

FEBRUARY 2020

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**FEBRUARY IS
BLACK HISTORY MONTH**

**A PROFILE OF VIOLET KING, THE FIRST BLACK
WOMAN TO PRACTICE LAW IN CANADA & HER
FORMER SUNNYSIDE HERITAGE HOME ON PAGE 14**





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The Brenda Stafford Foundation was proudly awarded 'Accreditation with Exemplary Status' (Accreditation Canada) and 'Innovator of the Year' (Alberta Continuing Care Association) in 2018.

PROGRAMS CALENDAR

Sunday

***Flea Market**
7:00 am
to 3:00 pm

Monday

***Badminton**
10am-1pm
***Seniors' drop-in**
1 pm to 4 pm
***Fresh Food Basket**
4 pm to 6 pm

Tuesday

Children's Karate
6:15-7:15pm
Little Dragons Karate
6:15-7:15pm
Karate StrengthFit Sparring
7:15-8:15pm
***Drop-in ESL Club**
7:15 pm to 9 pm

Wednesday

***Watercolour Art Classes**
9am-12
***Farmers' Market**
3-7pm
Spanish Lessons
***Karma Yoga**
(Athletic Yoga Flow) 10-11am
***Karma Yoga**
(Pilates) 12-1pm

Thursday

***Badminton**
10am-1pm
Karate StrengthFit Sparring
6:15-7:15pm
***Neighbour Night**
6-8pm

Friday

Acrylic Art Classes
9am-12
Sportball
***Karma Yoga**
(Mindful Yin)
6:15-7:15pm

Saturday

Capoeira
10am

Please bring exact change for Karma Yoga when possible. The suggested donation is \$5.

*Indicates HSCA Programs

Program Phone Numbers

*Art Classes		
*Badminton	Allison	403-283-0554 ext. 232
Capoeira		403-827-7917
*Chair Yoga	Debbie	403-283-0554 ext. 224
*Drop In ESL Classes	Norman	esl@hsc.a.ca
*Farmers' Market		
*Fresh Food Basket	Heather	403-283-0554 ext. 248
*Flea Market	Bonnie	403-283-0554 ext. 231
		(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)
Karate	Richard	403-203-8710
Karma Yoga*	Lisa K.	403-270-0995 (no texting please)
*Neighbour Night	Sarah	403-283-0554 ext. 247
*Seniors' Knitting/Morning & *Seniors' Drop In	Debbie	403-283-0554 ext. 224
Spanish Lessons	Guilliana	403-835-2650
Sportball		403-700-7994

Upcoming Events

February 1

HSCA Soccer Registration opens (see page 13 for details)

February 6

Caregiving Support Gathering, 6pm-8pm
HSCA Boardroom

February 11

HS Planning Committee Meeting, 7-9pm

February 23

West Hillhurst Community Preschool (WHCP)
Open House at the West Hillhurst Community Association, 2-4pm



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EVENT,
WORKSHOP OR
GROUP AT HSCA**



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**403-283-0554
WWW.HSCA.CA**



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Hillhurst Sunnyside Community Association

Community Centre

1320 5 Avenue NW, Calgary, AB T2N 0S2

Phone: 403 283-0554 • Fax: 403 270-3130 • www.hsca.ca

BOARD OF DIRECTORS

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All of our staff can be reached at the extensions listed through our main reception number at 403-283-0554 Monday through Friday from 9:00 am to 3:30 pm.

STAFF LISTING

Kate Stenson	Executive Director Ext. 221	kate.s@hsca.ca
Allison Harrison	Front Office & Rentals Ext 232	rentals@hsca.ca
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VACANT	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)	
Heather Ramshaw	Community Programs Coordinator Ext. 248	heather.r@hsca.ca
Sarah Howden	Community Connections Coordinator Ext 247	sarah.h@hsca.ca



Colouring Contest Winner

Congratulations to Minel! Minel was the winner of the Calgary Dollars Colouring contest at our **A Very Local Holiday Farmers' Market!**

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COMMUNITY PLANNING, DEVELOPMENT, AND ENGAGEMENT UPDATE

Important city-wide policies are underway that will affect all communities and properties in Calgary

The Hillhurst Sunnyside Area Redevelopment Plan (http://bit.ly/HS_ARP), has served the community since 1988 and went through a major revision in 2009. Local Area Plans, such as our ARP are meant to be reviewed and updated every 10-15 years. For the most part, the new, larger midrise buildings have generally developed very close to the vision outlined in the 2009 Transit Oriented Development policies in terms of heights, densities, setbacks from the street and building shapes.

HSCA Community Planning has provided a summary of new city-wide planning policy changes below. *Keep in mind this is based on the most current information available – these projects are subject to change based on City Council's direction.*

#1: Multi Community Planning (MCP): This year, Hillhurst Sunnyside and our neighbouring communities of West Hillhurst and Hounsfeld Heights/Briar Hill will be transitioning to the City of Calgary's new Multi Community Planning model. Three other districts are also currently going through the MCP process: the North Hill, Westbrook and Heritage [Drive] communities. 42 districts in Calgary will be captured in the MCP process over the next ten years.

