

AUGUST 2021

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HILLHURST SUNNYSIDE

VOICE

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



THE BOWVIEW OUTDOOR POOL IS OPEN!

**THE HSCA FARMERS' MARKET CONTINUES,
WEDNESDAYS 3:00 TO 7:00 PM**



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Maple, the ultimate address for 55+ adult living; featuring one or two bedroom options complete with full kitchen, in-suite laundry and private outdoor patio space. Inside the community, residents will find a wealth of amenities and activities in partnership with the Brenda Strafford Foundation's Cambridge Manor, intended to entertain and keep the mind and body agile. Interested in learning more about Maple, and what makes it unique? Book your private Show Suite tour today at www.LiveAtMaple.com

Contact us for more information:

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ken.mcarthur@trumanhomes.com
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Please note that due to the HSCA's closure related to COVID-19, only a limited number of staff will be available. We appreciate your patience during this transitional time.

STAFF LISTING

Executive Director Ext. 221	Matt Youens	matt.y@hsca.ca
Community Planning Ext. 229	VACANT	planning@hsca.ca
Communications Coordinator Ext. 226	Stephanie Corbett	stephanie.c@hsca.ca
Childhood Director/Daycare Program Manager	Shannon Martel	shannon.m@hsca.ca 403-270-9703
OOSC Program Manager	Genevieve Fisher	genevieve.f@hsca.ca
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Seniors' Connection Coordinator Ext. 224	Debbie Olson	debbie.o@hsca.ca
Controller Ext. 225	Amy Kettenbach	accounting@hsca.ca
Sunshine and Rainbow Rooms	Hillhurst Sunnyside Daycare	403-270-9703
Flea Market Coordinator Ext. 231 (drop in on Sundays, or leave a message - calls returned on Wednesdays and Sundays only)	Bonnie Constable	
Community Programs Coordinator Ext. 248	VACANT	
Community Connections Coordinator Ext. 247	Shaye Radford	shaye.r@hsca.ca





GROWING A *GOOD FOOD* COMMUNITY

Wednesdays • outdoors • 3-7pm
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farmersmarket.hsca.ca



Hillhurst Sunnyside Community Association



Program Phone Numbers

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

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

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

Disclaimer: Published articles, reports or submissions reflect the opinions of the author and should not be considered to reflect the opinions of Great News Media (GNM) and the Hillhurst-Sunnyside Community Association (HSCA). The information contained in this magazine is believed to be accurate but is not warranted to be so. GNM and HSCA do not endorse any person(s) advertising in this newsletter. Advertisements are not an endorsement of any goods or services.

WANT TO GET YOUR KID BACK TO SPORT BUT NEED HELP WITH REGISTRATION FEES OR EQUIPMENT?

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FEEDING YOUR COMMUNITY

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

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



HSCA Hillhurst Sunnyside Community Association

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

Neighbour Night Thursdays 6-8pm ONLINE

HSCA hosts an assortment of FREE monthly activities:

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

All supplies are included for free and can be picked up at HSCA on Mondays during Fresh Routes from 4-6pm.

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



Market Greens

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

You may be eligible for the Market Greens Program at HSCA

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

Land Blessing to Welcome the New Season of Farmers' Market



Photo courtesy of alphahousecalgary

A land blessing was held at the HSCA prior to opening the 2021 Outdoor Season. As farmers and food producers, we are deeply connected to the Land. Our relationship to the Land supports our families and communities. We acknowledge and honour those who have been and continue to be stewards of these Lands since time immemorial. The intention of this blessing is to hold space and build bridges with our Indigenous community members; this is the first of many upcoming opportunities to listen, to share, and to foster new connections.

The Blessing began with a smudge, then Elder Earnest Poundmaker gave thanks to the land and the peoples whose traditional territories on which we stand. These Lands hold the histories of the Blackfoot confederacy: Siksika, Kainai, Piikani, as well as the Îyâxe Nakoda Nations; the Bears paw, Chiniki and Wesley First Nations, and the Tsuut'ina Nation families and Ancestors, and the Métis community, specifically the Métis Nation Region Three. Elder Poundmaker then offered a prayer in Cree language inviting others to participate in prayer however they choose to pray.

