

APRIL 2024

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# HILLHURST SUNNYSIDE VOICE

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

**HSCA AGM  
APRIL 24  
SAMARITAN SALE  
APRIL 27**



Cover Photo by Lily N.

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**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! If you'd like to share your photos around our neighbourhood, please email [stephanie.c@hsca.ca](mailto:stephanie.c@hsca.ca). Pictures tell a story and we're looking to include photos from community members in our newsletters and other communication channels.



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Director-at-Large	Vacant

## STAFF LISTING

Executive Director ext. 221	Kate Stenson	<a href="mailto:kate.s@hsca.ca">kate.s@hsca.ca</a>
Communications Coordinator ext. 226	Stephanie Corbett	<a href="mailto:stephanie.c@hsca.ca">stephanie.c@hsca.ca</a>
Activities and Rental Coordinator ext. 250	Hannah Garcia	<a href="mailto:hannah.g@hsca.ca">hannah.g@hsca.ca</a>
Daycare Program Manager	Kerin Brice	<a href="mailto:dcmanager@hsca.ca">dcmanager@hsca.ca</a> 403-270-9703
OOSC Program Manager	Chelsea Wroblewski	<a href="mailto:chelsea.w@hsca.ca">chelsea.w@hsca.ca</a>
Facility Services Manager ext. 223	Karl Kingsley	<a href="mailto:karl.k@hsca.ca">karl.k@hsca.ca</a>
Seniors' Connection Coordinator ext. 224	Debbie Olson	<a href="mailto:debbie.o@hsca.ca">debbie.o@hsca.ca</a>
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	Giselle Gilliard	<a href="mailto:giselle.g@hsca.ca">giselle.g@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.

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

**HILLHURST**



**SUNNYSIDE**





## 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
<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



## Cover Image Submissions



The April cover photo for the *Voice* was taken by Lily N.

Want your photo to be featured in our *Voice*? Email your photos to [stephanie.c@hsc.ca](mailto:stephanie.c@hsc.ca).

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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: [hsc.ca/community-food-program](http://hsc.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.hsc.ca/community-food-program](http://www.hsc.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
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



## 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](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), 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. 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 HSFM 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 April 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](mailto:reiko.y@hsca.ca) or calling 403-283-0554, ext 247.

**Neighbour Night: Thursday, April 4 - Game Night with Dorraine**

Get ready to play gesture and card games! Having fun is just as important as being productive or learning a new skill. It helps to reduce our stress while giving us the opportunity to connect with others. It will be a good way to unwind!

**Neighbour Night: Thursday, April 18 - Watercolour Painting with Melisa - Back by Popular Demand with A New Twist!**

Learn to paint a small watercolour painting with artist Melisa Centofanti. Whether you are a beginner or a seasoned watercolourist you will learn something new in this session. All materials are provided (although you are welcome to bring some of your own if you have them). There are no prerequisite skills needed. This activity is suitable for all ages. If time allows, we will incorporate your creation into an upcycled greeting card to give to that special someone on May 12. This is always a popular session so please register early, or you might miss out.

### **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: March 24, April 28, 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](mailto:planning@hsca.ca) to participate in a meeting.

*continued on next page*

## ONGOING PROGRAMMING AT HSCA

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

### Volunteer Opportunities at HSCA

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

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

## Tax Clinic Ends April 11!

**Tuesdays and Thursdays from March 5 to April 11**

To reserve your spot, and for more information, contact Dorraine at 403-283-0554 Ext:233 or [taxclinic@hsc.ca](mailto:taxclinic@hsc.ca).

**If you meet the following requirements, the CPA will do your taxes for free:**

Have a household income that does not exceed:

- \$35,000 or less with no dependents
- \$52,500 or less with dependents
- Not have interest or investment income:
- Beyond the \$35,000/\$52,000 threshold

Not have earnings from:

Self-employment income, rental income, or real estate holdings (land and/or buildings, including a house or condo that provides income).

## Income Tax Clinic

If you meet the following requirements, the CPA will do your taxes for free:

Have a household income that does not exceed:

- \$35,000 or less with no dependents
- \$52,500 or less with dependents

Not have interest or investment income:

- beyond the \$35,000/\$52,000 threshold

Not have earnings from:

- self-employment income, rental income, or real estate holdings (land and/or buildings, including a house or condo that provides income)

**By filing your taxes, you could be eligible to RECEIVE money!**

- monthly Canada Child Benefit payments
- quarterly Goods and Services Tax (GST) payments
- quarterly Alberta Child Benefit payments
- semi-annual Alberta Family Employment Tax Credit payments

Many free and low-cost programs and initiatives also require information from your filed taxes.