Our current ARP provides detailed residential land use policies with specific design recommendations defined for seven Residential Character Areas based on unique site characteristics. The ARP also provides policy direction on promoting a diverse housing mix, a vibrant commercial district, open space, consideration for schools, transportation, social considerations, urban design initiatives, people-friendly streetscape design and heritage conservation.

It is important to understand that the Hillhurst Sunnyside ARP will be superseded by the new MCP and the Guidebook's (see #2) new general classifications and new "overlays" on how land is used and redeveloped.

Public engagement will take place through online and in-person engagements. Through this process, a working group committee will be struck consisting of community association members, community residents, local business and development industry representatives.

#2: Guidebook for Great Communities (GGC): The City has adopted its new Guidebook for Great Communities which directs how existing and new communities will evolve and grow. The Guidebook is statutory policy that provides guidance on how future development looks like.

The new Guidebook establishes Multi-Community Local Area Plans based on geographic location, natural boundaries and major roads. These district-scale plans are based on activities of people and how they move around and access amenities (such as parks, schools, shopping and services), which are not

tied to their local community boundaries. The City also plans to tie public infrastructure upgrades, such as for parks, sidewalks, pathways, underground utilities, civic facilities and roads that span different neighbourhoods.

Hillhurst Sunnyside is a diverse and mixed-demographic community that has a range of land uses from single-family homes to condos/apartments. In the residential community context, much of the housing on the western and eastern ends of our community is generally zoned as RC-2 and categorized as "low density conservation" within the ARP (this allows single or duplex housing with secondary suites). The area between 14th Street and 5A Street is generally zoned as M-CG, (this allows for multi-unit lower profile housing based on the size of the parcel and allowable density), while higher and denser buildings are allowable on the Main Streets.

Currently, developers/applicants seeking to build more units in larger buildings in lower density areas require a Land Use Amendment process (rezoning the land). Through the Guidebook, a new *urban form classification system* will be created and applied through the Multi Community Planning process.

For example: within the *Neighbourhood Housing Local* classification, low density residential buildings (up to three storeys) can be built. *This means that larger and denser rowhouses can be built next to single detached houses or 3-storey infill houses can be built next to one-storey bungalows;* this form of development has already taken place in our community in recent years.

Read the GGC at www.calgary.ca/guidebook. **All statutory documents (such as the Hillhurst Sunnyside ARP) will eventually fall under the Multi Community Plans and the Guidebook.** The GCC will be tested in the second quarter of 2020 through the Multi Community Plans.

#3: Toward a Renewed Land Use Bylaw: The City is currently working on a new Land Use Bylaw (the current LUB 1P2007 is now 13 years old), has over 200 unique Land Use Districts, 61 standard districts and over 3,000 direct control districts. The City seeks to move away from the current restrictions to a more flexible approach aligned with future City policy direction.

#4: Established Areas Growth and Change Strategy (EAGCS): The City of Calgary has recently reached out to stakeholders in communities where redevelopment is either imminent or already underway. The EAGCS seeks to support areas with population growth through public investments.

The City has identified short-term improvement projects supporting the public realm and infrastructure (sidewalks, public plazas, traffic calming on roadways, etc.) and larger, longer-term projects as more redevelopment occurs.


Talk to Us!

It is important that the impacts of intensification and densifica-

tion in our vibrant, mixed demographic inner-city community are balanced against the larger city-wide policies. At the same time, retaining the characteristics that the community values, such as improving quality of life in our walkable urban village. It is also important to recognize the heritage and cultural assets in our 115-year old changing neighbourhood as this transition takes place.


2020 is the year where Calgarians will navigate these major city-wide changes and find out how the various policy initiatives will affect your property and/or your neighbourhood. You can search for more information or updates on the City of Calgary website at www.calgary.ca. Please also follow HSCA Community Planning online at <https://hsc-community-planning.mn.co>.

Interested in getting involved? Get in touch with the Hillhurst Sunnyside Planning Committee – contact Lisa Chong, Community Planning & Engagement Coordinator at lisa.c@hsc.ca or show up to one of our monthly meetings. We meet on the second Tuesday of the month at 7pm at the HSCA.



**HILLHURST SUNNYSIDE
COMMUNITY ASSOCIATION**

Tuesdays 9 to 10 am Kids 3-5 Years Old
Wednesdays 4:30 to 5:30 pm Kids 6-10 Years Old



FOR MORE INFO:
WWW.JUGANDO.CA
403 - 8352650
giulliana@jugando.ca

As the temperatures drop in Calgary, individuals experiencing homelessness are at risk of cold related injury and death. If you see someone outside in need of assistance, contact the Alpha House’s DOAP Team or Encampment Team below.

Our friends at Alpha House are accepting donations of gently used winter clothing, coats, hats, gloves, backpacks, and new socks/undergarments see <http://alphahousecalgary.com/how-you-can-help/> for info.