The singers from Stoney, Blood, and Cree Nations continued to offer prayer through four songs; one song to honour each of the four directions. During these songs, a crow crossed behind the singers. Wade Maude shared teachings about the significance of the crow:

"The crow spirit is the embodiment of creator, keeper of natural law, and symbol of rebirth and change. This crow coming to join in song is a physical manifestation that creator is happy with what we are doing. The crow gives guidance from creator to indicate that we are on the right path."

Strengthening relationships with Indigenous community members and knowledge holders is essential to building resilient communities and food systems. Building bridges and relationships will revitalize our communities and is important to our social, environmental, and economic wellbeing. It is our collective responsibility to continue stewardship of this Land for our communities and future generations.

Resources:

- The Calgary Foundation's Indigenous Ally Toolkit
- Visit the TRC's Calls to Action and the National Inquiry into Missing and Murdered Indigenous Women and Girls
- The University of Alberta offers a free online course: Indigenous Canada.
- Check out the National Film Board's (NFB) Indigenous Cinema page and check out their collection of Indigenous made films.
- We encourage you to check out the #IndigenousReads reading list on the Government of Canada site and this reading list on CBC.

Become an HSCA Membership Partner!

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

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

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

E-Scooter and Bicycle Safety Hot Spots



It's a beautiful day and you are walking along the Bow River pathway near the Peace bridge when suddenly, an e-scooter rider zips past you from behind, almost knocking you over. You are biking in a designated cycle track on your way to meet friends for a backyard barbeque and a vehicle swerves across your bike lane cutting you off and forcing you to stop suddenly.

Safety is a top priority for everyone in our community, so what can be done to help prevent these kinds of e-scooter and bicycle safety incidents? How can our roads, sidewalks and pathways be safer for everyone?

There are different levers that can be pulled to help improve safety. Awareness campaigns on safety rules and enforcement of rules often come to mind. Design and path designation can also have a major impact.

Before any measures are taken, we need to know how many incidents are happening and where they are occurring. That way we can focus our efforts on the main issues and on the Hot Spot areas with a history of incidents. Unfortunately, only about 30% of bicycle and e-scooter safety incidents are ever reported according to bikemaps.org.

Furthermore, the occurrences that are reported aren't managed in a centralized system that can identify hotspot problem areas.

Thankfully, there is a solution to this safety-data shortage: bikemaps.org.

Bikemaps.org is a free and anonymous crowdsourcing platform that allows people to report as well as see the locations of e-scooter and bike collisions and near misses. The platform allows you to report incidents that happened to you or that you witnessed happen to someone else. You can also report occurrences that happened up to two years in the past. And yes, there is an "App for that"! The bikemaps.org app is available for both iOS and Android.

Here is where we need your help: The HSCA is requesting citizens to report their e-scooter and bike safety incidents and concerns through bikemaps.org.

As the HSCA works with the City of Calgary on future improvements in our community, such as the Streetscape and Public Realm Improvement initiative, we will use the info reported in bikemaps.org to help identify safety Hot Spots and from there advocate and prioritize improvements where safety risks are highest.

Whether you've been involved in an incident or not, we encourage all citizens to check out bikemaps.org to see where problem areas exist. That way you can take extra care when travelling through those trouble spots. Keep in mind that it may take some time before incidents are reported so check back regularly.

Thanks in advance for taking the time to help make our community safer by reporting your Safety concern on bikemaps.org.

Have questions or feedback please email, hscatraffic@gmail.com.