In-person file drop off dates (after registration):  
**Tuesdays & Thursdays from March 5 to April 11**

To reserve your spot, contact Dorraine:  
**403-283-0554 Ext: 233 | [taxclinic@hsc.ca](mailto:taxclinic@hsc.ca)**



At the Hillhurst Sunnyside Community Association  
1320 5 Ave NW

## Notice of HSCA's 2024 AGM (Virtual)

HSCA's Annual General Meeting will take place on Wednesday, April 24, 2024, at 6:30 pm. This year's AGM will be 100% virtual. Registration details will be available on our website at [hsc.ca/agm](http://hsc.ca/agm). As stated in our March *Voice*, if you wish to vote or run for Board positions, HSCA Memberships must be purchased 30 days prior to the AGM (by March 25, 2024).

### Join The HSCA Board of Directors

Resident participation in the Board of Directors voting and nomination process is highly encouraged. Our Board of Directors at HSCA has an active involvement with numerous programs, events and activities in the facility and the community. The Board also operates critical task forces and committees. Hillhurst Sunnyside residents with a valid HSCA membership are encouraged to run for Board positions. We are a diverse group of motivated professionals working on interesting and engaging projects for a forward-looking community association. Visit [hsc.ca/agm](http://hsc.ca/agm) to submit your nomination form and review the 2024 Prospective Board Member Handbook.

HSCA  
Hillhurst Sunnyside Community Association

**2023 ANNUAL GENERAL MEETING**

**APRIL 24, 2024, 6:30PM**

FORMAT: ONLINE VIA ZOOM  
REGISTRATION REQUIRED  
[WWW.HSCA.CA/AGM](http://WWW.HSCA.CA/AGM)

REMINDER: TO VOTE & RUN FOR BOARD POSITIONS, AN HSCA MEMBERSHIP MUST BE RENEWED OR PURCHASED 30 DAYS PRIOR TO THE AGM.

[WWW.HSCA.CA/AGM](http://WWW.HSCA.CA/AGM)





## Board Nomination Form

Please be sure to complete ALL of the fields below. This form must be printed and signed and submitted by email, mail, or in-person at HSCA at:

1320 5th Ave NW

Calgary AB, T2N 0S2

executivecommittee@hsc.ca

Date \_\_\_\_\_

Name of Nominee \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

I wish to stand for election to the HSCA Board of Directors at the **April 24th, 2024, Annual General Meeting**. I understand that this form is required to be completed and returned in-person or emailed (as above) **7 days in advance of the Annual General Meeting**, and this nomination form is required to be signed by two (2) Full Members of the Association. A Full Member is defined as an individual 18 years of age or older, who is a resident of Hillhurst Sunnyside and whose membership has been purchased at least 30 days prior to the Annual General Meeting. Board nominees shall be full members at the time of nomination. Board nominations may also be made at the AGM but the nominee must be a member of the association as stated above.

I would like to stand for election as a member of the Board

I am a Full Member of HSCA

Date \_\_\_\_\_

Signature of Nominee \_\_\_\_\_

### FULL MEMBERS NOMINATION

1.  
Name of Full Member \_\_\_\_\_

Signature of Full Member \_\_\_\_\_

2.  
Name of Full Member \_\_\_\_\_

Signature of Full Member \_\_\_\_\_

## 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](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).

### **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](mailto: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.

### **Coming Up: 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](http://caregiversalberta.ca).

### **Thank You!**

Thank you to all the volunteers and neighbours who helped seniors and others in our community with snow removal this past winter! You have made an enormously positive impact on those you have helped and for other residents and postal workers who navigate snow covered sidewalks during the winter. Your support, as always, is greatly appreciated by all.



# 5A Improvements in Sunnyside

by Tim Schaefer, Sunnyside resident

Calgary's pathways and bikeways offer an extensive network that many Hillhurst Sunnyside residents enjoy. However, the City's 2020 Transportation Plan describes the current network as one that only serves "recreational users as well as confident and dedicated cyclists".



Photo Credit: Tom Flood. Photo of child biking in an unsafe painted bike lane.