If you are not sure who to call to report a concern or issue, below is a guide.

WHO TO CALL	WHEN TO CALL
9-1-1	If you believe that anyone’s safety is in jeopardy. If you see a violent or criminal situation occurring.
Calgary Police Services Non-Emergency (403) 266-1234	If for any reason you feel that the situation would be better dealt with by the police but there are no threats to anyone’s safety. Police will attend on a lesser priority response time and address the situation.
Alpha House’s Encampment Team (403) 805-7388	The Encampment Team can connect rough sleepers (individuals in “camps” rather than shelters) to housing supports, food options, medical treatment, and other social services.
Alpha House - D.O.A.P. Team (403) 998-7388	If you observe an individual who appears to be intoxicated, loitering, trespassing or sleeping in an area that they should not be but otherwise appears peaceful and is not being aggressive.
Alpha House Needle Response Team 403-796-5334	Call or text if you see a needle on both public and private property. Include location details (M-F from 7am to 6pm or call 911 after hours) details (M-F from 7am to 6pm or call 911 after hours)
3-1-1	To report any concerns such as graffiti, patio panhandlers and shopping carts.

Community members are always encouraged to call the City 311 service. More calls will drive statistics and lead to funding and resources from City Hall for issue areas. Please add these important phone numbers to your address book for quick reference.

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.

COMMUNITY PROGRAMS AT HSCA

All Community Programs are hosted at HSCA (1320 – 5th Ave NW)

Drop-in Knitting & Crocheting

Mondays, 9am – noon, Hearth Room

If you would like to learn how to knit or crochet, or if you would like to come by and meet with the ladies of the group, visit and see the great items they create, you are most welcome.

You may purchase the Knitting Group's items at the Wednesday Farmers' Market (now indoors for the fall and winter) or on Mondays when the group is in the centre. Come down and check out all the wonderful things they have for sale. Proceeds from the sale of these items support programming for the Seniors Connections Program. The seniors are always looking for donations of yarn to create their projects. If you have some yarn you would like to donate, please drop it off at the centre. The yarn is greatly appreciated.

Contact Debbie for more information: 403-283-0554 ext. 224 debbie.o@hsc.ca.

Monday Afternoon Card Group

Mondays, 1pm – 3:30pm, Boardroom

This group meets each Monday from about 1 p.m. to 3:30 p.m. to chat and drink coffee over a game of "Stop the Bus", a classic and easy to learn card game. This free and informal drop-in group welcomes seniors to come out and get to know some new people, share stories and have fun. Come join them for an afternoon and enjoy some good fun. Feel free to bring new game ideas too!

Contact Debbie for more information: 403-283-0554 ext. 224 or at debbie.o@hsc.ca.

Drop-In Badminton

Monday and Thursdays, 10:00am-1:00pm, Gymnasium

Join an enthusiastic group for competitive, but friendly badminton on Monday and Thursday mornings! Bring your own racket, running shoes and \$4 to play.

Fresh Food Basket

Mondays, 4pm – 6pm, Hearth Room

Are you facing financial barriers to accessing good, fresh food? Drop by and pick up a few servings of fresh produce for free! Our supply of single-use plastic bags is decreasing. Please bring your own bags or containers and join us in this growing movement to use less plastic.

Note: On statutory holiday Mondays, Fresh Food Basket is open Tuesdays instead.

For more information, contact Heather at 403-283-0554 ext. 248 or at heather.r@hsc.ca.

Drop-in ESL Club

Tuesdays, 7:15pm – 8:45pm, Board Room

"There is a place on this planet where frontiers don't exist, where no passport is needed [and] you can go on a trip around

the world in just 90 minutes" (ESL member, 2019). Practice and improve your English speaking and listening skills in a free, informal, conversation-based club. **Please register before attending as class size is limited.** Priority is given to residents of the Hillhurst Sunnyside Community, though if space is available, we also welcome residents of the rest of Calgary.

To register or for more information, please email esl@hsc.ca.

Farmers' Market – Indoor for the season!

Wednesdays, 3pm – 7pm year round

Join us for great local food, music and fun Wednesdays when farmers, artisans and chefs gather each week to bring the community the best in local food and goods. Don't forget, the market is **year-round!**

For more information visit www.farmersmarket.hsc.ca or call or email Heather at 403-283-0554 ext. 248 or heather.r@hsc.ca.

Chair Yoga – TWO CLASSES

Thursdays, 10:15am to 11:05 am (first class) & 11:15 am to 12:05 pm (second class)

North Social Hall

The first class has room for more participants. If you are interested in joining the class, please call Debbie to register to make sure that there is room. Each class is capped at 25 participants to make sure there is room for participants to move and no one feels crowded.

Classes return February 6, 2020 and run until June 25, 2020. Join us for gentle exercise to help increase body strength, stretch muscles, help improve balance, prevent falls and help improve movement.