Tim Schaefer (Sunnyside Resident)

R

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SENIORS CONNECTION PROGRAMS AT HSCA

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

New - Caregiver Connections

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

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

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

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

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

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

Chair Yoga Online

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

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

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

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

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

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

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

Monday Connections Group

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

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

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

Volunteers

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

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

Other Senior Programs

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

SUSTAINABLE *FOOD PROGRAMMING* AT THE HSCA

CURRENTLY SEEKING VOLUNTEERS

Volunteer opportunities

- Fresh Food Basket Prep
- Check out support



Register to volunteer at

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



Hillhurst Sunnyside Community Association

fresh routes

Mobile Grocery Store

**MARKET
GREENS**

Ongoing Programming at HSCA

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

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

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

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

Repair Café!

Are you looking for ways to build community spirit?

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

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

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

Recreation

The Bowview Outdoor Pool is Open!

Registration is required and is done through COSPA's online booking system. There will also be a limited number of spots for walk-up patrons. Visit www.hsca.ca/bowview-swimming-pool and follow them on Instagram at [@bowviewoutdoorpool](https://www.instagram.com/bowviewoutdoorpool). The Bowview Outdoor Pool offers private rentals every evening from 7:30 pm to 10:00 pm, excluding Tuesdays, in addition to weekend mornings from 8:00 am to 12:00 pm! Rentals include lifeguard supervision, use of both pools, all pool toys, and our BBQ! Email bowviewmanager@hsca.ca.

HSCA Tennis Courts are Open at HSCA!

A valid HSCA Membership is required for court access, visit www.hsca.ca/tennis.

Recreation & Rentals

HSCA has partially reopened our rental bookings, including our gym, recreation spaces, outdoor spaces, and the Bowview Pool. All rental inquires can be made by emailing rentals@hsca.ca.

Volunteering
is good for the soul

Strava Heatmap; Highlighting the Human Powered Movement in Our Neighbourhood.

One of the most popular cycling apps on the market today is Strava. This freemium model service, the basic features are free, advance features for a fee, is one part GPS fitness-tracking and one part social-media-fitness-motivation-network that has grown to nearly 80 million users since 2009. In recent years it has moved beyond cycling to include running, hiking, walking, swimming and just about every other human propelled activity that exists.

What's interesting for Strava users and non-users alike, is in 2017 Strava made an anonymized mass-data version of their members' movement available free to the public through what they've called Heatmap. This online map shows the most travelled routes recorded by Strava members by highlighting the relative usage with different colour intensity.

Have a computer or device nearby? Open up Strava Heatmap now at strava.com/heatmap, position the map over Hillhurst-Sunnyside and follow along as we walk through some observations. If you don't, you can still follow along.

When you take a close look at Hillhurst-Sunnyside on Strava Heatmap, to no surprise the most popular route is the river pathway along the North shore of the Bow River. This multi-use lane is protected from vehicle traffic and is well suited for recreational and commuting purposes.

The next most popular routes, as of July 2021; Heatmap updates monthly, are the cycle tracks on 5 Ave and 6 Ave NW and the cycle tracks on 9A St and 10 St NW. This makes sense as dedicated lanes tend to see high usage, but not as much as lanes protected from vehicle traffic.

Streets that do not currently have dedicated lanes but show relatively high usage include 7 St NW, 9 St NW, 19 St NW, 21 St NW, and Broadview Road NW. All of these streets are all listed as "bike friendly roads" in the City of Calgary's bicycle network, but they show higher usage than other similarly designated bike friendly roads. Their higher usage is likely influenced by those travelling through our neighborhood to reach the popular river pathway, but also to reach downtown and in the case of 9 St NW to reach Kensington.

While Strava Heatmaps only shows generalized usage, the start and end points are not listed, a more advanced data-rich platform called Metro is also available from Stava. Metro still keeps Strava users' data anonymous

but provides more specific details and trends on where people are going and when they are travelling. In September 2020, during the COVID-19 pandemic, Strava decided to drop the \$20,000 annual fee for Metro and made the service completely free to municipalities and other advocacy organizations. This goodwill gesture allows communities to have the best information from Strava's dataset so the best decisions can be made when planning or evaluating human powered movement infrastructure.

How Relevant is Strava's Dataset in Understanding Human Powered Movement in Hillhurst-Sunnyside?

