck

Speed Limit

On the idea of temporarily lowering the speed limit to 30km/h for the entire neighbourhood, 76% of respondents supported the idea. This isn't surprising because Sunnyside has, for the most part, narrow streets that are better suited for a 30km/h limit. It seems that residents see this as a great opportunity to try out a safer speed for people not in cars.



Temporarily lowering the speed limit on Memorial from 14 St to Centre Street was supported somewhat less, with 67% responding Yes. Today the Memorial limit is 50km/h within Sunnyside, but east of Centre St the limit is 70km/h. The idea of lowering the limit is to reduce the appeal of using Memorial by expanding a lower speed beyond just the construction zone.

Limiting Access

For the idea of limiting access inbound to Sunnyside on the streets connecting to Memorial, 41% liked the idea for most but not all streets, while 34% liked the idea only during rush hour. The last time the City closed access to a street was 7 St NW in the 1980s and the additional comments provided in the survey suggested the greatest interest to try out the next closure would be on one or all of these streets: 4, 4A, 5, and 5A St NW.

For the idea of limiting access outbound from Sunnyside on 2 Ave and 4 Ave NW where they connect to 10 St NW, thereby limiting the feasibility of cut-through, the support was a bit nuanced. 30% liked the idea only during rush hour, while an additional 29% liked the idea all the time for 4 Ave. Since the survey was released, the 2024 Gladstone Connect project has become known which will involve major construction on 4 Ave NW. This project will result in partial and full closure that will effectively deliver the same result.

Lower Deck Bridge

Limiting the amount of traffic on Memorial that comes from the Centre Street bridge was the last idea covered in the survey. The concept here is limiting or eliminating traffic from the Lower Deck would lower the source of traffic and lessen cut-through during the flood barrier construction.

For the idea of temporarily closing the Lower Deck to all vehicle traffic, 64% of respondents said Yes. There was greater support for limiting the traffic with 74% of respondents saying Yes to not having alternating lanes on the lower deck during rush hour.

Since the survey was released, the rehabilitation of the 4 Ave flyover into downtown has become known. That project is expected to last 18 months and will reduce that connector from Memorial from two lanes down to one. Given this, it is unlikely the City will close the Lower Deck as access into downtown will already be impacted but limiting outbound access could still be an option for the City to consider.

Survey Comments

Lots of additional comments were provided by respondents, thank you! The most common “other ideas” shared were adding speed bumps, more four-way stops and more police enforcement. About 9% of all survey respondents were opposed to any measure being taken whatsoever, with their comments focused on their ability to drive.

When asked what would upset people the most, the comments most frequent and equally shared were:

1. If the City severely impacted resident’s vehicle access and
2. If the City were to do nothing to address cut-through.

Bowview Bluefins Swim Club Est. 2019

Bowview Outdoor Pool is bringing back a new and exciting approach to learning advanced swimming skills for swimmers 7 to 12 years old. The swim club will provide professional coaching, stroke correction/improvement, technical instruction, and a non-competitive swim meet at the end of the season!

Swimmers must have completed Swimmer 4 or be able to comfortably swim a minimum of 25 meters.

\$220 for eleven weeks of swimming, plus all swimmers receive a Bowview Bluefins Swim Cap and t-shirt!

Bowview Bluefins runs June 18 to August 27, Tuesday evenings from 7:50 to 8:50 pm at Bowview Outdoor Pool.

Visit <https://www.hsca.ca/bowview-outdoor-pool> for more information.



Neighbours Nursery

Locally-raised veggie, herb, and flower seedlings for sale in your neighbourhood.

Check out www.neighboursnursery.ca for all sale dates and locations.



@Neighbours.nursery



SENIOR CONNECTIONS

For seniors related support, information, or volunteering, contact Debbie at 403-283-0554 ext. 224 (and leave a message) or email 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.

May is Caregiver Awareness Month Across Canada

One in four Canadians identify as a caregiver and it is expected that one in two Canadians will give care at some point in their lifetime. Across Canada, caregivers provide 5.7 billion hours a year supporting the individuals they are caring for.

If you know someone who is a caregiver, and you are able, think of a way to celebrate them next month. Caregiving can be challenging and draining on the caregiver.

If you want to explore more about caregiving, check out caregiversalberta.ca.

Monday Connections: Seniors Connections Network (Online), 10:00 to 11:00 am

Rebuilding the Seniors Connections Network is well underway. This volunteer network is about developing connections with seniors in our community, in a variety of ways. If you are interested in being a part of this network, please reach out to Debbie to arrange some time to connect and explore the possibilities.

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.

Chair Yoga - 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.

Cribbage Group

When: 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.



Neighbour Day Art Festival
Saturday, June 15 from 10am - 3pm

FREE

framed on Fifth
1207 5th Ave NW, Calgary
403-244-3688

Over 20 participating local artists making art: From glass, to paint, to textiles and more...