Have questions? Contact Debbie for more information or to register for the class(es): debbie.o@hsc.ca or 403-283-0554 ext. 224

Neighbour Night

Thursdays, 6pm – 8pm, Hearth Room

Come get to know your neighbours and learn something new! Join us every Thursday for an interesting activity or discussion, childminding, and a vegetarian meal. Neighbour Night is FREE for all to attend.

Neighbour Night runs on Thursdays on a drop-in basis.

For more information, contact Sarah at 403-283-0554 ext. 247 or at sarah.h@hsc.ca.

Skillz 'n Stuff

Tuesday, March 3rd at 6:30pm, Hearth Room

Reduce your home's waste in 2020. Set you up for success with Zero Waste evening at Hillhurst Sunnyside Community Association.

Join us at HSCA on the evening of March 3rd at 6:30pm for an evening of information and inspiration as we set you up for success to reduce your home's waste.

• Learn to **Recycle Right** with short presentations by City of

Calgary Waste and Recycling division and Blu Planet recycling.

- Declutter your container drawers! Bring your unused containers for our container swap.
- Learn about waste reduction strategies from our local businesses in the community who offer zero-waste options that may work for you!
- Waste reduction strategies and tactics for busy people.

For more information contact Sarah: sarah.h@hsca.ca or 403-283-0554 ext. 247

Supporting Caregivers

1st Thursday of every month, 6pm – 8pm, Tyler Room

The Caregiver Support Network will meet on the **first Thursday of every month** from January to June. This network was started by caregivers who wanted to explore ways to support each other. Everyone's journey will have unique elements, but most of the challenges are the same. Whether you are a current caregiver, anticipate becoming a caregiver, want to help someone who is caregiving, or just want to learn more, come join us. We look forward to input from all sides as we navigate this journey together.

If you are not able to make the meetings but would like to learn about what we are exploring, give Debbie a call and she will gladly get you up to speed and tell you about next steps. I hope to have information set up on our website in the coming months. Will post it on Facebook when it is available for viewing.

For more information, contact Debbie for more information: debbie.o@hsca.ca or 403-283-0554 ext. 224

Volunteer Opportunities

To find all volunteer opportunities available at HSCA, visit www.hsca.ca/volunteer

Neighbour Night – Looking for volunteers to help cook meals!

Love to cook? Share your creations with the Neighbour Night program to help a group of amazing residents build relationships and livelihood assets over dinner and activities!

The responsibilities of a Neighbour Night Volunteer Cook are to:

- Plan, prepare, and cook a healthy, vegetarian meal for Neighbour Night
- Inform the Community Connections Coordinator of any ingredients needed for the meal to ensure everything is ready to cook upon arrival
- Clean up related materials and spaces after use

Volunteer Cooks would ideally be available on Thursdays leading up to the 6pm dinner service, OR the volunteer could prepare the meal at an earlier time or date and leave instructions for serving. We ask for volunteer to please commit to cooking at least one meal per month, or as many as one per week. All volunteers are invited to join the group dinner each week.

Contact Sarah for more information: sarah.h@hsca.ca or 403-

283-0554 ext. 247.

Volunteer Network: Supporting Seniors

Help build a Volunteer Network to connect with and support seniors in our community in a proactive way by being able to respond to seniors needs more quickly. Having volunteers who have completed the screening process and identified ways they would like to support seniors, when the need or request arises, means that we can respond to their needs more quickly after a request is made.

If you are interested in being part of this volunteer network, contact Debbie or sign up online on our Timecounts program – www.timecounts.org/hillhurst-sunnyside. We will do the security clearance process and training ahead of time so that you are ready to help us respond to emergent or regular requests as they come in.

Check out the following Bucket List of some of previous requests to see if there's something that you might be interested in helping with and join our Volunteer Network today!

Volunteer Bucket List: Snow removal, light housekeeping, friendly visiting, garden support, escorting to a program, shopping support, transportation, replacing a smoke detector battery, fixing a dripping faucet, unclogging a sink, changing a light bulb in a ceiling light, downsizing, help getting home from cataract surgery, dog walking, and more!

For more information or to explore the possibilities for seniors programming or support, contact Debbie for more information: debbie.o@hsca.ca or 403-283-0554 ext. 224

If you're looking to get involved at HSCA and you don't see an opportunity that suits you, please reach out to chat – we would love to hear from you!

For anything related to seniors: Debbie at debbie.o@hsca.ca or 403-283-0554 ext. 224

For anything related to Fresh Food Basket or the Farmers' Market: Heather at heather.r@hsca.ca or 403-283-0554 ext. 248

For questions about Neighbour Night, Community Potlucks, resources and supports, contact Sarah at sarah.h@hsca.ca or 403-283-0554 ext. 247

FLEA MARKET

Sundays 7:00am-3:00pm

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Open weekly year round

Fee admission



CAREGIVING SUPPORT GATHERING

ALL CAREGIVERS WELCOME!