To address this concern the City created the 5A Network plan, where the five A's stand for: Always Available for All Ages and Abilities. The purpose of the 5A plan is to evolve Calgary's pathways and bikeways to be more inclusive, have broader use and fewer barriers. In other words, make it so anyone no matter their ability, can feel comfortable choosing to ride a bike, scooter, trike, or e-bike as a form of transportation any day of the year.

The good news for Hillhurst Sunnyside is it will see 5A Network improvements in the community in 2024!

Thanks to the City of Calgary's Riley Area Improvements initiative (previously called Kensington Area Projects) the City will be bringing investment to the 2 Ave NW and 7 Ave NW corridor. The result will be bikeway, walkway, and transit upgrades on this corridor that will be more welcoming to children, seniors, and people with mobility challenges.

This corridor is particularly important because it provides connections to important destinations within our neighbourhood such as the Sunnyside School, the Sunnyside LRT station, businesses in Kensington and residences throughout the neighbourhood.

Implementing this initiative will mean the street will change. Excessively wide vehicle lanes will be narrowed

so their design-speed matches our residential speed limit. Currently the lanes are wider than lanes on Deerfoot, no wonder people drive too fast. In the space that is created from narrowing the vehicle lanes, protected mobility lanes will be built.



Photo Credit: C Page. Photo of three generations of women riding on a safe separated mobility lane in Calgary.

If you park your vehicle on this corridor today, the exact spot you park might change. When these changes come, please keep in mind the safe and inclusive opportunity it will create for all people who live in our neighbourhood today as well as tomorrow. People like the kid next door who is one of the 170 elementary school children who attend Sunnyside School. Or people like the grandparents across the street who've been hesitant to ride their bike or trike to the grocery store because they don't feel safe riding on streets with big pickup trucks and SUVs.

Providing the freedom for all ages and abilities to be actively mobile anytime in a safe environment will be a great exercise in removing societal barriers. It will also promote physical activity, build vibrancy in our community, and most importantly demonstrate that we value the safety of people who choose active mobility.

For more information about this project, contact the City by calling 3-1-1 or visit the City's website and search Riley Area Improvements.



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**BLUE WAGON LAWN CARE:** A local student-owned business now offering spring cleanup services! Aeration, power raking, fertilizer, leaf cleanup. 700+ homes served. Limited spots are available so book now to keep your lawn lush this summer. Contact Anette at 403-984-6824, sales@bluewagon.ca, or visit [www.bluewagon.ca](http://www.bluewagon.ca) to get a free instant quote!

**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](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.

**YOURS TRULY, JOHNNY DRYWALL:** Your local drywall and texture repair specialist (and much more). Poly B replaced? I do all other minor or not so minor drywall and interior repairs. Estimates & advice are always free. Call or text Brad at 403-771-5228.

*continued on next page*

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## continued

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## Samaritan Club of Calgary Spring Super Thrift Sale

The Samaritan Club of Calgary Spring Super Thrift Sale will be held Saturday, April 27, 2024, from 9:00 am to 1:00 pm at the Hillhurst-Sunnyside Community Centre (1320 – 5th Ave NW). The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods, and more. All proceeds go to Calgarians in need. Check [www.samaritanclub.ca](http://www.samaritanclub.ca) for details.

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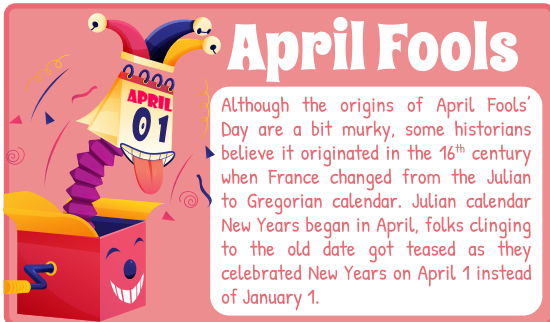
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- Extending the service life of the flyover by roughly 35 years.
- Improving one critical link in the transportation network to help with Calgary's continued growth in the coming years.

For more information and to sign up for email newsletter updates, visit [calgary.ca/4aveflyoverrehab](http://calgary.ca/4aveflyoverrehab)

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## April Fools

Although the origins of April Fools' Day are a bit murky, some historians believe it originated in the 16<sup>th</sup> century when France changed from the Julian to Gregorian calendar. Julian calendar New Years began in April, folks clinging to the old date got teased as they celebrated New Years on April 1 instead of January 1.

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