Showing you what artists do and how they do it.

framedonfifth.com

The poster features a woman in a colorful, patterned coat sitting on a large, stylized wooden chair. The background is red with a blue abstract shape behind her.

Notice of Good Food Box Program Ending at HSCA - Effective May 17, 2024

HSCA would like to inform community members that HSCA will no longer be operating as a Good Food Box Depot for the Community Kitchen Program, effective May 17, 2024. The last Good Food Box order date will be May 7, 2024, and our pickup date will be May 16, 2024. Please see the resources and links below for more information on other Good Food Box Depots, Fresh Routes Mobile Grocery Store at HSCA, and Food Resources around Calgary.

Other Good Food Box Depot Locations

The closest Good Food Box Depot is in West Hillhurst at Made by Mamma, located at 66 21 Street NW. Good Food Boxes can be ordered through Made by Mamma Depot's Good Food Box online order form. You can also visit the Community Kitchen Program's Good Food Box Depot directory map for a full listing of depots around the city at: www.ckpcalgary.ca/goodfoodbox.

Fresh Routes Mobile Grocery Store at HSCA: Part of HSCA's Sustainable Food Program

We encourage residents to stop by HSCA every Monday to visit the Fresh Routes Mobile Grocery store from 4:00 to 6:00 pm. Fresh Routes is open to everyone and offers budget friendly grocery items right here in our community. To learn more, visit our Community Food Program page on the HSCA website at www.hsc.ca/community-food-program.

Free Food Resources in Calgary by YYC Food Collaborative

For a full list of free food resources, visit www.hsc.ca/community-food-program and click the 'YYC Free Food Resource List' button for a list of services offering free food hampers and meals.




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JOKE OF THE MONTH



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A Message from HSCA's Practicum Student, Dorraine!

HSCA was fortunate to have Dorraine do her internship with HSCA from January to April. Dorraine worked closely with HSCA's Community Connections Coordinator, Reiko, facilitating and supporting Sip 'n' Chat and Neighbour Night, and leading our yearly Tax Clinic. Thank you for making an impact on HSCA! Please see her message below.

I would like to say a huge thank you to HSCA for an amazing practicum! I'm very thankful for everyone who supported me along this journey, especially when things got busy. "I'm grateful that I got to meet wonderful people; the community members, volunteers, and staff were very warm and welcoming. I've gained a new perspective on how to work within a community that values connection and authentic relationships. I've witnessed the hard work and dedication that everyone contributes to maintain a vibrant lifestyle within the community. Thank you again to HSCA and the community for having me for the past three and half months!

Dorraine



A colorful flyer for HSCA's Flea Market. The top left features the HSCA logo and the text "Flea Market" in large, bold, white letters on a yellow background. Below this, a green banner says "Concession NOW Open". To the right, on a dark green background, it says "Every Sunday 7 A.M. - 3 P.M.", "1320 5 Ave. NW", and "FREE ADMISSION". In the center, it lists "Crafts, vinyl records, antiques, books, household items, & more!". Below that, it provides contact information for vendor inquiries: "403-283-0554, ext 231" and "fleamarket@hsc.ca". The bottom of the flyer is decorated with illustrations of a guitar, a globe, a lamp, books, and vinyl records. At the very bottom, it says "Visit www.hsc.ca/flea-market".

BUSINESS CLASSIFIEDS

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

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

HILLHURST | SUNNYSIDE MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

REGISTERED CANADIAN REFLEXOLOGY THERAPIST: Why not enjoy a relaxing foot and/or hand reflexology session to relieve body tension, improve circulation, and support the body's efforts to heal and function optimally – for yourself or someone you care about! For more information and services offered: www.alignvitality.com | 403-277-0962 | alignvitality@yahoo.com. Gift certificates also available!

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

HILLHURST/SUNNYSIDE CARPENTER/CONTRACTOR: Licensed and insured carpenter for home or office renos or repairs. From 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 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.

YOURS TRULY, JOHNNY DRYWALL: Your local drywall and texture repair specialist. We do many other minor & not so minor interior repairs. Estimates & advice are always free. Call or text Brad at 403-771-5228.

continued on next page

BUSINESS CLASSIFIEDS

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GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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the Gutter Doctor

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GAMES & PUZZLES

Guess The Day in May!

1. On May 3, musicians who play the largest, lowest-pitched, brass musical instrument are recognized.
2. This day celebrated on May 4 is a play on words from an iconic line in an epic space movie created by George Lucas.
3. This day is observed on the second Sunday of May and honours the maternal figures in our lives.
4. On Florence Nightingale's birthday, May 12, hardworking healthcare workers are honoured.
5. World _____ Day, observed on May 20 this year, acknowledges the role of our favourite yellow pollinators.
6. On May 24, a date dedicated to this magnificent, jewelled crown, everyone can feel like royalty.



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