THURSDAY, FEBRUARY 6TH, 6-8PM

AT THE HILLHURST SUNNYSIDE COMMUNITY CENTRE, BOARDROOM (1320 5TH AVE NW)

COME AND JOIN US AS WE SHARE OUR JOURNEYS, CHALLENGES, FRUSTRATION, IDEAS ETC. AND CREATE A PLAN FOR US AND OTHER CAREGIVERS IN THE COMMUNITY TO HELP AS WE TRAVEL THIS PATH.

THESE MEETINGS WILL BE HELD ON THE FIRST THURSDAY OF EACH MONTH.

FOR MORE INFORMATION, CONTACT DEBBIE AT 403.283.0554, EXT. 224 OR DEBBIE.O@HSCA.CA

FLOOD PROTECTION UPDATE

The City of Calgary Must Find Funding for Flood Protection

Last fall's provincial budget cancelled the Alberta Community Resilience Program (ACRP). The cancellation of ACRP is a very disappointing development. Both the Upper Plateau Separation (UPS) Project and the Sunnyside Flood Barrier Project are in jeopardy due to lack of funds.

The City of Calgary now must find the money internally, We have been in discussion with the City but as of this writing we remain very concerned about the prospects for an adequate barrier (we understand that the City will give budget priority to the UPS project, so the chances are good that it will proceed). This uncertainty is surprising because City Council has identified flood mitigation is a top strategic priority for the City of Calgary. Furthermore, in November 2013 City Council allocated some of their fiscal stability reserve to complete flood resiliency projects, however this allocation has apparently been revised retroactively to be specifically "for recovery projects - flood resilience projects (which would include barriers) are not eligible". This leaves the outlook for the Barrier project uncertain. We will be advocating to the City at every opportunity to fund these projects and we ask for your support.

There is a faint hope that federal money might be available, and while it cannot be counted upon, we will do what we can to support applications for it.

The HSCA Emergency Response and Preparedness Committee (EPARC) will continue advocacy to all three levels of government so that both these critical projects can proceed.

Sunnyside Flood Barrier September Open House - What We Heard report

The "What We Heard" report from Community Engagement Open House on the Sunnyside Flood Barrier Project held on September 24, 2019 has been issued and can be found as a link on the page <https://engage.calgary.ca/sunnyside-flood-barrier-project>

In summary the What We Heard Report reflects the priority of the community for adequate flood protection, i.e. the highest feasible flood barrier.

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Sunnyside Flood Barrier:

A Message from the City of Calgary

On September 24, The City hosted an open house with Sunnyside and Hillhurst residents to gather feedback on four different flood barrier options we're exploring for the area. Each option has trade-offs, and the open house was an opportunity to begin to uncover these impacts at a high level and share them with the community to get initial feedback. Approximately 130 people attended the open house and we received 535 comments through online and in-person engagement. The **What We Heard** report summarizing the feedback received is now available at: <https://engage.calgary.ca/sunnyside-flood-barrier-project>

Summary

1. Below is a high-level summary of the two areas of input where we sought feedback:
2. The priority ranking of the Triple Bottom Line social criteria

The community's assessment of the social impacts for each of the four barrier options developed.

Social criteria ranking

Based on the collective feedback from 81 participants, equality of protection, impact on vulnerable populations, and the impact on the mental well-being of residents were considered to be the most important social criteria. Impacts on recreational areas, pathways and the community fabric were considered less important social criteria by participants.

The community's feedback will be taken into consideration as we finalize the weighting of the social criteria to ensure that community concerns are reflected in Administration's recommendation to Council. This feedback will be considered alongside technical analysis on economic and environmental impacts as part of the projects Triple Bottom Line evaluation.

Community feedback on barrier options

We also asked residents to share their perceived benefits and

concerns with each flood barrier option. Understanding the community's point of view will help the project team as we begin to assess the social impact of each option.

In general, while residents appreciate how the lower flood barriers options are less intrusive to the overall look and feel of the area by having the least impact on trees and river views, they are concerned that these solutions don't reduce the risk of flooding in Sunnyside enough. They are also concerned that these options are more dependent on an upstream reservoir on the Bow River, which leads to heightened fear and anxiety.

As the level of protection increases, residents are more satisfied with the equality of flood protection and the sense of security it affords. There are concerns that building the highest level of protection could disrupt the community fabric and aesthetics of the natural environment. In addition, while a higher flood barrier may reduce their stress and anxiety in the long-term, they are also concerned about the potential long timeline for construction.

Next steps

- Going forward, we'll be using the community's feedback in the social analysis of each flood barrier option. We will also evaluate the options based on their economic and environmental impact.
- Once the analysis is complete, we will share the recommended barrier option with the community in 2020. From there, it will be presented to the Standing Policy Committee for Utilities and Corporate Services in April 2020 during the annual Flood Resilience Plan Update.
- The Province's October budget announcements and subsequent \$81 million cut to the Alberta Community Resilience Program will affect The City's ability to fund and construct this project. Administration is examining options and will return to Council with an update also during the Flood Resilience Plan Update in April.



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www.rlg.ca

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Soccer Registration is upon us!