While Strava provides the single largest source of data of human-powered movement, Strava estimates that in general its data represents at most 40% of all movement. Strava also acknowledges and is making efforts to improve the societal representation of its data. So, while Strava provides a great data set, it tends to skew towards more athletic individuals and does not proportionately represent society.

Another limitation is Strava's data only represents historical data, obviously, so while it may guide decisions on future investment in pathways and sidewalks, it is unable to predict future usage. So, the statement, "If we build it, they will come" won't necessarily be supported by Strava's dataset.

Despite these limitations, Strava's data remains the best available source for people powered movement and it is working every day to improve its representation of society.

As HSCA works with the City of Calgary to plan and prioritize future investments in human-powered movement, Strava data will be used as one of the tools to help guide decision making and evaluate effectiveness of past investments.

While Strava may not be for everyone, if you are interested in contributing towards Strava's anonymous data set, and also track your fitness activity, you will find there are numerous privacy settings within Strava that you can use to protect your identity, maintain your privacy, and still contribute towards the dataset.

If you are already a Strava user, please consider tracking more of your casual activity in the neighbourhood to help provide even more data to the heatmap dataset. Your contribution will help the planning and understanding of people movement in Hillhurst-Sunnyside and elsewhere in the City of Calgary.

If you have questions or feedback, email hscatraffic@gmail.com

Tim Schaefer (Sunnyside Resident)

Historical Photo



Submitted by P. Dawkins. This is a photo from 2017 of a home that has been demolished and has been a parking lot since 1918. Taken May 18, 2017.



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WE CAN'T CUT OUR WAY TO PROSPERITY

FOR CALGARY TO THRIVE, WE NEED TO START INVESTING IN OURSELVES.

It's clear that Kenney and his provincial government have no interest in investing in the things that will get Calgary back on track. From cuts to our parks and community centres that make our city more livable, to cuts to infrastructure like the Green Line that would connect our residents and make getting to work more accessible—why have so few of our city councillors stood up to the Province?

With October's election looming, we're starting to see candidates pop up that will try to tell you that the answer to this city's economic woes is further cuts to the frontline services we rely on. But eroding the necessary services that keep our water clean, help you get to work, and reach out when we need a helping hand isn't the answer.

How can we expect Calgary to prosper if we continue to put countless residents out of work and destroy the things that keep our city moving and make life more enjoyable?

CALGARY'S LEADERS NEED TO BELIEVE THAT WE CAN BE BETTER.

What makes Calgary unique is its self-reliance and determination. If we want something done, we're not afraid of working hard to make it happen—and we need to apply that same attitude to investing in our future.

What Calgary needs right now is forward-thinking leaders who won't shy away from making smart investments that keep our pools and schools open. Investments that create good paying jobs for Calgarians, that keep money in the city and stimulate our local economy.

WHEN A CANDIDATE KNOCKS ON YOUR DOOR, ASK THEM TOUGH QUESTIONS.

What's their plan for our public services? Do they believe that Calgary can have a better future? Or have they given up on believing we can make progress and want to put even more Calgarians out of work and let our roads and parks fall into ruin?

If you believe in Calgary—join us.

We know we can build a better future for Calgary and everyone living in it. We know we can elect thoughtful and collaborative leaders with fresh ideas that will help our city thrive. But we also know that if we want to do that, we need your help.

Sign up to volunteer and help us shape a brighter, more prosperous future for Calgary.

calgarysfuture.ca/volunteer

Deborah Wong
Community Organizer



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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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DOWNTOWN VINTAGE MARKET: We are thrilled to announce Antique Central's two-day Downtown Vintage Market at the Calgary Curling Club 720 3rd St NW. August 21 to 22, 9:00 to 5:00. 16,000 sq. ft. featuring the best vendors from Canada Wide at this amazing shopping extravaganza. Curiosities, fine jewelry, furniture, kitsch, collectibles. Info? GroupVachon@gmail.com or call Diane, 403-512-3965.

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.

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or visit verveseniorliving.com/riverwalk**



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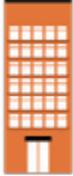
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