Get your child out and active in the community and into a recreational sport! Community Soccer promotes fair play and confidence while building social skills and making new friends! **Registration opens February 1, 2020** the soccer season runs from **mid-April to the end of June** (weather permitting). There are various leagues available from U4 – U12.

Looking to volunteer? We have many different positions for you to help out in! The Soccer Program is dependent on volunteers! Please email us at soccer@hsc.ca for more information. Looking forward to a fantastic season!



SPORTBALL
HILLHURST SUNNYSIDE C.A.
1320 - 5 AVE. N.W.

WINTER

MULTI-SPORT 2 YRS - 5 YRS
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HSCA 2020 Membership Announcements

When you buy an Individual, Family or Senior Membership you're supporting our community AND you'll get discounts at some great local businesses!

Our 2020 HSCA Memberships are now live and ready for purchase and renewal on our new software.

Getting a Membership for the first time?

For details, visit our website <https://www.hsc.ca/> membership and check out our Membership perks and discounts (including a full list of our Membership Partners) and **purchase your 2020 Membership online.**

Want to renew your Membership?

Renew by visiting <https://www.amilia.com/store/en/hsc/shop/memberships>

If you currently have an HSCA Membership or have in the past, follow the instructions below:

- In the top right corner, click **Login**
- You will then be directed to the Login page, click '**reset your password**'
- You will then be prompted to **enter your email address** (please ensure you enter the same email address you provided for your last membership renewal)
- Follow the **password reset instructions** sent to your email. Once your password is reset you can login by following the same link above. You will then be taken directly to the Membership Sales page where you can select the appropriate membership and proceed from there.



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HSCA
Hillhurst Sunnyside Community Association

Community Service Award Nominations 2020

Do you know someone making a difference in Hillhurst Sunnyside?

Nominate someone making a difference in our community for the Community Service Award! Nominations are due by **April 8th, 2020**.

How to nominate someone:

Email stephanie.c@hsc.ca to nominate a candidate. Be sure to include the candidate's name and a brief explanation as to **why the nominee is an outstanding member of our community**. Please include the contact information of yourself **and** the nominee.

Eligibility:

Nominees may be a resident or non-resident, member or non-member, provided their community service efforts have contributed to the well-being of the Hillhurst Sunnyside community and/or community members.



HSCA
Hillhurst Sunnyside Community Association

Karma Yoga & Functional Fitness

Classes begin January 8th, 2020 at HSCA (1320 5 Avenue NW)

Classes are a suggested \$5 drop-in*
Please bring a yoga mat & any other props you prefer

- Athletic Yoga Flow**
Wednesdays, 10-11am in the Gymnasium
- Pilates Infused Core**
Wednesdays, 12-1pm in the Gymnasium
- Mindful Yin**
Fridays, 6:15-7:15pm in the Hearth Room
Bolster, pillow, and blanket recommended

Also accepting Calgary Dollars!

Riverwalk Retirement Residence INFORMATION SESSION

Come out for an informative discussion to learn more about **what Life at Riverwalk will be like**. We will be discussing Independent Senior Living, the continuum of care offered, and the benefits of Retirement Living for the Future Residents of Riverwalk. We will be offering two sessions for your convenience.

This event is by RSVP only and space will be limited.

Thursday February 20, 2020
The Glencoe Club, 636 - 29th Avenue SW
1:30 - 3:30 PM or 6:30 - 8:00 PM

Please RSVP by February 12
to Charmaine Richter 403.465.1666
mktg.mgr.rw@verveseniorliving.com



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February Is Black History Month in Canada:

A Profile of Violet King, the First Black Woman to Practice Law in Canada and Her Former Sunnyside Heritage Home!



Violet King (b.1929 in Calgary and d.1982 in New York) was a trail-blazer—the first Black Canadian to obtain a Law degree in Alberta (1953), first Black

person admitted to the Alberta Bar (1954) and first Black woman to become a lawyer in Canada.

Her parents John and Stella King were part of an African American group of farmers who migrated from Oklahoma to Alberta to avoid racism. They settled in the Sunnyside community in 1919. John worked as a 'sleeping car porter' with the CPR and Stella worked as a seamstress. They raised their four children in their modest home at 518 7th Avenue NW.

Violet attended Crescent Heights High School followed by the University of Alberta (one of only three women in the Faculty of Law). She articulated in Calgary and spoke out publicly against racism. In November 1955 she remarked "It is too bad that a Japanese, Chinese, or colored girl has to outshine others to secure a position."

Violet moved to Ottawa to work for the Department of Citizenship and Immigration in 1956, then in 1963 saw a greater need and moved to New Jersey to become ED of the Newark YMCA where she set up ur-

ban social planning programs for Blacks. She married and had one daughter. In 1969, she moved to Chicago and became Director of Manpower, Planning and Staff Development of the YMCA—the first woman to be named to a senior management position with that organization.



'King shattered glass ceilings and broke down colour barriers to pave the way for future generations. Her hard work and drive to excel in all facets of her career are an inspiration for those who also aspire to do great things in their field.'

Sources: *The Canadian Encyclopedia; Calgary's Henderson Directories; University of Alberta @UALberta; Wikipedia; Calgary Herald articles: 'Prairie Roots: Calgary-born Violet King Henry the first black woman to practise law in Canada' by Brian Brennan Nov2,1996; Miss Violet King Is Credit to the City' by Teen Nolan, June 26,1958; 'Former Calgary Lawyer Moves to New US Job' Oct 1,1963.*

Written by Lorna Cordeiro, Hillhurst Sunnyside Heritage sub-committee. If you would like to get involved with our community's heritage, please contact Lisa Chong, HS Planning Coordinator @lisa.c@hsca.ca

Sunnyside home at 518 7th Avenue NW in which Violet King grew up & her family lived for over 50 years: 1930-1974.



SCHOOL SHOUT-OUTS



West Hillhurst Preschool News

by Lisa Kelly

The West Hillhurst Community Preschool is a place where kids play, grow and learn. We offer morning and afternoon classes for three- and four-year-old children in both English and Spanish Bilingual in our bright and inviting classroom on the second floor of the West Hillhurst Community Centre. Using a play-based curriculum, our exceptional teaching staff help children develop the social, emotional and intellectual skills to lay a strong foundation as they move forward through more formal schooling. Our location allows us use of the in-house facilities of the West Hillhurst Community Centre including the gym, ice rink and soccer field.

As a parent-run preschool, we believe that our programs are enhanced by parent involvement both inside and outside of the classroom. We, therefore, require parent involvement throughout the year in a number of different volunteer opportunities including roles on the Executive Committee and the Special Events team, to making playdough.

Above all, we endeavour to make our classroom a warm and caring environment where children can learn through play while meeting the physical, social, intellectual, creative and emotional needs of each individual child.

Information for registration can be found at our website: www.westhillhurstpreschool.com. If you have any questions, please contact us at info@westhillhurstpreschool.com. Please note that you must have an annual WHCA Membership to register.



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Recycling in Calgary – 2020

by Jocelyn Kabatoff

Waste and recycling don't receive a lot of love on the "Most Liveable Cities" list, but there's a lot to be proud of after those carts are emptied into the truck. While our waste management system is transparent and strong, there are always small things Calgarians can do to make our waste management system even better.

City of Calgary's Waste and Recycling team make educating Calgarians a priority and their keen educators are available to help Calgarians recycle right. They have put together an impressive and comprehensive database of waste that we should all be using! Go to your nearest device and bookmark calgary.ca/whatgoeswhere now and test it out. From the electrical cord charging my phone (black cart) to the leftover mandarin orange on my desk (tissue: blue cart, unless it's soiled in food when it can go in compost with the peel), it's a tool unique to Calgary that we should all be referencing regularly.

You can come meet them, too! We've organized a special Zero Waste evening at HSCA on **Wednesday, March 3rd** and they'll talk about how to reduce waste your home produces.

What Calgarians can do better:

Pay attention to the public messages on recycling properly. The Waste and Recycling team are working hard to maintain a high standard of quality recycled material, but individuals are ultimately responsible for sorting waste appropriately. Please stop contaminating your waste. Contamination is the wrong items that are put in the blue, green and black carts. That includes:

- No hazardous materials like chemicals, batteries and paint in any cart
- No styrofoam or packaging that still has food residue in blue bins
- No plastic bags in green bins

By not putting these hazardous contaminants in the bins it will help prevent damage, lost time and money. We all play a role in sorting waste appropriately.

Waste and recycling rules vary among municipalities and a scan media reports show themes that Calgary shares with other jurisdictions. The City of Calgary does a great job of making sure our recycling system remains open

AND are transparent about the challenges they face when Calgarians need to step up. They run a tight vetting process to ensure our waste is purchased by legitimate recyclers, and our Peter's Drive-In bags are turned into reusable products, not dropped into landfills overseas.

What Calgarians can do better:

Remember that if you don't use it, it won't have to be recycled. Visit Sunnyside Market with your own containers to fill up on pantry items or stock up on plastic-free fruits and veggies. If you have an HSCA membership, they'll give you a small discount on your groceries too!

Composting

Our city's composting facility accepts most untainted plant or animal products, and the best part is it produces a commercial grade compost that stays local within 60 days. You can also use junk mail or any pure paper to line your compost bin!

What Calgarians can do better:

Never put plastic or biodegradable containers in your green bin. Same for containers, even those clearly "compostable" should never go in your green bin unless they are certified by the city.

We'll provide links to more information and resources and how-tos on the HSCA blog.

SCHOOL SHOUT-OUTS

Sunnyside School

by April (Grade 3) Finley (Grade 4)

We're back again to tell you more stuff that happened at Sunnyside School this past month. First, we had the Winter Carnival on December 12. Some activities that we did were making pompoms to go on a rug for the library, although we are hardly halfway done. The Grade 6s sold books and newspapers, they raised 248 dollars and 85 cents to the Women in Need Society. Good job! Thanks, Calgary Reads, for reading Christmas stories to us! We also had a Candy Contest, Congratulations to the winners! We donated 503 books to Calgary Reads! On the week of the 16th we had spirit days, spirit days are when we dress up and sing carols in the morning. On Monday we got to wear pajamas to school, Tuesday we wore red and green. Wednesday was Candy Cane day, so we wore red and white. On Thursday the 19th we wore everything Christmas! It was the last day of school on Thursday, so that's all we have to say! Goodbye for now!

BUSINESS CLASSIFIEDS

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

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RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Hillhurst and Sunnyside areas with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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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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LOTUS LANDSCAPING: is an independently owned and operated landscape and handyman company. At Lotus, we provide competitively low rates for high quality services specializing in snow removal, junk removal, irrigation, lawn maintenance, masonry, fence and decks and all other home and yard needs. 403-483-2162, lotus-landscaping@outlook.com.

LOCAL HANDYMAN IN HILLHURST/SUNNYSIDE – RELIABLE HOME SOLUTIONS: Repairs/replacements and odd jobs. Plumbing (e.g. fix/replace leaky/running faucet or toilet, install new garburator), electrical (e.g. repair/replace wall switch or light fixture not working, exhaust fan), install new window hardware and/or coverings, fix sticky door, drywall repairs, painting, etc. Call/text Tom 403-970-4466, or email tomh5566@gmail.com.



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Now Available: HSCA 2020 Memberships

When you purchase an HSCA Membership, you earn discounts at some great local businesses & make a difference in our community!

All memberships are available for purchase online at www.hsc.ca/membership. If you need assistance purchasing your membership online, please call 403-283-0554 ext 232 for assistance or drop by HSCA during administrative hours (Monday-Friday 9:00am-3:30pm).

HSCA Membership benefits:

- **10% discount on HSCA facility rentals with a family membership**
- **Reduced rates for some HSCA programs, drop- in sports, some special event admissions**
- **\$5 discount per swimming lesson set; discounted monthly pass at Bowview Pool for members only (open during the summer only)**
- **Free use of the tennis court**

You can also use your HSCA membership card to receive discounts with the following local businesses:

- **Sunnyside Natural Market:** Save 5% with your HSCA Card (case discounts not included)
- **Swizzlesticks Salon & Spa:** 15% discount on all services at the Salon & Spa.
- **Vine Styles Kensington:** 10% off total purchase. Show your HSCA membership to Vine Styles staff to create your customer profile with built-in discount. Not applicable to already existing discounted items and/or case discounts.
- **Midtown Kitchen & Bar:** 10% off regular priced orders
- **Flippn' Burgers:** 10% discount on all purchases
- **Marathon Ethiopian Restaurant:** save 10% on all regular priced purchase with your HSCA card
- **Cadence Chiropractic Sport & Health:** 20% off your first 60- or 90-minute massage. 20% off your initial Acupuncture Assessment and Treatment
- **Kensington Auto Pro:** 10% off on parts & labour
- **Framed on Fifth:** 10% discount on all framing
- **Rejuve your Body:** Get a 30 minute massage FREE when you book the next 30 minutes for \$49.00 for 1st visit clients only. Also 15% off on all other services at Rejuve.
- **Beagle 14 (formerly the Regal Beagle):** 10% off your order (excludes daily specials)
- **Kensington Fitness:** \$15 off your first massage treatment
- **MYo Lab Sports Therapy + Personal Training:** 20% off all retail supplies + supplements (for as long as you hold an active HSCA membership).
- **Pho HouZ Vietnames:** 10% off regular priced orders (excludes alcohol)
- **Tania MediSpa:** Family & Individual members receive 20% off facials & body wraps, 10% off massages, botox, fillers, permanent makeup and fillers. Senior Members receive 20% off facials, nails and massages, 10% off product
- **Dignity Memorial Funeral Services:** 10% savings on all preneed or at-need funeral or cremation products and services, cemetery interment rights, products and services* [*On already discounted Dignity Memorial plans, the employee or member is entitled to the greater of the two discounts.] National Transferability on prearranged services at no additional charge, Thirteen (13) months of unlimited access to the 24-Hour Compassion Helpline®, Access to the Dignity Memorial Bereavement Travel Program
- **The Mat's Diner:** 10% off your meal
- **Macleod Optometry and Tamas Eyecare** - \$125 off prescription glasses or sunglasses. Must have a valid prescription.
- **Sunny Cider:** 10% off to all HSCA Members
- **Canary Refillery & Zero Waste Market - NEW:** 10% off purchases
- **Wheels Training Centre - NEW:** HSCA Members will receive \$50 off any course. Use coupon code community50 when registering for the course through the website.
- **Hotel Arts Kensington:** 10% discount on guest room accommodation
- **OXBOW:** 10% discount on breakfast / brunch or dinner.

Visit our website www.hsc.ca for news and updates about this program




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